

Useful Websites

Mind: www.mind.org.uk

Mental Health Foundation: www.mentalhealth.org.uk

Time to Change: www.time-to-change.org.uk

Rethink: www.rethink.org

See me Scotland: www.seemescotland.org.uk

NHS Choices: www.nhs.uk follow links to Mental Health

Post Traumatic Stress Disorder:

www.anxietyuk.org.uk

www.patient.co.uk

www.nice.org.uk

www.moodjuice.scot.nhs.uk/posttrauma.asp (online Self Help guide)

DWP Diversity website: DWP Home >> A – Z >> 'D' >> Diversity and Equality

<http://intralink/1/corp/sites/hr/nonpolicy/diversityandequality/index.asp>