

## ***Positive Psychology:***

'A borrower from faith....and an encourager of faith'

*Ann Morisy – Community Theologian*

**Sat 16<sup>th</sup> May 2009**

*Everyone welcome*

**10am Coffee**

**10.30 Workshop: *Positive Psychology*  
Ann Morisy**

**1pm Lunch**

**2pm *Being Alongside* / APCMH A.G.M.**

**2.45pm Open Forum**

**3pm Prayer & reflection**

### **Location: All Saints Church**

100 Prince of Wales Drive

Battersea London SW11 4BU

(Nearest rail: Battersea Park or Queenstown Road)

**To reserve** a place or to speak at the Open Forum call:

Mark Dadds APCMH Secretary 0844 800 9744

**Or email:** [mark.dadds@pastoral.org.uk](mailto:mark.dadds@pastoral.org.uk)

NB: Suggested donations for the day, which will include lunch:

£5-£10 and may be sent by cheque made payable to:

**APCMH** St Paul's Church Centre

Rossmore Road, London NW1 6NJ

or may be given on the day.

***For more background see p 4***



# *Being*

May - June 2009

# *Alongside*

The Bi-Monthly magazine of *Being Alongside* / APCMH



## ***The Indestructible Drive to Re-Build, to Re-New***

*Re-Construction Work near London Bridge Station.  
It's Messy, it's Unknown, it's Scary, it's Inconvenient,  
it's Expensive, it's a Gamble,  
but... It Will be Worth It!*

## The Barnabas Drop - In Sessions

*'Joseph, a Levite from Cyprus, whom the apostles called Barnabas (which means Son of Encouragement)' Acts 4:36*

St. Paul's Community Project in partnership with BA / APCMH

**Mondays 2pm - 5pm**

Plus various activities: Table tennis, dominoes, scrabble, art / craft, poetry reading, tea / sandwiches / cakes and chat.

**Wednesday 10am - 12pm**

A more reflective discussion time with tea and biscuits, an opportunity to all share concerns or to receive one-to-one support (by appointment).

Free. All Welcome.

Venue: St Paul's Church Centre, 3 Rossmore Rd, NW1  
(5 mins walk from Marylebone Station; buses 139 & 189 stop outside)

call: Captain Mark Dadds, or Sister Theresa: 020 7724 8517

*'When he arrived and saw the wonderful things God was doing, he was filled with excitement & joy, and encouraged the believers to stay close to The Lord whatever the cost. Barnabas was a kindly person, full of the Holy Spirit & strong in faith. As a result large numbers of people were added to the Lord. (Acts 11:19-24)*

## Mental Health Support Group (The Dymphna Group)

St Andrew's, Frognal, United Reformed Church NW3

2<sup>nd</sup> and 4<sup>th</sup> Friday of each month

**10.00am-12noon**

*Aiming to provide friendship and mutual support for those living with mental health concerns, both sufferers and carers, where matters may be explored and discussion encouraged.*

contact: The Rev'd Jonathan Dean: 020 7435 7920  
or Jean Marsham: 020 8455 1240

Junction of Frognal Lane / West End Lane / Finchley Road.

near Finchley Rd Met / Jub;  
113, 82, 13, 46, 268, 328, 139, C11 (West End Green);  
Finchley Rd / Frognal (NL Metro),  
Hampstead (Northern);  
West Hampstead (First Capital Direct)



## The Who & What of Being Alongside

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Patron	Professor Andrew Sims	
Chair	Stephan Ball	0844 800 9744
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Newsletter Editor	Steve Press	01303 277399
Printer	PrintInc	<a href="mailto:printinc2@btconnect.com">printinc2@btconnect.com</a>

*Being Alongside / APCMH, is a Christian based, voluntary association of individual members and affiliated groups who recognise the importance of spiritual values and support in mental health. It has a network of supporters throughout the United Kingdom and it welcomes and encourages people whatever their own faith or belief system. Governed by its National Committee, APCMH is primarily concerned to promote and encourage "being alongside" people experiencing mental or emotional distress.*

*For Specific Contacts, see above. For General Enquiries reach us:*

c/o St Paul's Centre, 5 Rossmore Road, Marylebone, London NW1 6NJ

tel: 0844 800 9744 (calls 5p / minute) / net: [www.pastoral.org.uk](http://www.pastoral.org.uk)

registered charity: 1081642 limited company: 3957730

*All submissions welcomed by the Editor.*

e-mail: [steve.press@pastoral.org.uk](mailto:steve.press@pastoral.org.uk)

post: 9 St George's Road, Folkestone, Kent. CT19 4BE

The views expressed in *Being Alongside* are not necessarily those of the organisation.

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## In the Beholder's Eye and the Beheld's Heart...

Below is a wonderful poem **Audrey Hepburn** wrote when asked to share her 'beauty tips.'

*It was read at her funeral years later.*



*For attractive lips, speak words of kindness.  
For lovely eyes, seek out the good in people.  
For a slim figure, share your food with the hungry.  
For beautiful hair, let a child run their fingers through it  
once a day.  
For poise, walk with the knowledge that you never walk  
alone.*

*People, even more than things, have to be restored, renewed,  
revived, reclaimed, and redeemed; never throw out anyone.*

*Remember, if you ever need a helping hand, you will find one  
at the end of each of your arms.*

*As you grow older, you will discover that you have two  
hands; one for helping yourself, and the other for helping  
others.*

## In This Issue

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*Many thanks to all our contributors whose offerings are always so appreciated. I can only put in what I receive, so I hope you're working on your next contribution...!*

*Copy for next issue - due July 1st - to the editor by June 1st please, but sooner is always better! All contributions welcome!*

*Steve*

## Front Page

Easter always brings mixed feelings and emotions for me. It is a time during Lent, when we focus on things whether it is a Bible study, Lent group or abstaining from something i.e. chocolate, alcohol etc or maybe we give up some time to give to prayer and spend more time talking and listening to God.

Easter means new beginnings; it is about Jesus's death and ultimate resurrection to new life and for us to have life in all its fullness with him. He died for us and opened the door to reunite us with God. Most importantly for me it is about new beginnings on my journey through life, especially when things go wrong.

My spiritual journey began 15 years ago when I accepted Jesus into my life and after an initial period of being like a child, God told me that it was time to grow in faith in Christ and to journey with him. Life with Jesus can have its ups and downs along the way, but it is important to hold on to his promises when things are tough as well as the good times.

We all too easily lose sight of Jesus when things go wrong and feel abandoned by him. At times like this, whether it's through work, relationships, addiction, illness (physical or mental), we need to reach out to him and to remember what he suffered and won for us on the cross, and be assured that if he did this for us, would he abandon us at the time of our most need?

When I explored training with the Church Army I was certain that this was where God was leading me; however I failed the selection conference. After feeling so sure that this was the journey God wanted me to take I felt abandoned, angry, confused and lost. I got a message from Philippians 3 v 12: 14 (NIV)

*Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

**For your diaries..?**

## Day for Life

**2009: Scotland 31 May | England & Wales 26 July | Ireland 4 October**

Day for Life – the day in the (Roman Catholic) Church's year dedicated to celebrating the dignity of life from conception to natural death – will this year focus on the theme of suicide.

The main emphasis of Day for Life will be on the pastoral dimensions of this difficult and sensitive subject. It will highlight why the (Roman Catholic) Church believes that every life is worth living and look at the reasons why people contemplate suicide, including acute mental illness and the possible spiritual factors involved. It will also point towards the support that the professional services can bring and hopefully help to reduce the stigma too often associated with mental illness and depression.

Building upon last year's focus on mental health; the bishops hope that this year's day with its particular focus on suicide will help raise awareness of the vital role played by families and a supportive parish community in supporting and sustaining those who may be struggling to cope.

Connecting with the 2009 theme, this year's title will be: 'You are precious in my sight' Isaiah 43:4.

check out: [www.dayforlifearchive.org/2008/index.htm](http://www.dayforlifearchive.org/2008/index.htm)

*visit: [www.pastoral.org.uk](http://www.pastoral.org.uk)*

### *Just a Reminder.*

*If you require **extra copies** of Being Alongside, or, your copy has **failed to arrive in the post**, please contact **Pam**: 02086 473678.*

*If your **e-mail** copy has failed, contact **Steve**: 01303 277399*

*If you have a query about your **membership / subscription** status, please contact **Captain Mark Dadds**: 0207 724 8517*

*A poem for Whitsun:*  
***Tongues of Fire***

No computer graphics;  
No special effects;  
No camera angles;  
No fancy mirrors.

Real tongues of fire,  
Energy in flaming form,  
Power resting individually;  
A miracle of the moment.

Manifestation of potency;  
Feel the intense heat, yet  
No one gets burned.  
Tongues of perception;

The authority of the Spirit  
Endowed to the elect few  
The gift of eloquence;  
Translated into speech.

Those tongues of fire  
Engendered confidence,  
Empowering fishermen  
Into mighty orators.

Those Pentecost sermons  
spread Jesus Christ's word,  
Into a miraculous fire that  
Can never be extinguished.

*Jean Wearn Wallace*

From that moment I knew that I had not been abandoned and that he still had a plan for me and loved me enough to put me through trials to help me grow and to trust in Jesus and continue along to the goal he has set for me. I reapplied to Church Army after a year of independent studies and was then accepted for training and I am now ministering in London.

God had a plan, but I needed to be changed to have a new beginning open in my life and by holding on to his wonderful promises and being faithful in what Jesus accomplished on the cross I was able to continue my journey with Christ by my side.

I have held this passage dear to my heart ever since. We all have a favourite passage or prayer that helps. Don't drop it at the first sign of trouble, hold onto it, believe in it and have faith in the wonderful thing that Jesus did for us at Easter.

*Captain Mark Dadds*  
*Membership Secretary*

~ ba ~

*In the Centre Pages of this issue is a wealth of contact details of helpful organisations.*

*The information is on a free hand out at the Wellcome Institute, 183 Euston Road - NR: Euston, St Pancras, King's Cross, & LT Euston, Euston Square, Warren St, & King's Cross stations serve well. The Institute has two, free exhibitions that will interest readers:*

***Bobby Baker's Diary Drawings***, which showcases an artist's reflections on her illness and experiences of the health system. It runs till 2 August.

***Madness and Modernity*** looks at Vienna at the turn on the 19th century, revealing the evolving of treating 'madness' and the parallels in art and architecture. It runs till 28 June.

*There are related free seminars, lectures & activities, but booking is required. Phone 020 7611 2222, or visit [www.wellcomecollection.org/events](http://www.wellcomecollection.org/events)*



### *Being Alongside/APCMH A.G.M. and Workshop*

Everyone is welcome to our Annual General Meeting – we rely on your willingness to come and offer your views and thoughts as to what we have been doing and / or could be doing. Over the past year or more we have been looking at the vision and key values of Being Alongside (the new working name for APCMH and reflected in the title of our bi-monthly newsletter) as well as revising a new leaflet which we hope will all be available at the AGM. As well as consolidating the varied work of local groups and individuals we now need to look at new areas to focus on. If you are unable to come but have any ideas or thoughts please let me know via the Being Alongside contact address, phone number or email.

Before lunch there will be a workshop run by Ann Morisey who will be well known to many of you. She will look at the contribution that psychology and spirituality make to each other and some practical things to help our Journey. This will start at 10.30am with refreshments before that.

After the AGM (pm) we have another Open Forum, an opportunity for anyone to share some original work such as a poem, short story, picture or music / song. Don't feel shy! The day will end with prayer and quiet reflection.

We will be at a new venue (for us!) I look forward to seeing you there!

*Stephan Ball* Chairperson, *Being Alongside/APCMH*

### *APSCC Conference 2009 30/06/2009 - 01/07/2009*

#### *Acknowledging the spiritual - an ethical essential?*

As Britain becomes more multi-cultural, spirituality and its expression - religious or otherwise - is becoming more important. The issue of religion and the role of spirituality in the health and wellbeing of clients is therefore a key issue for counsellors, and the focus of the 2009 APSCC conference.

Workshops will explore spirituality across assessment, supervision, pastoral care, ethical practice & training, providing practical advice & encouraging debate. Also, we have 2 speakers and the opportunity for group reflection. The conference will be thought-provoking and informative, whilst contributing to members' personal and professional development.

To book, call our Customer Services department on 01455 883300. Or, download a booking form from [www.apsc.org.uk](http://www.apsc.org.uk).

it is aimed at the general reader and is illustrated with stories, brief case histories and anecdotes.

#### *Table Of Contents:*

- 1 'Psyche' means more than mind
- 2 What is Christian faith?
- 3 Why the warfare?
- 4 Psychiatry, science and faith
- 5 Can religion damage your health?
- 6 Delusion is a psychiatric term
- 7 The Intersection of Psychiatry and Belief
- 8 Inner and outer demons
- 9 Personality and personality disorder
- 10 Resolving the question

#### *Author: Andrew Sims*

For more than twenty years, Andrew Sims was Professor of Psychiatry in the University of Leeds. He was consecutively Dean (1987-1990), President (1990-93) and the first Director of Continuing Professional Development (1993-97) of the Royal College of Psychiatrists. He edited *Advances in Psychiatric Treatment* from its inception in 1993 until 2003, and was founder editor of *Developing Mental Health* (2002-5).

He has chaired the *Spirituality and Psychiatry Special Interest Group of the Royal College of Psychiatrists* and has also served on the General Medical Council.

The author of 12 books and over 200 papers, he has published and spoken widely on the interface between religious faith and mental illness.

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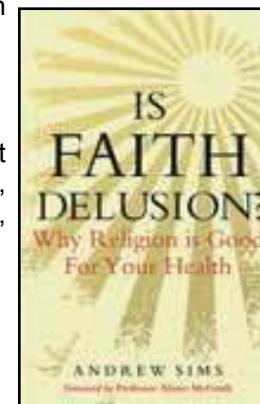
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## New Book from Prof Andrew Sims

### *Synopsis*

How, in a scientifically and technologically advanced age, can people still believe in God? Andrew Sims examines both the connection and the division between Christian faith and psychiatry.

### *Description*

Is faith delusion? Is religion bad for your health? How, in a scientifically and technologically advanced age, can people still believe in God / spirit / 'other'? Clearly not all believers are primitive and ill-educated; an alternative explanation is that they must be mad, or at least severely neurotic (as suggested by Freud).

This book starts by looking at, and giving reasons for, the connection and the division between Christian faith and psychiatry. It asks whether science challenges Christians involved with psychiatry, as patients or professionals, and whether the spiritual needs of patients are recognised. The author examines the scope and use of the neuro-sciences and considers cause and effect, natural selection and determinism. He explores the overlap (and the difference) between psychiatric symptoms and religious belief, the possible association between demon possession and mental illness, and the idea that some people are intrinsically religious and some are not. The variations of personality are examined, with their implications for belief.

Far from supporting the case that faith is delusion, outcome studies (reviewed here) show that in general religious belief and practice convey good mental health. Religious faith and mental illness are different, and their concepts come from different world-views. A consideration of them in relation to each other is long overdue.

The author is a former Professor of Psychiatry and President of the Royal College of Psychiatrists, and has also been Chairman of their Spirituality and Psychiatry Special Interest Group, so is exceptionally well qualified to address the subject. Although the book is technically proficient,

## 'S Wonderful, 'S Marvellous

*...to get letters and responses from the Readership. It makes B.A feel more like a real newsletter... Many thanks and keep it coming!*

*First up is Jean Marsham with a couple of letters. Her first opens with a clip from a magazine, the second is a response to Pam Freeman's article in last issue.*

*There is a widespread belief that people with bi-polar disorder are more creative and intelligent than their contemporaries. It is true that they do have on average an IQ of 10 points higher than those who are not bi-polar.*

*The Oldie*

Tell us something we didn't know!

*Jean Marsham*

Dear Pam,

About the chap who doesn't feel his church is doing enough for him: I will paraphrase

*Ask not what your church can do for you, but what you can do for your church.*

And as for the lady who was upset by something said by her Roman Catholic Priest, I wonder if it is more complicated than the literal words convey?

Yours sincerely,

*Jean Marsham*

*Next up is Michael Groves who emailed in the following, also in response to Pam's article:*

I am writing in reply to the article in the latest issue of the newsletter from Pam Freeman about the difficulty in seeking out churches which are welcoming and accepting to people with mental health difficulties.

Maybe something could be put on the website, members who attend welcoming and accepting churches could send in details and these could be added to a database.

Maybe some more in depth research needs to be done about those churches where either the priest / vicar / minister / pastoral assistants / lay workers / congregation have some knowledge and understanding or experience of mental health issues.

*Michael*

*Ed: I have forwarded this to National Committee members so the topic can appear on their next agenda.*

*Next up is Edna Hunneysett with news of her publications:*

My book *Carers in the Community* is now under a new publisher and title is *Our Suicidal Teenagers: Where are you God?* and my second book is *Pastoral Care: Mental Health*.

Both are published this year by **chipmunkapublishing** - as ebooks from their excellent website: <http://www.chipmunkapublishing.com/>, or in paper back from them, or from me on 01642 818332.

*Chipmunka* only publishes material relevant to mental health. I think it is well worth bringing readers to the attention of this site.

*Edna Hunneysett*

*Next John Wetherell, via email, offers thoughts on balancing real relationship with respect:*

In *Being Alongside* magazine for March-April 2009, there was a small insert entitled "Sticks and Stones...mental health thoughts from *The Guardian*". It was not clear exactly whether these were extracts from different articles written by different journalists, or from letters written to *The Guardian*.

The first piece of advice ran thus: "*Take care using language about*  
*Continued on p 11 >>>*"

*mental health issues*". So far, so good. I'm all for taking care. And there can be little enough doubt that mental health is an area where language does not simply describe, it also helps create, our perceptions.

But our next extract from *The Guardian* was rather less straightforward: "In addition to such clearly offensive and unacceptable words as loony, maniac, nutter, psycho and schizo, expressions to avoid because they stereotype and stigmatise." Clearly this is only the last part of a longer sentence. Probably in context it made good enough sense.



Lifted out of context, it appears quite dogmatic and sweeping. I myself have a diagnosis of schizophrenia and was once called a schizo in anger by someone. It did hurt a bit. But it was not the word itself, it was the evident intention to hurt that was sad. I had actually never heard the term before. It must be relatively new, like referring to Paul McCartney as 'Macca'.

The thing about words like loony, maniac, nutter and so forth, is that they are often a handy way of bringing light relief to human situations. They do not have to be offensive. They can also be used in a different spirit, as when the actor Robin Williams said once something along the lines of: "You're only given a little spark of madness; you mustn't lose it". He didn't mean some people, he meant everyone.

In the same vein, I would say there is nothing wrong with using schizophrenic to mean "in two minds". I am quite schizophrenic about writing this. On the one hand, I want to protest against political correctness gone mad (there's that word mad again! you can't get rid of it). On the other, I sincerely believe in the good intentions of people who try to improve society by curbing its abusive terminology.

*John Wetherell*

**Sat 16<sup>th</sup> May 2009**  
***Annual General Meeting***  
**see p4 & 16**



**Sound Minds:** [www.soundminds.co.uk](http://www.soundminds.co.uk)

- a social enterprise using the arts to improve the lives of people under the care of community mental health teams.

**Media Action Group for Mental Health** [www.magmh.org.uk](http://www.magmh.org.uk)

- a Registered Charity working to promote positive, accurate and realistic images of mental ill health and of people who live with mental distress.

**Mental Health Media** [www.mhmedia.com](http://www.mhmedia.com)

- believes in getting across the real story about mental health, told by those who know.

**Mental Health Alliance** [www.mentalhealthalliance.org.uk](http://www.mentalhealthalliance.org.uk)

- a coalition working to secure improved mental health legislation.

**CoolTan Arts** [www.cooltanarts.org.uk](http://www.cooltanarts.org.uk)

- exists to inspire the well-being and creative participation of a diverse range of people through the production of quality art. CoolTan is run by and for those with mental distress.

**Mad Pride** [www.zyra.org.uk/madpride.htm](http://www.zyra.org.uk/madpride.htm)

- a new millennium civil rights movement designed to eliminate discrimination against psychiatric patients.

**Creative Routes** [www.creative-routes.org](http://www.creative-routes.org)

- an award-winning interdisciplinary arts charity, run by the mad for the mad. Creative Routes celebrates and promotes the unique creativity of mad people, promoting mental well-being, and creatively campaigning against discrimination and for the acceptance of individuality in society.

**Assist Trauma Care** [www.assisttraumacare.org.uk](http://www.assisttraumacare.org.uk)

- employs experienced therapists trained to work with Post Traumatic Stress Disorder(PTSD) and the after-effects of trauma.

**Back to Life** [www.backtolife.org.uk](http://www.backtolife.org.uk)

- offers practical and emotional support to young men recovering from mental health issues. The mentoring scheme helps men 18-35 in Southwark and Lambeth to reach their full potential.

**Personality Plus** [www.personalityplus.co.uk](http://www.personalityplus.co.uk)

- a user led Community Interest Company established in January 2007 to engage with people interested in using creativity to challenge the stigma experienced by people given a diagnosis of personality disorder.

## Helplines

*This Centre Fold contains many helpful contact details.*

*It runs though to p10, & can be Pulled Out for safe, accessible keeping.*

**Samaritans**

T: 08457 90 90 90 (24 hours a day)

E: [jo@samaritans.org](mailto:jo@samaritans.org)

Provides confidential non-judgemental emotional support for those experiencing feelings of distress or despair, including those which could lead to suicide. Can phone, email, write a letter or in most cases talk to someone face to face.

**NHS Direct:** T: 0845 4647

Health advice 24 hours a day, 365 days a year.

**Mind Infoline**

[www.mind.org.uk](http://www.mind.org.uk) / T: 0845 766 0163 (9am - 5pm Monday to Friday)

E: [info@mind.org.uk](mailto:info@mind.org.uk)

Information covered includes types of mental distress, where to get help, drug treatments, alternative therapies and advocacy.

**Rethink Line:** [www.rethink.org](http://www.rethink.org) / T: 0207 840 3188 (10am - 3pm Monday, Wednesday & Friday; 10am - 1 pm Tuesday & Thursday)

E: [advice@rethink.org](mailto:advice@rethink.org)

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England and Northern Ireland.

**Hearing Voices Network:** T: 0845 122 8642 (1 pm – 4pm Tuesdays)

**Child line** T: 0800 1111

**National Women's Aid:** T: 0808 2000 247

Women's Aid is the key national charity working to end domestic violence against women and children.

**Parentline:** T: 0808 800 2222

**Saneline:** [www.sane.org.uk](http://www.sane.org.uk) / T: 0845 767 8000 (6pm – 11 pm)

Saneline is a national mental health helpline providing information for those with mental health problems and those who support them.

**Mental Health Foundation** [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

- exists to help people survive, recover from and prevent mental health problems. We bring together teams that undertake research, develop services, design training, influence policy and raise public awareness within one organisation. We are keen to tackle difficult issues and try different approaches, many of them led by mental health service users.

**Time to Change** [www.time-to-change.org.uk](http://www.time-to-change.org.uk)

- inspiring people to work together to end the discrimination surrounding mental health.

**Sainsbury Centre for Mental Health** [www.scmh.org.uk](http://www.scmh.org.uk)

- a charity seeking to influence mental health policy and practice and enable the development of mental health services through research and training.

**Together** [www.together-uk.org](http://www.together-uk.org)

- a charity that supports 2,500 people through 100 different mental health services across England. They support people with mental health needs and help them get what they want from life and to feel happier.

**Young Minds** [www.youngminds.org.uk](http://www.youngminds.org.uk)

- provides information and advice for those concerned with the mental health of a child or young person.

**Bristol Crisis Service for Women**

[www.users.zetnet.co.uk/bcsw/publications.htm](http://www.users.zetnet.co.uk/bcsw/publications.htm)

Their publications can be ordered via this website.

**Fawcett Society** [www.fawcettsociety.org.uk](http://www.fawcettsociety.org.uk)

- campaigns for equality between women and men in the UK on pay, pensions, poverty, justice and politics.

**Government Equalities** [www.womenandequalityunit.gov.uk](http://www.womenandequalityunit.gov.uk)

- the Women and Equality Unit transferred to this website.

**National Self Harm Network** [www.nshn.co.uk/resources.html](http://www.nshn.co.uk/resources.html)

- resources and information for people who self-injure for health and mental health professionals, friends, relatives and advocates.

**Newham Asian Women's Project** [www.nawp.org](http://www.nawp.org)

- provides a range of services for Asian women and their children.

**National Social Inclusion Programme** [www.socialinclusion.org.uk](http://www.socialinclusion.org.uk)

The NSIP brings together the work of government departments and other organisations in a concerted effort to challenge attitudes, to enable people

to fulfill their aspirations and to significantly improve opportunities and outcomes for people with mental health problems. The specific needs of women are addressed in some of its work.

**PACE Promoting Lesbian and Gay Health and Wellbeing**

[www.pacehealth.org.uk](http://www.pacehealth.org.uk)

- London's leading charity promoting the mental health and emotional wellbeing of the lesbian, gay, bisexual and transgender community.

**Pink Therapy** [www.pinktherapy.com](http://www.pinktherapy.com)

- the UK's largest independent therapy organisation working with gender and sexual minority clients. The organisation aims to promote high quality therapy and training services for people who are lesbian, gay, bisexual and transgender and others who identify as being sexual minorities.

**Sanctuary Model** [www.sanctuaryweb.com](http://www.sanctuaryweb.com)

- aims to teach individuals and organisations the necessary skills for creating and sustaining nonviolent lives and nonviolent systems and to keep believing in the possibilities of peace.

**Sidran Institute: Traumatic Stress Education and Advocacy**

[www.sidran.org](http://www.sidran.org)

- aims to help people understand, manage and treat trauma and dissociation.

**Star Wards** [starwards.org.uk](http://starwards.org.uk)

- works with mental health trusts to enhance mental health inpatients' daily experiences and treatment outcomes. It aims to discover, celebrate, share, publicise and inspire excellence in acute care.

**Virtual Ward** [www.virtualward.org.uk](http://www.virtualward.org.uk)

- a place to share good practice between staff and people who use mental health services. The site is designed for all to access information about positive and innovative practice, to read supporting policy and to utilise the examples of training underpinning those examples.

**World Health Organisation: The Department of Gender, Women and Health** [www.who.int/gender/en](http://www.who.int/gender/en)

- this WHO department highlights how biological and social differences between the sexes affect health, & steps needed to achieve health equality.

**Ince's Foundation for Integrated Health:** [www.fih.org.uk](http://www.fih.org.uk)

- developers of integrated healthcare policies.