

## **Burnout & Self-care**

<http://www.emptycagesdesign.org/category/radical-community-organising/overcoming-burnout/>

<http://www.permanentculturenow.com/avoiding-activist-burnou/>

<https://transitionnetwork.org/do-transition/inner-transition/>

## **Mental health**

Class Struggle and Mental Health (pamphlet): [http://libcom.org/files/CS&MH\\_Libcom.pdf](http://libcom.org/files/CS&MH_Libcom.pdf)

Moodjuice (Post Traumatic Stress self-help workbook):  
<http://www.moodjuice.scot.nhs.uk/posttrauma.asp>

MindLine (support for mental health concerns): 0808 808 0330 / <http://www.bristolmind.org.uk/>

Hearing Voices Network (online forums for anyone hearing voices, having visions or other unusual perceptions): <http://www.hearing-voices.org/>

PODS (support with dissociative disorders): 0800 181 4420 / <https://support.pods-online.org.uk/helpline>

## **Suicide and bereavement:**

Samaritans: 116 123 / <http://www.samaritans.org/>

Campaign Against Living Miserably: <https://www.thecalmzone.net/>

Survivors of Bereavement by Suicide: 0300 111 5065 / <https://uksobs.org/>

Cruse Bereavement Care: 0844 477 9400 / <http://www.cruse.org.uk/>

## **Interpersonal violence:**

Womensaid (domestic violence helpline): 0808 2000 247 / <https://www.womensaid.org.uk/>

Respect (support for men experiencing domestic violence and support for perpetrators of domestic violence): 0808 802 4040 / <http://www.respectphonenumber.org.uk/>

National Rape Crisis Helpline: 0808 802 9999 / <http://www.rapecrisis.org.uk/>

Trans Survivors Switchboard: 01273 204050 / <https://www.switchboard.org.uk/projects/trans-survivors-switchboard/>

## **Self-Injury and harm**

Self-Injury Support: 0808 800 8088 / <http://www.selfinjurysupport.org.uk/>

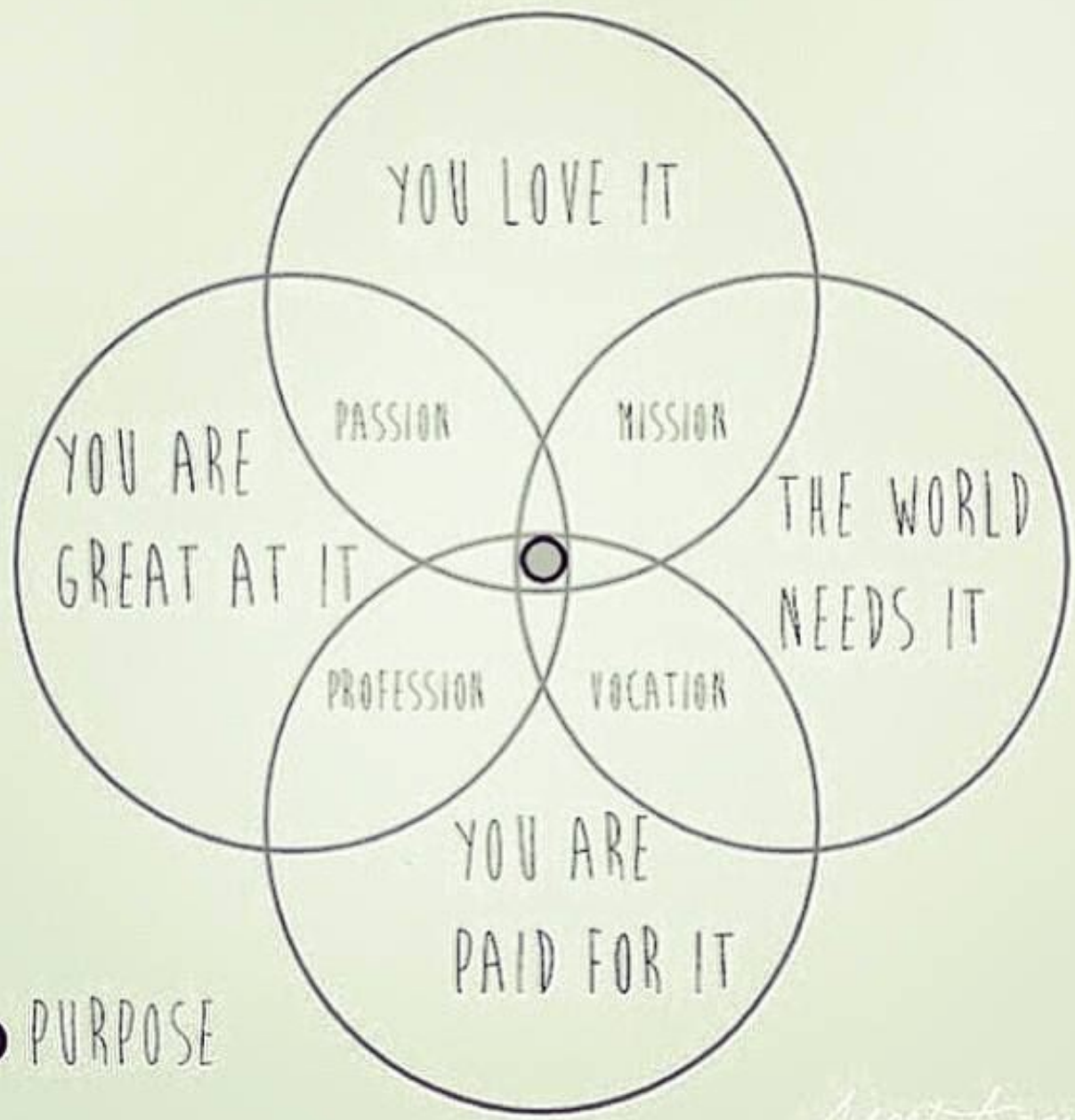
## **Addictive behaviours**

Drink Aware (support and information): 0300 123 1110 / <https://www.drinkaware.co.uk/>

Release (support and information about drug use concerns): <http://www.release.org.uk/>

GamCare (support for gambling concerns): 0808 8020 133 / <http://www.gamcare.org.uk/>

BEAT (support for eating disorders): 0808 801 0677 / <http://www.b-eat.co.uk>



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*Heidi Ford*