

1.9.15 Miscellaneous Helplines and Websites

www.advicenow.org.uk: provides information on the law and your rights.

www.april.org.uk: provides information about medicines and anaesthetics that can induce psychiatric adverse drug reactions (ADRs) and withdrawal symptoms.

www.benefitsandwork.co.uk: advice on claiming ESA, PIP, DLA and other benefits.

www.benzo.org.uk: provides information to people experiencing iatrogenic benzodiazepine tranquilliser addiction

www.bigwhitewall.com: online community of people who are anxious, down or not coping who support and help each other by sharing what's troubling them

www.bpdrecovery.com: a site that focuses on recovering from Borderline Personality Disorder using tools that are mainly Cognitive Behavioral Therapy (CBT) oriented.

www.bphope.com is a leading online bipolar community, blog, and online/print magazine.

www.carerwatch.com: an independent campaigning organisation run by carers for carers.

www.counselling-directory.org.uk: information on how to find a local counsellor.

www.dailystrength.org: online community support for anxiety, mental health and health- related conditions.

www.dealingwithdepression.co.uk: online forum offering help, advice, tips and links on ways of dealing with depression.

www.haveigotaproblem.com: a free online resource about mental health and addiction issues with advice and documents on depression, anxiety, self-harm, bipolar, eating disorders and coping.

www.healthtalk.org/mental_health: providing access to useful information on depression, psychosis and eating disorders.

www.healthyplace.com: a consumer mental health site, providing information on psychological disorders and psychiatric medications from both a consumer and expert point of view.

www.intervoiceline.org: the International Hearing Voices Network, providing information and a forum relating to hearing voices.

www.menshealthforum.org.uk/scotland is a charity supporting men's health in England, Wales and Scotland.

www.mindingyourhead.info: provides information on how to protect your mental and emotional wellbeing, and on the issues that can affect it such as anxiety or depression.

www.mental-health-matters.com: advice and information relating to mental health, anxiety, depression and general anxiety disorder.

www.pendulum.org: online support groups and information for people experiencing bipolar disorder.

www.time-to-change.org.uk: an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness.

Bipolar Scotland is not responsible for any of the information featured on external websites. If you have any unhelpful experiences using any of the sites listed here, please tell us at info@bipolarscotland.org.uk – and please tell us about any good sites you encounter so we can add them to our list.