

Mental health and post-16 education

Briefing Sheet

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Part of a series of NIACE briefing sheets on mental health

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Useful Resources – March 2005

This briefing sheet aims to provide a list of adult learning-related resources for practitioners in adult education or in the health and social care sector who wish to promote access to learning for people with mental health problems. The list has been compiled following practitioner recommendations, using our own experience and through an internet search. We have provided as much information as possible about how to obtain and use the resources and the cost involved; this information was correct at the time of printing. The resources provided have been grouped into sections based on the main aim of the resource. For instance, we have placed all of the good practice guides together. In some cases, where there was not a clear distinction about which area the resource covered, we hope to have chosen the most appropriate and to have highlighted in the description if it contained aspects of another section.

This resource sheet was commissioned by the Local Government Association and developed by the East Midlands Regional Network of the NIACE/NIMHE partnership project. For further information on the partnership, contact Kathryn James, NIACE, 21 De Montfort Street, Leicester, LE1 7GE.
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1. Mental health promotion/awareness

These resources are useful when trying to understand and promote awareness of mental health difficulties

Author	Year	Title	Publisher, cost	Description
Aylward, N.	2002	<i>The learning needs of young adults with mental health difficulties: briefing paper</i>	NYA/NIACE YALPUBS (Free)	The paper outlines the learning needs of young adults (aged 16–25) with mental health difficulties and the role that the learning and skills sector can play in enabling young adults to progress. It highlights the mental health difficulties that young adults experience: self-harm, suicide and eating problems.
Bird, L.	1999	<i>The Fundamental Facts: All the latest facts and figures on mental illness</i>	London, Mental Health Foundation £15	An extensive summary of mental health research, this handbook covers all the key facts and figures, including the number of people who experience mental health problems, how many people self-harm and the costs of mental ill-health. Factors related to mental health problems, including homelessness, social deprivation, employment and substance misuse are also examined.
Department of Health	2001	<i>Making it happen: A guide to delivering mental health promotion</i>	Department of Health (Free – quote ref 24509) doh@prolog.uk.com	The document is designed to provide information about mental health promotion and the evidence to support it to enable effective implementation plans for Standard One of the National Service Framework for Mental Health. It defines mental health promotion, provides the case for mental health promotion and places mental health promotion in the policy context.
Mentality	2005	Various titles and information on promoting mental health	Mentality www.mentality.org.uk	This publication provides information on mental health promotion on the website. Publications cover various aspects of mental health promotion, e.g. mental health promotion to black and ethnic minority communities.
MIND	2000	<i>Understanding Mental Illness</i>	MIND publications@mind.org.uk Tel: 0844 448 4448 £15	The book outlines the different types of mental illness, the possible causes and symptoms and the treatments available. It suggests where to find support and information as well as self-help advice. This publication is available in different languages and can be ordered and viewed on their website.
Various authors	Varied	Different titles	The National Institute for Mental Health in England (NIMHE)	The publications cover a wide range of issues. The latest publications are listed at http://www.nimhe.org.uk/

1. Mental health promotion/awareness (continued)

Author	Year	Title	Publisher, cost	Description
Various authors	Varied	70 different booklets available on key mental health topics	MIND www.mind.org.uk Tel: 0844 448 4448 From £1 each	The 'Understanding...' series gives advice and practical information on a range of mental health issues. The 'How to...' series aims to help individuals maintain and improve their mental health and prevent mental distress. Information and guidance is provided in small focused chunks aimed at users and agencies for training and awareness raising events.
Various authors	Varied	Different titles	Chipmunka Publishing www.chipmunka-publishing.com	Chipmunka Publishing is a mental health publisher. It produces factual and creative literature, 95 per cent of which is written by people who have been diagnosed with mental ill-health at some point in their lives.

2. Self-managing/surviving mental health difficulties

These resources provide ways for organisations and people to deal with their mental health difficulties in a positive way

Author	Year	Title	Publisher, cost	Description
Arnold, L. and Magill, A.	Not dated	<i>Self-harm resource pack</i>	Basement Project P.O. Box 5, Abergavenny, NP7 5XW. 01873 856524 £95	A comprehensive self-harm information pack produced by the Basement Project which provides support groups for people who self-harm. The pack includes a complete programme for staff training, a workshop for individuals who self-harm, awareness-raising sessions, a video 'Visible Memories' and resource materials including posters, leaflets and five books on self-harm.
Bourne, E.	2000	Anxiety and phobia workbook (also available to complement the book, ' <i>Beyond Anxiety and Phobia: a step-by-step guide</i> ')	Alpha Press (£10)	This practical and comprehensive workbook contains ideas and exercises to help people think about and to cope with their anxieties. It offers help to anyone who is struggling with panic attacks, agoraphobia, social fears, generalised anxiety, obsessive-compulsive behaviours or other anxiety disorders.

2. Self-managing/surviving mental health difficulties (continued)

Author	Year	Title	Publisher, cost	Description
ECT Anonymous UK	Not dated	<i>Shock: the things you need to know before having shock treatment</i>	ECT Anonymous UK Flat 5, Quaker House, St Mark's Street, Leeds, LS2 9EQ, Tel: 0113 244 5454 Donation of £2	An information booklet about electric shock treatment (ECT). ECT Anonymous UK provides a confidential service to anyone who feels they have been harmed by ECT and to their relatives, carers, friends or advocates.
Hearing Voices Network	Not dated	www.hearing-voices.org website	91 Oldham Street, Manchester, M4 1LW, Tel: 0161 834 5768,	A survivors-run organisation, it offers information, support and understanding to people who hear voices and those who support them. The network also raises awareness of voice hearing, visions and other sensory experiences.
Lorig, K.	2004	<i>Patient Education – A 3rd Practical Approach</i> ed.	Sage Publications £24.50	In-depth information about self-management is provided in this publication. It provides a practical, step-by-step description of the process of conceptualising, designing, implementing, and evaluating a successful needs assessment patient education programme. The author makes recommendations on how to work effectively with culturally diverse populations and with difficult patients.
National Self-harm network	Not dated	www.nshn.co.uk website	PO BOX 7264, Nottingham, NG1 6WJ	This survivor-led organisation is committed to campaigning for the rights and understanding of people who self-harm. The site contains publications, resources and contact details for similar organisations.
Yates, F.	2000	<i>Restoring the balance</i> (CD-Rom) – is a self-help programme for managing anxiety and depression	Mental Health Foundation (£25 for single user or £85 for multi-users)	The CD-Rom with accompanying worksheets is specifically designed to provide users with information and strategies for managing anxiety or depression. It is designed for use in primary care settings where a practitioner is available to provide post-session support. It has straightforward graphics that make it particularly suitable for people who have little or no previous experience of using computers and who experience anxiety and depression.

3. User involvement and user voice

These materials emphasise the benefits and potential processes of including people with mental health difficulties in mental health work

Organisation	Contact details	Description
INVOLVE (formerly Consumers in NHS Research)	Wessex House, Upper Market Street, Eastleigh, Hampshire, SO50 9FD, Tel: 023 8065 1088, www.invo.org.uk/aim.htm	INVOLVE aims to ensure public involvement in Research and Development in the NHS, public health and social care.
Mad Pride	Core Arts/St Barnabas Centre, 109 Hamerton High St, Hamerton, London, E9-6SR www.madpride.org.uk	This is a campaign group challenging what it is to be 'mad'. Mad Pride is about Mental Health System Survivors overcoming discrimination. It has books, resources and survivor contact lists. This is a small not-for-profit organisation.
Open Up Project	http://openuptoolkit.net/home/	This is an ongoing project looking at how to tackle discrimination against people with psychiatric diagnosis. A list of contacts and information is available on the website.
Shaping Our Lives	Unit 57 Eurolink Centre, 49 Effra Rd, London, SW2 1BZ, Tel: 020 7095 1159	This national project is aimed at developing service user involvement across all areas of disability.

4. Information on the wider benefits of learning

These resources have demonstrated through research, that learning can make a difference to people's mental health; in particular it can have positive effects for people with mental health difficulties.

Author	Year	Publication	Publisher and cost	Description
Aldridge, F. and Lavender, P.	2000	<i>The Impact of Learning on Health</i>	NIACE www.niace.org.uk £7.95	A survey found that adult learning had a positive impact on people's physical and mental health. A high number of respondents experienced an increase in self-confidence, better health and felt they had experienced personal development since taking up learning opportunities.
Feinstein, L. and the Centre for research on the Wider Benefits of Learning	2002	<i>Quantitative estimates of the social benefits of learning, 2: health depression and obesity</i>	Institute of Education, London, download from www.learningbenefits.net	Research from the Centre for Research on the Wider Benefits of Learning has shown that there is a direct correlation between low-level educational attainment and poor health. This report shows how participating in adult learning can reduce levels of depression. The report links this evidence to the estimated social and personal costs of ill-health to provide rough and initial estimates of the financial health benefits of education.
Hammond, C.	2002	<i>Learning to be Healthy</i>	Institute of Education, London. Download research brief or order full version (£9.95) from www.learningbenefits.net	This publication shows that lifelong learning contributes to psychological, mental health and physical health based on the number of years in initial education and the highest level of qualification achieved. It shows the different ways learning impacts on health.
Schuller, T. et al.	2004	<i>The Benefits of Learning – the impact of education on health, family life and social capital</i>	The Centre for Research on the Wider Benefits of Learning, Routledge	This research involved 150 individual biographical case studies of adults participating in a wide range of learning activities. The book looks at the impact of learning throughout people's lives; it shows how learning affects their health, family lives and social participation in civic life. Two chapters concentrate on the impact of learning on well-being and mental health.

5. Policy influences

The main policy documents and important reports in relation to mental health and learning are highlighted

Author	Year	Publication	Publisher	Description
Clarke, C.	2002	<i>Success for all: reforming further education and training: our vision for the future</i>	Department for Education and Skills Download from www.successforall.gov.uk	Though no specific mention is made about the needs of learners with mental health difficulties, this document recognises the crucial role of the further education and training sector in raising standards, improving achievement and widening participation. Further education and training is seen as important in the achievement of the government's twin goals of social inclusion and economic prosperity.
Department of Health	1999	<i>National Service Framework for Mental Health: modern standards and service models</i>	Department of Health Download from www.dh.gov.uk/PublicationsAndStatistics/Publications/	Launched in 1999 the National Service Framework for Mental Health Standard One highlights the role of schools and universities in mental health promotion and social inclusion. No specific mention is made of adult, further or community education, though this perhaps reflects the lower profile of the post-16 sector among healthcare services.
Department of Health	2001	<i>Making it happen – A guide to delivering mental health promotion</i>	Department of Health Download from www.dh.gov.uk/Publications/	This guide provides information about mental health promotion and specifically about developing an effective implementation plan for the National Standard Framework for Mental Health Standard One. The context and key elements of 'public mental health' are included in the guide.
Disability Rights Commission	2001	The Disability Discrimination Act (as amended by the Special Educational Needs and Disability Act 2001): draft code of practice (post-16)	HMSO Download from www.drc-gb.org	The Disability Discrimination Act 1995 was extended to education. Under part 4 of the Act all education providers have a legal responsibility: not to treat disabled students less favourably for a reason related to their disability and to provide reasonable adjustments for disabled learners. The Act highlights education providers responsibilities in ensuring people with disabilities can access learning opportunities.
FEFC	1996	<i>Inclusive Learning: report of the learning difficulties and/or disabilities committee</i>	FEFC/HMSO Download from www.isc.wvt.co.uk/documents/othercouncilpublications/other_pdf/IL-PR.pdf	Known as the Tomlinson Report, this report moves teaching and learning for students with learning difficulties and/or disabilities away from the deficit model where the problem resided with the learner. It advocates inclusive learning based on the provider meeting the unique learning needs of individual students through adapting their provision.

5. Policy influences (continued)

Author	Year	Publication	Publisher	Description
Kennedy, H.	1997	<i>Learning Works: widening participation in further education</i>	FEFC	This report was influential in pushing the widening participation agenda in relation to further education. Kennedy makes the argument for widening participation among non-traditional learners, as education allows individuals to escape poverty and a way to participate in active citizenship.
Office of the Deputy Prime Minister	2004	<i>Mental Health and Social Exclusion, Social Exclusion Unit Report</i>	Office of the Deputy Prime Minister www.socialexclusion.gov.uk	The report highlights ways to reduce social exclusion among people with mental health difficulties through more cross-department work. The report provides recommendations with the overall aim of challenging the stigma and discrimination associated with mental health problems. Access to education and training opportunities for people with mental health difficulties is highlighted as a key issue.
Sainsbury Centre for Mental Health	1999	<i>The National Service Framework for Mental Health (Briefing 8)</i>	Sainsbury Centre for Mental Health www.kingsfund.org.uk	This briefing provides an overview of and concerns about the National Service Framework for mental health.

6. Good practice

The good practice resources have been placed under the headings of general guides, inclusion in further education and community adult education, higher education, Disability Discrimination Act (DDA), primary care, young people, prisons and transition to employment from learning.

General guides			
Author	Year	Publication	Description
Bates, P.	2002	<i>Working for inclusion – making social inclusion a reality for people with severe mental health problems</i>	This resource pack is for users and staff of mental health services. It aims to encourage people to think about citizenship and social inclusion. The focus is on encouraging participation in community life and having structures in place to support this. It contains a chapter on promoting access to further education.
Foster, L.	2000	<i>Mental health support work</i>	This training pack contains three modules for employees working with people with mental health difficulties. The modules cover understanding Bolton Community College, mental health problems, supporting people with mental health problems in general and in an educational setting.
James, K. and Nightingale, C.	2004	<i>Discovering potential: a training pack on self-esteem</i>	The pack provides a resource for those working on a one-to-one basis with hard-to-reach, marginalised and excluded adults. It looks at what self-esteem is and how it affects participation, partnership working, staff development and maintaining good mental health.
Matrix	Not dated	www.matrix-training.co.uk	Good practice mental health awareness includes training sessions and training packs.
Network	Not dated	www.network-training.ac.uk	Good practice mental health awareness includes training sessions and training packs.
Powell, T.	2000 (2nd ed.)	<i>The mental health handbook</i>	The guide contains expanded handouts to photocopy covering areas of mental health rehabilitation: stress, depression, changing habits and behaviour, anxiety, assertion and caring for others.

6. Good practice (continued)

General guides			
Author	Year	Publication	Publisher
Stonefish	Not dated	Various titles	6 Christchurch Road, Reading, Berkshire, RG2 7AD. Tel: 0845 330 4580 £125
Wertheimer, A.	1997	<i>Images of possibility creating learning opportunities for adults with mental health difficulties</i>	NIACE www.niace.org.uk £16.95
Further education and community adult learning			
Department for Education and Skills	2003	<i>Basic skills for adults with learning difficulties or disabilities. A resource pack to support staff development</i>	Produced by NIACE for the Department for Education and Skills Available from www.dfes.gov.uk/readwriteplus/
Dunn, S.	1999	<i>Creating accepting communities: a report of the MIND inquiry into social exclusion and mental health problems</i>	MIND www.mind.org.uk Tel: 0844 448 4448
			Description Good practice mental health awareness includes training sessions and training packs. A survey provides the data on educational provision for adults with mental health difficulties. The book reflects the experiences of adult learners with mental health difficulties and identifies factors that contribute to successful learning opportunities. Though a little out of date it is still the most comprehensive guide to developing learning opportunities for people experiencing mental health difficulties. This resource pack promotes focusing on individual learner needs when they are learning basic skills. It highlights the flexibility required when designing learning for people with mental health difficulties to account for their daily needs, good and bad days, lack of confidence and low self-esteem levels. This inquiry report identifies the challenges in providing education and training, including a lack of knowledge and understanding of mental health issues along with a lack of information and support for learners, tutors and employees. Good practice advice and future policy recommendations are given.

6. Good practice (continued)

Further education and community adult learning (continued)

Author	Year	Publication	Publisher	Description
Owen, G.	2004	<i>Supporting learners with mental health difficulties</i>	Available as an electronic version from glyn@whdc.co.uk	This pack is aimed at adult and community practitioners who may be involved in training other practitioners. It is not aimed at specialists but at all trainers and staff working with learners with mental health difficulties. It is a practical pack that practitioners can dip in and out of.
James, K.	2002	Learning and skills for people experiencing mental health difficulties: briefing sheet	NIACE www.niace.org.uk Free	This sheet provides an overview of how mental health difficulties may affect individuals' participation in learning and the strategies that learning providers need to be put into place to support participation in learning. Action points for widening participation in learning among adults with mental health difficulties are also provided.
James, K.	2001	<i>Prescribing learning: A guide to good practice in learning and health</i>	NIACE www.niace.org.uk £9.95	An overview of good practice in projects that link learning and health, five different approach areas are highlighted in this book.
Mather, J. and Atkinson, S.	2003	<i>Learning journeys: a handbook for tutors and managers in adult education working with people with mental health difficulties</i>	NIACE www.niace.org.uk £12.95	This handbook provides a learner-centred approach for those who work with students with mental health difficulties. Tracking the journey from mental health difficulties can affect people in their learning; barriers to learning; how learning providers can assist access and support learning; and what people with mental health difficulties gain from accessing learning.
Higher education				
Mental Health in Higher Education	Not dated	<i>Learning and teaching about mental health in higher education</i>	mhhe is funded by the Learning and Teaching Support Network www.mhhe.ltsn.ac.uk	The group is currently putting together two good practice guides: user/survivor and carer involvement in learning; and teaching about mental health and the use of personal experience in learning and teaching about mental health. Keep an eye on their website for more details.
Stanley, N., Manthorpe, J. and Waters, B.	2002	<i>Students' mental health needs: problems and responses</i>	Jessica Kingsley publishers, www.jkp.com £16.95	An edited collection of articles that cover mental health needs among students in higher education, this book is a reflection of the work being done within the HE sector to meet the needs of students with mental health difficulties. It was driven by the increasing reports of greater incidents of mental health difficulties among students in HE.

6. Good practice (continued)

Disability Discrimination Act Part 4 (DDA)

Author	Year	Publication	Publisher	Description
Skill: National Bureau for Students with Disabilities	Not dated	Skill: National Bureau for Students with Disabilities Website	Skill http://www.skill.org.uk	The site offers DDA Part 4 guidance for all staff in further and higher education. It is a national charity promoting opportunities for young people and adults with any kind of disability in post-16 education, training and employment across the UK.
Learning and Skills Development Agency	2004	<i>Learners' experiences – a training resource on the DDA</i>	LSDA www.lsda.org.uk	A training resource that explores the experience of learners with a wide range of disabilities, the focus of this pack is on the impact staff can have on the experience of learners in a variety of learning settings. The pack includes a CD-Rom and DVD.
NIACE and Department Education and Skills	2003	<i>New Rights to Learn. A tutor guide to teaching adults after the Disability Discrimination Act Part 4</i>	NIACE www.niace.org.uk	This document complements the original guidance in that it is written specifically for full- and part-time tutors in adult and community education who are not specialists in working with disabled students but who may have individual students on their courses.

Primary care

James, K.	2004	<i>Winning Hearts and Minds</i>	NIACE www.niace.org.uk £9.95	Bringing together the experiences of a consortium of projects, this good practice guide offers advice on setting up a project across the health and education sectors. It details how to work across different sectors, how to engage with individuals who lack confidence in accessing learning opportunities and how to show that widening participation in learning does have an impact on health.
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Young people

Aylward, N.	2003	<i>Looking forward to Thursday – effective learning for young adults with mental health difficulties</i>	NIACE www.niace.org.uk Free	The publication aims to answer the problem of how to identify and target young adults with mental health difficulties. It looks at the factors that contribute to good practice and the problems providers encounter. Information and contact details for useful organisations are provided.
Connexions	Not dated	<i>Getting Connected</i>	Connexions free resource www.connexions-leics.org	This pack provides accredited worksheets for young people. Many subjects are covered including mental health. This alternative curriculum framework aims to help young people who may not otherwise achieve accreditation.

6. Good practice (continued)

Prisons

Author	Year	Publication	Publisher	Description
Department for Education and Skills	2003	<i>Reaching all: an inclusive learning handbook for prison and young offender institutions</i>	Department for Education and Skills, available from Prolog, ref: REACHINGALL Tel: 0845 60 222 60 dfes@prolog.com	This handbook aims to promote learning within prisons by addressing ways that prison staff could receive and provide support to help prisoners access learning opportunities.

Employers and transition to employment from learning

Disability Alliance	2005	<i>The way to work. A guide to benefits and tax credits for mental health professionals</i>	Disability Alliance £8.50, £4.00 concessionary rate	This guide is for professionals who support clients to make informed decisions and move towards work with confidence. It covers the various circumstances of people with mental health problems who want to work, whether they live independently, with a partner, in hospital, supported housing or residential care. No prior knowledge of the benefit system is required to use this guide.
Mind Out for mental health	2001	<i>Working Minds Toolkit: a practical resource to promote good workplace practice on mental health</i>	Mind Out http://www.nimhe.org.uk/antistigma/employers Free	This comprehensive, practical guide contains useful material to help employers make positive changes to policy and practice surrounding mental health. It has been designed as a flexible, stimulating resource and will be particularly useful to managers and human resource professionals. The toolkit can be downloaded from the NIMHE website.

7. Research and evaluation reports

This section outlines a range of research and evaluation reports that focus on or include mental health issues

Author	Year	Title	Publisher and cost	Description
James, K.	2001	<i>Evaluation Report of Prescriptions for Learning</i>	NIACE, unpublished, available from www.niace.org.uk	This is an evaluation of 'Prescriptions for Learning' pilot project in Nottingham after four months of activity. It found placing a learning adviser in GP surgeries is an effective way to engage 'hard-to-reach' learners, many of whom are socially isolated and experiencing mild to moderate mental health difficulties. Project participants experienced a range of health benefits from participating in learning opportunities.
James, K.	2001	<i>Prescriptions for Learning: Evaluation Report</i>	NIACE, unpublished, available from www.niace.org.uk	An evaluation of a Prescriptions for Learning project piloted by St Austell and Restormel Primary Care Group in Cornwall. The project is based in three ex-clay mining villages in Cornwall where deprivation and rural isolation are high. The project has been successful in attracting non-participant learners back into learning. Participants experienced a range of health outcomes including improved mental health and well-being.
Joseph Rowntree Foundation	April 2004	<i>Mental health service users and their involvement in risk assessment and management and other titles</i>	Joseph Rowntree Foundation www.jrf.org.uk	This organisation has many research projects, some of which focus on people with mental health problems in relation to the services they use Current work in progress includes developing capacity in a self-help group for Pakistani Muslim women with long-term mental health difficulties. All report summaries are available from the website.
National Research and Development Centre	Not dated	Mental health awareness training research website	National Research and Development Centre www.nrdc.co.uk	Local mental health and disability groups have been brought together with their users and a college to inform a programme of training for staff on DDA requirements in practice and to raise awareness of learners with mental health problems' needs. The website provides research progress updates.

8. Funding sources

These funding sources provide a wide range of potential funding opportunities and advice for fundraising in general, which will directly or indirectly cover mental health issues

Publisher/organisation/author	Website/title	Details
Directory of Social Change	www.dsc.org.uk	The site aims to help voluntary and community organisations by providing advice on raising money, managing resources, making the right contacts and developing plans.
Directory of Social Change Fitzherbert, L. and Wickens, J. 2003 £20.95	<i>A guide to the major trusts 2003/2004</i> www.dsc.org.uk	This guide offers information on 300 of the largest funding trusts. It lists the trusts' priorities, including the area of health and education
Funders Online	www.fundersonline.org	Run by the European Foundation Centre, the site provides an opportunity to search Europe's online philanthropic community.
Grants Online	www.grantsonline.org.uk	Access is offered to the latest information on grant funding opportunities from the European Union, UK Government, Lottery, Regional Grant Making Bodies and Grant Making Trusts. A free trial offer is available, followed by subscription.
NIACE, 2003 Free	<i>Healthy, wealthy and wise</i> www.niace.org.uk	A publication to help providers of adult learning to apply successfully for funding to promote positive health and well-being.
NIACE, 2002 Free	<i>Finding funds for the community</i> www.niace.org.uk	A publication to help providers of adult and community learning to apply successfully for funding.
Section 64 grants	www.doh.gov.uk/	These annual grants are to help voluntary organisations whose work supports the government's health and social care goals. The website offers up-to-date information about the process and what stage the grant applications are at.
Big Lottery Fund	www.biglotteryfund.org.uk	The Community Fund and New Opportunities Fund merged into the Big Lottery Fund in 2004. Funding is offered for community projects.
UK funding	www.fundraising.co.uk	The site by Fundraising UK Ltd is a free resource for charity fundraisers.

9. Groups, addresses and web resources

The details of organisations linked to mental health issues are given and can be useful sources of advice, support and information.

Organisation/project and website	Description
Government departments and latest government news www.direct.gov.uk	This website offers up-to-date government information, offers A-Z of central government and local councils.
Basement Project http://freespace.virgin.net/basement.project/default.htm	The Basement Project provides training, consultation and supervision for workers in community and mental health services. It also provides support groups for those who have been abused as children and people who self-harm.
Change 95 Wheelwright Road, Gravelly Hill, Birmingham, B24 9PE. Tel: 0121 384 1344	Crisis houses are run on recovery-based practice by staff who have experience of recovery from mental health problems. They focus on complementary therapies.
Critical Psychiatry Network www.critpsynet.freeuk.com/critpsynet.htm	This group provides a network to develop a critique of the contemporary psychiatric system.
Department of Health: mental health www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/MentalHealth	The site contains material about issues and changes in health care around mental health. Recent policy and consultation documents, implementation guides, newsletter, publications, good practice examples and a mental health directory are available on the site.
Depression Alliance www.depressionalliance.org/	Offers advice, leaflets on awareness of issues and where to go for advice on depression issues. They also have a publications section.
Disability Rights Commission www.drc-gb.org	This is an organisation whose goal is 'a society where all disabled people can participate fully as equal citizens'. They provide a casework service, a consultation service and a legal service. They also have a Mental Health Action Group.
ECT Anonymous UK www.patient.co.uk/showdoc/26739828	Provides a confidential service to anyone who feels harmed by electric shock treatment (ECT) and their relatives, carers, friends or advocates.
Indymedia www.indymedia.org.uk	An independent source of news and information on protests and campaigns, this organisation allows your own information to be posted onto the site.

9. Groups, addresses and web resources (continued)

Organisation/project and website	Description
<p>Learning and Skills Development Agency (LSDA) http://www.lsda.org.uk/programmes/oldd/index.asp</p>	<p>LSDA is a strategic national resource for the development of policy and practice in post-16 education and training. LSDA, in partnership with Skill and NIACE, is undertaking projects on various aspects of working with learners with disabilities and learning difficulties. The site has information on the draft Disability Discrimination Bill, Explanatory Notes and Regulatory Impact Assessment.</p>
<p>Learning and Teaching about Mental Health in Higher Education (mhhe). mhhe is funded by the Learning and Teaching Support Network. www.mhhe.itsn.ac.uk</p>	<p>This site offers events and workshop updates as well as course resources. It aims to promote high-quality learning and teaching through the development and transfer of good practice.</p>
<p>Leicestershire Action for mental health project www.lampdirect.org.uk</p>	<p>This site provides information, leaflets and an advocacy service for people with mental ill-health in Leicestershire.</p>
<p>Mental Health Foundation www.mentalhealth.org.uk 83 Victoria Street, London, SW1H 0HW, tel: 020 7802 0301</p>	<p>This site offers the latest news on mental health issues. It includes fact sheets, publications and has a 'websites of the month' page where the most interesting or newest mental health sites are listed. The site also includes a 'wordbank' of mental health terms.</p>
<p>Mental Health Media www.mhmedia.com 356 Holloway Rd, London, N7 6PA, tel: 020 7700 8171</p>	<p>This site provides training and resources for service users.</p>
<p>MindLink Granta House, 15–19 Broad Way, London, E15 4BQ Information@shapingourlives.org.uk</p>	<p>This organisation is survivor run and is attached to MIND</p>
<p>Mind Out www.mindout.clarity.uk.net</p>	<p>The site links to the campaign to stop the stigma and discrimination surrounding mental health. It has material resources for managers including a line managers resource, a practical guide to managing and supporting mental health in the workplace'.</p>

9. Groups, addresses and web resources (continued)

Organisation/project and website	Description
National Institute of Adult Continuing Education (NIACE) www.niace.org.uk	This organisation promotes adult learning through research, development and advocacy to encourage more and different people to take up learning opportunities. The site contains information about NIACE's work, reports, publications and conferences. Reports and publications about learning and adults with mental health difficulties, disabilities and learning difficulties are available.
National Institute for Mental Health in England (NIMHE) www.nimhe.org.uk	NIMHE promotes mental health awareness. The site provides free up-to-date material including stories, information packs and ideas for activities on mental health awareness. The information resources section on their website provides an outline of all mental health policy, strategy and guidance launched in recent years. The latest publications are also listed.
Pavilion http://www.pavpub.com	Pavilion is a specialist source of training resources, magazines and journals, courses, events, conferences and exhibitions for professionals in health and social care.
Project Spear www.projectspear.com PO BOX 1465 Swindon, Wiltshire SN25 1JX	This website about self-harm was designed to support people to help themselves. The site has free publications and a Comfort Journal created to support people of all ages to see all the good things in life.
Radical Psychology Network www.radpsynet.org	The group wants like-minded psychologists and others to help create a society better able to meet human needs and bring about social justice. They believe psychology often oppresses people and should work towards liberating people.
Rethink http://www.rethink.org/	Working together to help everyone affected by severe mental illness, including schizophrenia, to recover a better quality of life, is the under-pinning philosophy of Rethink.
Sainsbury Centre for Mental Health (SCMH) 134–138 Borough High Street, London, SE1 1LB. Tel: 020 7827 8300, www.scmh.org.uk	SCMH works to improve the quality of life for people with severe mental health problems. Publications, policy comments and practice examples are available from the site as well as conference events and discussion groups
Service User Research Enterprise (SURE) Institute of Psychiatry, Health Services Research Dept, De Crespigny Park, Denmark Hill, London, SE5 8AF, http://www.iop.kcl.ac.uk/iopweb/departments/research/	SURE is a collaborative project between service user researchers and clinical academics aiming to involve service users in all aspects of research.

9. Groups, addresses and web resources (continued)

Organisation/project and website	Description
Sign: The National Society for Mental Health and Deafness www.signcharity.org.uk www.reachingdeafminds.org.uk	Sign offers a range of support to deaf people with mental health problems. The site has information about services on offer including advocacy, outreach support and preventative activities. It includes a national mental health promotion project called Reaching deaf minds – for healthy deaf lives.
Skill: National Bureau for Students With Disabilities. www.skill.org.uk	Skill promotes opportunities for young people and adults with any kind of disability in post-16 education, training and employment. The site has advice on funding, careers, learning and training opportunities. Booklets on many subjects can be obtained from the internet free or purchased for £2.50 each.
Speechmark Telford Road, Bicester, OXON OX26 4LQ, Tel 0800 243755, www.speechmark.net	Speechmark is a specialist publisher of practical books and resources for professionals working with the educational and therapeutic needs of people of all ages.
UK Survivors http://groups.yahoo.com	An E-group for mental health system survivors, this site provides information and support. Follow link and type in UK Survivors.
The Centre for Research into the Wider Benefits of Learning www.learningbenefits.net/	The Centre for Research into the Wider Benefits of Learning has research briefings on the benefits of learning, including health and well-being.
Young Minds www.youngminds.org.uk	This national charity is committed to improving the mental health of all children and young people. Booklets and leaflets on various topics including depression, anger and self-harm are 55p each.

10. Journals

Journals can provide interesting articles on recent issues related to mental health.

Title and contact details	Description
<i>Adults Learning</i> , NIACE www.niace.org.uk ,	This journal is published ten times a year and sometimes includes articles related to mental health and adult learning. For further details contact NIACE
<i>A Life in the Day</i> , Pavillion http://www.pavpub.com	Published quarterly, this journal is for anyone with an interest in developing 'real life' daytime activities for people who use mental health services – including employment, education and the arts. Subscribers share examples of good practice from a wide range of mental health projects.
<i>Openmind</i> http://www.mind.org.uk	Published bi-monthly, Openmind has a wide range of contributors and readers including mental health professionals and users of mental health services. Current mental health issues and training opportunities are covered.
<i>Mental Health Today</i> , Pavillion http://www.pavpub.com	Published monthly this multi-disciplinary magazine is concerned solely with mental health care. Its aim is to promote the diversity of user-centred best practice in the statutory, voluntary and independent sectors across the UK.



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