



## Other relevant support services you should know about.

### **Childline**

**0800 1111**

Free, national helpline for children and young people in trouble or danger.

### **Lesbian and Gay Switchboard**

**020 7837 7324**

Provides information, support and referral services.

### **Relate**

**0300 100 1234**

Offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support.

### **Refugee Council**

**020 7346 6700**

The UK's largest organisation working with refugees and asylum seekers.

### **Teacher Support Network**

**08000 562 561**

A 24/7 telephone support line which gives teachers access to professional coaches and counsellors 365 days a year. The network also campaigns for change within schools and education policy in order to improve the wellbeing, mental and physical health of teachers.

### **Age Concern**

**0800 009966**

Infoline on issues relating to older people.

### **Counselling Directory**

A free, confidential directory of trained, professional counsellors and therapists in the UK.

### **Anxiety UK**

**08444 775 774**

Works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy.

# MIND THE GAP

[www.africansunited.org/mindthegap](http://www.africansunited.org/mindthegap)

Published by Africans United with  
support from The Big Lottery Fund



**LOTTERY FUNDED**

# MIND THE GAP: It's just life right?

It's not enemies, witchcraft or weakness, how you feel is often something that is hard to define or talk about. For some of us, the feelings of sadness, loneliness and a sense of worthlessness is overwhelming. We battle with ourselves, can't sleep, have hallucinations and it seems that we are falling into an abyss. It is not shameful or weak to ask for help. Your enemies are not after you and no witches or voodoo is cast over you. You are not the first and won't be the last to feel overwhelmed. But you have a greater chance of overcoming these if you get some help.

## Mind the gap: It's just life right?

Do not roll over and accept how you feel as a passing phase. You may rationalise, or irrationalise that these feelings can be dismissed as one of those things in life. But oftentimes it is not 'one of those things', if it is acute, more potent and persistent, then you should reach out to someone. The good news is that all support services are confidential and mostly with people who have an understanding of what you are going through because they have gone through it themselves.

## Parents' guide: mind the gap

1 in 10 young people will experience a mental health problem. That's three students in the average classroom, so mental health problems are likely to affect your child – either through friends or directly.

### Be reassured:

1. Your child is 10 times more likely to overcome this ailment if they have your support.
2. Be open about mental health, you can show your children that it's ok to be open and talk about mental health problems.
3. Let your child know that just being there for their friend who may have mental health problems can make a big difference.

### Who can help me?

As a starting point, you can sign post one you care about to the following organisations who offer confidential support. A journey to recovery starts with one phone call.

## Who can help me?

As a starting point, you can sign post one you care about to the following organisations who offer confidential support. A journey to recovery starts with one phone call.

### Mental Health Foundation

020 7803 1101

Improving the lives of those with mental health problems or learning difficulties.

### Together

020 7780 7300

Supports people through mental health services.

### The Centre for Mental Health

020 7827 8300

Working to improve the quality of life for people with mental health problems.

### Depression Alliance

0845 123 2320

Provides information and support to those who are affected by depression via publications, supporter services and a network of self-help groups.

### British Association for Counselling and Psychotherapy

01455 883300

Through the BACP you can find out more about counselling services in your area.

## PANDAS Foundation

0843 28 98 401 (every day from 9am-8pm)

PANDAS Foundation vision is to support every individual with pre (antenatal), postnatal depression or postnatal psychosis in England, Wales and Scotland. We campaign to raise awareness and remove the stigma. We provide our PANDAS Help Line, Support Groups offer online advice to all and much more.

### Young Minds

020 7336 8445

Provides information and advice for anyone with concerns about the mental health of a child or young person.