

We all have mental health. Just like our bodies, our minds can become unwell.

At times we can struggle and our mental health is not as good as it should be. Help is at hand

Following the recent publication of our Mental Health Services report, Healthwatch East Riding of Yorkshire's Information Service has undertaken extensive mapping of local and national services and support for mental health and wellbeing for a new **Directory of Mental Health and Wellbeing in East Riding of Yorkshire**.

The Directory references useful guidance and resources on what you can do to look after yourself and where to get help.

The **A-Z Section** includes details of local services and support organisation and how to access them. Topics covered include:

- Abuse
- Activity and Social Groups
- Adult Learning
- Alcohol and Drugs
- Alcohol and Drugs - Advice for family, carers and children affected
- Anxiety and Depression
- Benefits, Debts & Finance
- Bereavement
- Caring and Support
- Dementia
- Dementia - Information Guidance and Standards

- Eating Habits
- Gambling
- General Wellbeing
- Having Your Say and Advocacy
- Hearing Voices, Visions and Unusual Beliefs
- Homeless Prevention Services & Housing Support in East Riding of Yorkshire
- LGBT
- Local mental health organisations that provide help and treatment
- Mindfulness and Meditation
- National Mental Health websites & phone numbers
- Offenders and Ex-Offenders
- Pregnancy and after - Mental Health
- Relationships & families
- Retirement Age Plus
- Self-Harm
- Self Help & Stress Management
- Specific Illnesses and Conditions
- Veterans
- Work, Volunteering, Training & Support
- Young People

There is also a section about recent reports on mental health services and NICE guidance on mental health care.

Gillian Perry, Information & Signposting Officer at HWERY says:

“In the course of compiling this Directory I have contacted over one hundred local organisations who provide mental health services and support general wellbeing in some way.

This illustrates that there is a lot of support for those who feel they are struggling or alone. I hope this Directory will connect those in need to that support and inspire others to find new ways to maintain their mental health and wellbeing.”

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