

# Useful Addresses – Depression

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## **Anxiety UK**

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## **BBC Bitesize**

<https://www.bbc.co.uk/bitesize/clips/zxqcd2p>

## **Bipolar UK**

<https://www.bipolaruk.org/>

## **Breathing Space**

[www.breathingspace.scot/](http://www.breathingspace.scot/)

## **CALM (Campaign against living miserably)**

[www.thecalmzone.net](http://www.thecalmzone.net)

## **Mind (National Association for Mental Health)**

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

## **Public Health Scotland**

<http://www.healthscotland.scot/health-topics/suicide/suicide-prevention-overview>

## **Samaritans Scotland**

<https://www.samaritans.org/samaritans-in-scotland/>

## **Sane**

[www.sane.org.uk](http://www.sane.org.uk)

## **Survivors of Bereavement by Suicide**

[www.uksobs.org](http://www.uksobs.org)

## **The Royal College of Psychiatrists**

[www.rcpsych.ac.uk/mentalhealthinfoforall/problems/depression/depression.aspx](http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/depression/depression.aspx)

## **Uncommon Knowledge**

[www.clinical-depression.co.uk](http://www.clinical-depression.co.uk)

## **Young Minds**

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