

All of these links and more can be found in the Wellbeing section of our practice website – www.chorltonfamilypractice.nhs.uk

Online resources

NHS Self Help Counselling Service (Zion Centre) – 0161 226 3871

<https://www.selfhelpservices.org.uk/referral-form/?sid=5678&formId=11>

Fit For Work – 0800 032 6235

www.fitforwork.org.uk

Helping people back to work from stress or injury – live chat and email service available

42nd Street – 0161 228 1888

<http://42ndstreet.org.uk/>

Support for 11-25 year olds

Face to Face Chorlton – donation based counselling service

<http://www.facetofacecounselling.org.uk/>

Means tested, for people on low income

YASP

http://www.manchestermind.org/YASP_Home_Page.php

Free counselling and advice for 15-25 year olds

Young Minds – resource for anxiety, mood in adolescence

www.youngminds.org.uk

Kooth

www.kooth.org.uk

Forums for confidential advice on bullying, gangs, drugs, anxiety for young people

The Sanctuary, 8pm-6pm emergency line – 0161 637 0808

Samaritans - 116 123

Wellbeing Workshops (Anger, Emotional Eating, Self-Esteem, Stress)

www.selfhelpservices.org.uk

Cruse Bereavement Counselling

www.cruse.org.uk

Email them at manchester@cruse.org.uk or call 07377 710382 and leave a message

The Ball in the Box approach to grief

<https://www.distractify.com/p/doctors-ball-in-box-analog>

Moodgym

<https://moodgym.anu.edu.au/welcome>

Cognitive Behavioural Therapy exercises, free online worksheets.

Moodjuice

<http://www.moodjuice.scot.nhs.uk/>

Useful collection of online resources.

Reading

The Chimp Paradox – Dr Steve Peters (confidence, relationships)

Mindfulness: A practical guide to finding peace in a frantic world - Prof Mark Williams, Dr Danny Penman (meditation/relaxation exercises)

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness - Mark Williams, John Teasdale, Zindel Segal, Jon Kabat-Zinn (meditation/relaxation exercises)

The 7 Habits of Highly Effective People - Stephen R. Covey (work-life balance)

Is Your Job Making You Ill? – Dr Ellie Cannon

Feel the Fear And Do It Anyway – Susan Jeffers (anxiety)

The *Overcoming* series – Various Authors
(Includes *An Introduction to Coping with Depression/Stress/Panic/Sleep and Insomnia/Phobias/Health Anxiety/Grief/Eating Problems/Drinking; An Introduction to Improving Self-Esteem*)

What To Do When... series – Dawn Huebner (books for children and adolescents)

Apps

Headspace (Relaxation exercises)

Work Guru (Resilience, dealing with work stress)

SAM (Anxiety management)

Panic Attack Aid

Sleepio (Sleep improvement programme)

Insight Timer

Groups

Chorlton Anxiety Group

www.selfhelpservices.org.uk/service/chorlton-anxiety-group/

South Manchester Fibroaction

www.fmauk.org/contactsmenu/supportgroups/9-northwest

Exercise

NHS Couch to 5k

NHS Fitness Studio

<http://www.nhs.uk/conditions/nhs-fitness-studio/Pages/welcome-to-nhs-fitness-studio.aspx>

Dr Hasan Tahir Home Physio

www.hasantahir.com

Diet

Diet Doctor www.dietdoctor.com (Recipes and diet advice)

Tom Kerridge – The Dopamine Diet

Diabetes UK 12 Week Low Carb Diet Plan

Public Health Collaboration Website

Help with Addiction

Alcohol and Drugs

Change, Grow, Live

0161 226 5526

www.changegrowlive.org/content/manchester-integrated-drug-and-alcohol-service-zion-centre

Beacon – North West and Manchester

beaconcounsellingtrust.co.uk/free-problem-gambling-counselling-in-manchester/

Gambling

Gamcare

<http://www.gamcare.org.uk/>