

SIGNPOSTING FOR GENERAL MENTAL HEALTH CONDITIONS

[NHS Choices](#)

[nhs.uk](https://www.nhs.uk)

Provides a wealth of information and guidance on all mental health conditions.

[NSPCC](#)

[nspcc.org.uk](https://www.nspcc.org.uk)

The UK's leading children's charity. Working to prevent abuse, help rebuild children's lives and support families.

[Mind](#)

[mind.org.uk](https://www.mind.org.uk)

Promotes the views and needs of people with mental health problems.

[Young Minds](#)

[youngminds.org.uk](https://www.youngminds.org.uk)

The UK's leading charity fighting for children and young people's mental health.

[SAMH - Scottish Association for Mental Health](#)

www.samh.org.uk

Support for anyone with mental health problems in Scotland.

SIGNPOSTING FOR EATING DISORDERS

[B-EAT](#)

[b-eat.co.uk](https://www.b-eat.co.uk)

Beat is the UK's leading charity supporting anyone affected by eating disorders.

[National Centre for Eating Disorders](#)

[eating-disorders.org.uk](https://www.eating-disorders.org.uk)

Everything you need to know about eating disorder treatments, information and professional training.

[SEED](#)

[seedeatingdisorders.org.uk](https://www.seedeatingdisorders.org.uk)

Support and empathy for people with eating disorders.

[NHS Choices](#)

[nhs.uk/eatingdisorders](https://www.nhs.uk/eatingdisorders)

Comprehensive information and guidance relating to eating disorders.

[Anorexia and Bulimia Care](#)

[anorexiabulimiacare.org.uk](https://www.anorexiabulimiacare.org.uk)

Providing on-going care, emotional support and practical guidance for anyone affected by eating disorders.

[Scottish Eating Disorders Interest Group](#)

www.sedig.org

Scotland's charity for supporting, connecting and informing anyone who is affected by eating disorders.