

Emotional wellbeing and mental health

What help is available?

The DEBRA UK Community Support Team are familiar with the challenges of living with EB. We can offer a listening ear, as well as consider your holistic needs to provide further practical and emotional support for those living with and affected by EB. We can help you find the right service for your needs. DEBRA UK has also invested with Togetherall online support. You can find out more at debra.org.uk/togetherall-online-community-support

School, college or university

Educational institutions usually have counsellors or can refer to a local psychological help service/talking therapy.

Home insurance/Employee assistance programmes

These services may offer access to counselling services.

Other charities

Many charities offer specialist support on specific life challenges (e.g. bereavement charities).

Local community services

Carers groups or women's groups may have additional services for emotional support/psychological help.

Anxiety UK

This charity has a membership scheme (currently £20/year) and offer reduced fees for professional support.

Healthcare referrals

Referrals via GP (for those who may not meet standard thresholds/have long wait times) or referral to EB healthcare .

For immediate support

shout

85258

here for you 24/7

Text 85258
giveusashout.org



Call 116 123
samaritans.org

What to look for from a professional...

Ensure that any professional counsellors/therapists are registered with The British Association for Counselling & Psychotherapy (BACP).

bacp.co.uk

Speak to our Community Support Team



communitysupport@debra.org.uk



01344 771961 (option 1)



Useful websites and apps



NHS Every Mind Matters

Top tips and links to other websites for adults and children

nhs.uk/every-mind-matters



Headspace app

Guided meditation and mindfulness

headspace.com



Stop. Breathe. Think.

Free counselling sessions for young people up to age 21

stopbreathethink.org.uk



Calm app

Meditation app for beginners

calm.com



Young Minds

Providing young people with tools to look after their mental health

youngminds.org.uk



Togetherall

Providing 24/7 anonymous peer and community support and wellbeing resources, free for DEBRA UK members. Email membership@debra.org.uk to receive a joining code to access special features



The Mix

Support for under 25s

themix.org.uk



Changing Faces

Providing support to people with a visible difference

changingfaces.org.uk



Anxiety UK

Free resources and reduced fees for approved psychological services

anxietyuk.org.uk



Quell

Free, safe and anonymous mental wellbeing support for adults across the UK

quell.io



Kooth

Online mental wellbeing community for youths

kooth.com



Mind

Information and support, as well as mental health support

mind.org.uk