

Support services and resources

Support services



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What is IAPT? IAPT stands for improving access to psychological therapies. It is an NHS programme that offers a range of talking therapy services including guided self-help sessions, cognitive behaviour therapy and counselling.

Who is it for? Anyone who is struggling or concerned about their mental health can self-refer for support.

What is Local Minds? Mind is a mental health charity with a network of approximately 125 local Minds across England and Wales offering talking therapies, peer support, advocacy, crisis care and more.

Who is it for? Anyone who is struggling or concerned about their mental health can find their local Mind and self-refer for support.

Local Minds



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Pay What You Can Peer Support



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What is it? PWYCPS is an online mental health platform offering group support for a variety of topics including relationships, bereavement and stress management. Groups meet weekly via Zoom and are moderated by experienced mental health providers.

Who is it for? Anyone who is struggling or concerned about their mental health can sign up to a support group.

What is Hub of Hope? Hub of Hope is the UK's leading mental health support database, bringing a range of local, national, peer, community, charity, private and NHS support services together in one place.

Who is it for? Anyone who is struggling or concerned about their mental health can use this database to access support. There is also a dedicated section for carers and family members of those affected by poor mental health.

The logo for Hub of Hope, featuring a purple heart shape above the text 'Hub of Hope' in a bold, purple font.

Hub of Hope

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