

Useful Links

MindinfoLine: Provides information on a range of topics including all types of mental distress and where to get help. The helpline can point people to other organisations, eg, benefits advice, so it is a good first port of call.

www.mind.org.uk Tel: 0300 123 3393

The Rethink Mental Health Advice & Information Service: A service that provides factsheets and advice on issues such as treatment, medication and therapy, as well as money, debt, benefit entitlement and other issues related to mental illness.

www.rethink.org Tel: 0300 5000 927

Breathing Space Scotland: Free and confidential phone line for anyone experiencing low mood or depression or who is worried and needs someone to talk to.

www.breathingspacescotland.co.uk Tel: 0800 83 85 87

The Money Advice Service: Phone and online money advice on a wide range of subjects.

www.moneyadviceservice.org.uk Tel: 0300 500 5000

Advice for specific conditions

Bipolar UK: Membership costs £20 a year (£10 unwaged) and includes access to a free legal advice line, travel insurance scheme and self-help groups.

www.bipolaruk.org.uk Tel: 0333 323 3880

Bipolar Scotland: Provides information, support and advice for Scottish people affected by bipolar disorder. Membership costs £20 a year (£5 unwaged).

www.bipolarscotland.org.uk Tel: 0141 560 2050

Free legal advice

- **Mind's Legal Line;** Free legal information and general advice on mental health-related law.

www.mind.org.uk Helpline: 0300 466 6463

- **Civil Legal Advice;** Legal advice on issues such as where your home is at risk for those on benefits or a low income

Tel: 0345 345 4345

Step Change - www.stepchange.org - 0800 138 1111