

Useful Contacts and Resources.

Stigma and Discrimination on Mental Health Grounds

Mindout for Mental Health has a Line Manager's pack (downloadable from the internet) which can provide guidance to employers on reasonable adjustments in the workplace

www.mhmedia.com

The Employers' Forum on Disability is a member organisation that also provides advice on mental health in the workplace, including guidance on reasonable adjustments for people with experience of mental health issues

www.employers-forum.co.uk

The Mental Health Foundation provides support for employers to create a healthy workplace and create positive mental health policies. They have produced guidance that provides information on stress, triggers and supporting people back into work. This can be accessed through their web-site at

www.mentalhealth.org.uk

The Royal College of Psychiatrists has produced an anti-stigma programme called *Changing Minds*

www.rcpsych.ac.uk

The Disability Rights Commission's helpline is

08457 622 633 or visit

www.drc-gb.uk

NIMHE has a Knowledge Community where people can exchange information and experiences relating to mental health. This can be found at

KC.nimhe.org.uk

Scottish Executive - for information on mental health policy and services in

Scotland contact the National Programme for Improving Mental Health and Well-Being (part of the Scottish Executive) at

www.show.scot.nhs.uk

The Role of Health and Social Care Professionals in Promoting Social Inclusion

Department of Health (DH) - for information on the NHS, mental health and social care services visit

www.doh.gov.uk.

National Institute for Mental Health in England (NIMHE) provides information on mental health policy and services visit

www.nimhe.org.uk.

For an overview of the social care perspective see the Social Services Inspectorate publication, *Treated As People: An Overview of Mental Health Services from a Social Care Perspective, 2002-04*.

This can be found on the Department of Health website, under publications and statistics. *Valuing People: A New Strategy for Learning Disability for the 21st Century* (2001) sets out how the Government will provide new opportunities for children and adults with learning disabilities. It outlines the Government's plans for people with learning disabilities and their families, including those with mental health problems.

For hard copies contact 0870 6005522, or download at

www.archive.official-documents.co.uk

Department of Health published a draft strategy for women's mental health care, which includes sections on self-harm, perinatal illness and the issues facing women from ethnic minority backgrounds. This strategy can be found at

www.nimhe.org.uk/downloads/FullWMHStrategy.

This was followed by the development of implementation guidance, which can be found at

www.nimhe.org.uk/downloads/77961-ImpleGuidance-tex.

The Sainsbury Centre for Mental Health, *Working for Inclusion* (2002).

Go to www.scmh.org.uk

Mental Health, Day Services and Community Participation.

imagine@mentalhealth.org.uk, 0151 709 2366 -
www.imaginementalhealth.org.uk

The Government Funding website

www.governmentfunding.org.uk

provides information on grants that are available to voluntary and community groups from the Home Office, the Department for Education and Skills (DfES), DH and the Office of the Deputy Prime Minister (ODPM).

Mental Health and Employment

For information on the support provided by Jobcentre Plus visit

www.jobcentreplus.gov.uk.

Information specifically on the New Deal programmes can be found at www.newdeal.gov.uk.

The Welfare to Work Handbook (Centre for Economic and Social Inclusion, 2004) - a comprehensive guide to the financial support and employment programmes available for adults of working age.

The Health and Safety Executive's (HSE) *Real Solutions, Real People* action pack for managers on work-related stress.

www.hse.gov.uk/stress

HSE, *Managing sickness absence and return to work: An employers and managers guide* (October 2004).

Mindout line manager's guide to reasonable adjustments for people with mental health problems

www.mhmedia.com

Waddell G. and Burton K. *Concepts of rehabilitation for the management of common health problems* (2004) - a recent publication sponsored by DWP which looks at different aspects of rehabilitation.

The Employers' Forum on Disability is a member organisation funded and managed by employers, and it provides guidance, eg via a helpline, on how best to employ people with disabilities

www.employers-forum.co.uk

The Association for Supported Employment (AfSE) is an organisation open to any agency delivering supported employment. It aims to assist agencies to support individuals with disabilities, and to promote best practice and training for the delivery of supported employment.

Contact 0772 9356264 or visit

www.afse.org.uk.

Social Firms UK: a Social Firm is a business that has been specifically set up to create paid employment for disabled people. Social Firms UK encourages the development of the sector via the dissemination of good practice, advice, and support and lobbying.

Contact 01737 764021 or visit

www.socialfirms.co.uk.

Business in the Community is a network that aims to engage and support business in continually improving its positive impact on society

www.bitc.org.uk

See the Disability Rights Commission for advice on the duty of employers under the DDA. The Disability Rights Commission's helpline is 08457 622 633 or visit

www.drc-gb.uk

For Business Action on Homelessness contact Eva Hamilton on 020 7566 8688.

NIMHE has a Knowledge Community where people can exchange information and experiences relating to mental health. This can be found at

kc.nimhe.org.uk.

Scottish Executive - for information on mental health policy and services in Scotland, contact the National Programme for Improving Mental Health and Well-Being (part of the Scottish Executive). Visit www.show.scot.nhs.uk

Mental Health and Welfare Benefits

For advice about benefits, eligibility criteria and downloadable claim forms. See the Department for Work and Pensions web-site

www.dwp.gov.uk

Claim forms and general advice are also available from the Benefits Enquiry Line (0800 882200), a confidential telephone service for people with disabilities, their representatives and their carers.

The Inland Revenue are responsible for tax credits, including the Working Tax Credit. Applications for Working Tax Credit can be made via the website

www.inlandrevenue.gov.uk.

The Citizens Advice Bureau web-site,

www.adviceguide.org.uk

provides advice on various topics, including benefits. Contact details for local Citizens Advice Bureau can be found in the phone book.

Disability Information and Advice Line (DIAL) services are based throughout the UK and are run by and for disabled people. They provide information and advice on all aspects of living with a disability, including benefits. The web-site contains details of local DIALs

www.dialuk.info

The Disability Alliance provides advice about welfare benefits for disabled people and publishes the *Disability Rights Handbook* each year. They also have a telephone helpline (020 7247 8763) for members of the public or for people giving advice to others (available Mondays and Wednesdays 2-4pm) or visit

www.disabilityalliance.org

Advice Now provides information about rights and legal issues, including links to web-sites giving advice on welfare benefits for sick and disabled people.

www.advicenow.org.uk

Rights net provides information on changes to welfare benefits and tax credits for welfare rights advisers. Rights net is run by the London Advice Services Alliance (LASA) see

www.rightsnet.org.uk

for more details.

National Institute for Mental Health in England (NIMHE) has a Knowledge Community where people can exchange information and experiences relating to mental health. This can be found at kc.nimhe.org.uk.

Scottish Executive - for information on mental health policy and services in Scotland, contact the National Programme for Improving Mental Health and Well-Being (part of the Scottish Executive). Visit

www.show.scot.nhs.uk

Mental Health and Housing

The Office of the Deputy Prime Minister Code of Guidance establishes the framework in which local authorities carry out their duties and allocate properties. It also contains details of consultation papers, the Government's press releases and Decent Homes

www.housing.odpm.gov.uk

For a range of information and publications on homelessness, see www.homelessness.odpm.gov.uk

Choice-Based Letting - contact your local authority's Housing Department for more information on this new scheme as practice differs within each locality. For information on Supporting People see www.spkweb.org.uk

Shelter helps people find and keep a home, and they provide advice and information for housing professionals. Their web-site is www.shelter.org.uk

and they also have a helpline, *ShelterLine*, on 0808 800 4444. Shelter's Homelessness Act web-site is aimed primarily at local authorities and focuses on the practical issues following the implementation of the Homelessness Act 2002 www.HomelessnessAct.org.uk

Information and policy advice for the housing and support sector can be found at www.sitra.org

For advice on funding see the Housing Corporation's web-site at: www.housingcorp.gov.uk/

The Citizens Advice Bureau web-site provides advice on a range of topics.

www.adviceguide.org.uk

Contact details for local Citizens Advice Bureau can be found at

www.citizensadvice.org.uk/cabdir.ihtml

or in the local phone book.

Revolving Doors have worked in improving access to care and housing for people with mental health issues who have had contact with the criminal justice system

www.revolving-doors.co.uk

Mental Health, Education and Training

The Department for Education and Skills web-site

www.dfes.gov.uk

provides advice about courses and funding.

For more detailed information on student support in England and Wales see

www.dfes.gov.uk/studentssupport

For information on higher education opportunities see

www.aimhigher.ac.uk

Learning and Skills Council: the LSC is responsible for funding and planning education, and for the training for over 16-year-olds in England

www.lsc.gov.uk

National Institute for Adult Continuing Education - England and Wales (NIACE): NIACE works in all fields of education and training. NIACE has a particular concern to widen access to learning and increase participation among groups currently under-represented in education and training. Contact 0116 2044200 or visit www.niace.org.uk.

Disability Rights Commission (DRC): The DRC's helpline (08457 622633) provides advice and support to students about the Disability Discrimination

Act 1995 (DDA) legislation, and can advise on general DDA issues
www.drc-gb.org

Mental Health and Ethnicity

The National Black and Minority Ethnic (BME) Mental Health Network was launched at the Afiya Trust conference in Manchester in September 2004. The aim of the network is to reduce inequality and to promote good practice in mental health for ethnic minority groups. The network has been established through a partnership consortium of interested organisations

www.afiyatrust.org

Contact the National Institute for Mental Health in England (NIMHE) at

www.nimhe.org.uk

or telephone 0113 254 3811, or e-mail

Ask@nimhe.org.uk

for information on the National BME programme.

NIMHE has a Knowledge Community where people can exchange information and experiences relating to mental health. This can be found at

kc.nimhe.org.uk

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Diverse Minds: visit

www.diverse minds.org.uk,

telephone on 020 8519 2122

or e-mail

contact@mind.org.uk

The Commission for Racial Equality: the Commission employs officers who specifically work around mental health issues and who can offer advice and support

www.cre.gov.uk

Telephone 020 7939 0000 or e-mail

info@cre.gov.uk

The Refugee Council: the Council provides information on mental health services to refugees and their advisers

www.refugeecouncil.org.uk

Telephone 020 7820 3000 or e-mail

info@refugeecouncil.org.uk

Scottish Executive - for information on mental health policy and services in Scotland, contact the National Programme for Improving Mental Health and Well-Being (part of the Scottish Executive). Visit www.show.scot.nhs.uk

Mental Health, Families and Carers

Department of Health Women's Mental Health strategy - for information on women's needs in relation to families and their mental health.

Every Child Matters - for more information see www.dfes.gov.uk/everychildmatters/

Connexions work with young people aged from 13-19. They can help with information and advice on learning, careers, health, relationships and money. They can be contacted on 0800 800 13 2 or at

www.connexions-direct.com

Parentline Plus is a UK registered charity that offers support to anyone caring for a child. It runs a free phone helpline, courses for

parents, develops innovative projects and provides a range of information

www.parentlineplus.org.uk

Social Care Institute for Excellence (SCIE) promotes good practice in social care by reviewing and sharing practice, and they have set up the Parental Mental Health and Child Welfare Network to improve joint working

www.scie.org.uk

Sure Start covers children from conception through to age 4, and up to age 6 for those with special educational needs and disabilities, as well as parents and communities across the country. The Public Enquiry Unit can be contacted on

0870 0002288

www.surestart.gov.uk

The Institute of Psychiatry provides mental health information for carers and relatives

www.mentalhealthcare.org.uk

The Partners of Care campaign have developed a series of three separate checklists to help people with mental health problems,

carers and psychiatrists talk to each other more clearly. These checklists can be viewed at

www.partnersincare.co.uk

or requested by calling 0207 235 2351 and asking for extension 127 or 154.

Carers UK provide information and advice on all issues relevant to carers. They can be contacted on 020 7490 8818

www.carersonline.org.uk

Crossroads - Caring for Carers are a charity who consider that carers should be entitled to practical support to reduce the stress of caring. They are able to offer 'in-home care' to allow carers some time to themselves

www.crossroads.org.uk

Mental Health and Criminal Justice

The Home Office is the central government department dealing with criminal justice, prisons and the police, see

www.homeoffice.gov.uk

The Prison Service provides information on the work going on in prisons throughout England and Wales see

www.hmprisonservice.gov.uk

To access information about the probation service see

www.probation.homeoffice.gov.uk

To access information on the police visit

www.police.uk

Home Office, *Reducing Re-offending: National Action Plan* (Home Office Communication Directorate, 2004). A checklist for Accident and Emergency staff to help them deal with patients with mental health problems was published in 2004. This is available at

www.dh.gov.uk/assetRoot/04/08/11/93/04081193.

Revolving Doors is a charity concerned with mental health and the criminal justice system. It works with the police, prisons and courts, as well as supporting people who have 'fallen through the net' of mainstream services.

www.revolving-doors.co.uk

Nacro is a national organisation working to reduce crime by resettling prisoners, helping people with housing and employment, and working with communities and young people

www.nacro.org.uk

For more information on court diversion schemes see *Findings of the 2003 Survey of Court Diversion/Criminal Justice Mental Health Liaison Schemes for Mentally Disordered Offenders*.

Mental Health, Advice and Financial Services

The Community Legal Service has a web-site

www.clsdirect.org.uk

that enables users to search online for a quality marked local legal adviser or solicitor. CLS

Direct also have a telephone advice line (0845 345 4 345) offering legal advice and assistance on debt, welfare benefits or education problems.

The Citizens' Advice Bureau web-site

www.adviceguide.org.uk

provides advice on a range of topics. Contact details for local Citizens Advice Bureau can be found at

www.citizensadvice.org.uk/cabdir.ihtml

or in the local phone book.

Disability Information and Advice Line (DIAL) services are based throughout the UK and are run by and for disabled people, and they provide information and advice on all aspects of living with a disability www.dialuk.info

www.advicenow.org.uk

contains information about rights and legal issues, including links to websites with advice on issues affecting sick and disabled people.

www.rightsnet.org.uk

offers information on changes to welfare benefits and tax credits for welfare rights advisers. It is run by the London Advice Services Alliance.

www.nationaldebtline.co.uk

provides information and advice about dealing with debt. It also runs a free helpline: 0808 808 4000.

Action on Debt - Why it Matters and What You Can Do provides practical tips for managers in health, employment, neighbourhood renewal, justice, children and housing. This is a Social Exclusion Unit publication and can be found at

www.socialexclusion.gov.uk

or a hard copy can be ordered on 0870 1226 236.

The Government's approach to people who have unmanageable debts is set out in the Consumer Credit White Paper, published in December 2003. This is available at

www.dti.gov.uk/ccp/topics1/pdf1/creditwp.pdf

To contact the Legal Services Commission call 020 7759 0000 or visit

www.legalservices.gov.uk.

To contact the Association of British Insurers call 020 7600 3333 or visit

www.abi.org.uk.