



DIOCESE OF
Bath & Wells

Living the story. Telling the story.

Discovering Wholeness Together

How can the local church engage
with mental well-being?



Support

Get Urgent Help

We all need help sometimes and computers are useful but people are far better! If you are concerned about your own safety or the safety of a friend then please do something about it.

The Samaritans (www.samaritans.org)

Tel: 0845 7 90 90 90

Available 24 hours a day

Premier Lifeline (www.premierlifeline.org.uk)

By phone on 0300 111 0101

9am to Midnight every day of the year

For an emergency, call 999 from any phone or mobile free of charge

For less urgent help, phone 111

Resources

1. Mental Health Access Pack -- <http://www.mentalhealthaccesspack.org/>
2. Mind & Soul Foundation - <http://www.mindandsoulfoundation.org/>
3. The World Community for Christian Meditation (WCCM) – <http://www.wccm.org>
4. Welcome Me as I Am – <http://www.welcomemeasiam.org.uk>
5. Be Mindful -- <http://bemindful.co.uk/>
6. Premier Life - <https://www.premierlife.org.uk/>

7. Livability - <https://www.livability.org.uk/>
8. Mental Health Foundation -- <https://www.mentalhealth.org.uk/>
9. 1 in 4 -- <http://1in4people.org.uk/>
10. Heads Together -- <https://www.headstogether.org.uk/>
11. Young Minds – <https://youngminds.org.uk/>
12. Theos Report on Mental Health --
<http://www.theosthinktank.co.uk/publications/2017/07/03/christianity-and-mental-health-theology-activities-potential>
13. NHS Somerset Partnership – Mental Health -- <http://www.sompar.nhs.uk/what-we-do/mental-health/>
14. Somerset County Council Mental Health and Wellbeing --
<http://www.somerset.gov.uk/health-and-wellbeing/mental-health-and-wellbeing/>
15. Mind -- South Somerset -- <http://www.southsomersetmind.co.uk/index.asp>
16. Mind – Taunton and West Somerset -- <http://mindtws.org.uk/>
17. Community Mental Health Resources Centre North Somerset -- <http://nsod.n-somerset.gov.uk/kb5/northsomerset/directory/service.page?id=FQjLsfrnNM>