**Mental Health Support**

The NHS has many websites on the internet with information about medical conditions and how they are treated.

<http://www.nhs.uk/pages/home.aspx>

Also, tips for living well, which should be followed to avoid any mental health or medical conditions, and are also important if they occur, are to be found on the NHS website.

<http://www.nhs.uk/livewell/Pages/Livewellhub.aspx>

The Recovery College offers FREE courses for help with mental health conditions, from ‘mindfulness’, to ‘action for happiness’, to ‘media and mental health’ and much more!

<http://www.humber.nhs.uk/about-our-trust/recovery-college.htm>

For experiencers of Psychosis or ‘hearing voices’, a confidential peer support group is to be found in Hull, which meets the last Tuesday of each month.

**The Hull Talking Heads Group meets the last Tuesday of every month:**

**Time:** 1pm-2.30pm

**Venue:** Kardomah94, 94 Alfred Gelder Street, Hull

2017 dates are:

**Dates and further information:** Contact Anne Parry, 01482 335710, or Chris Sanderson tel. 01482 336778 (Psypher).

<http://www.humber.nhs.uk/services/talkingheads>

A psychological and therapy service especially for refugees and asylum seekers and their families is to be found with The Haven Project in Hull.

**Contact Us**

Haven   
Marvell House Children’s Centre  
Cranbourne Street  
Hull  
HU3 1PP

Email : [Haven@goodwintrust.org](mailto:Haven@goodwintrust.org)

Tel :01482 325422

<http://www.havenproject-hull.org.uk/>

If you need urgent immediate help with acute psychological problems, please call the Rapid Response Team.

**Tel.** 01482 301701

<http://www.humber.nhs.uk/services/rapid-response-service.htm>

Freedom from Torture is an organisation that offers help for people who have experienced torture (the nearest office is in Leeds)

<https://www.freedomfromtorture.org/>