

The Lead Organisation for CBT in the UK

British Association for Behavioural
& Cognitive Psychotherapies



www.babcp.com

Mental health help and support services

BABCP is a membership organisation for those practising, researching or otherwise interested in behavioural and cognitive psychotherapies. We do not offer a therapy or counselling service. The staff based in our head office are not able to provide individual or emergency support for people in crisis. If you are experiencing mental health problems or need urgent support, there are lots of places you can go to for help.

CBT Register UK

BABCP provides accreditation to those who practise CBT in the NHS and privately. It is widely recognised by health and social care employers, training institutions and health insurance companies. BABCP believes that accreditation is important in protecting the public and raising the quality of CBT. Details of BABCP accredited CBT therapists can be found online.

Website: www.cbtregisteruk.com

As BABCP is not responsible for the advice provided by third party organisations, the following information is provided for signposting purposes only:

Samaritans

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

Telephone: 08457 90 90 90 (24 hours a day)

Email: jo@samaritans.org

Website: www.samaritans.org

Mind Infoline

Mind provides confidential mental health information services. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy.

Telephone: 0300 123 3393 (9am-5pm Monday to Friday)

Email: info@mind.org.uk

Website: www.mind.org.uk/help/advice_lines

Rethink Mental Illness Advice Line

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

Telephone: 0300 5000 927 (10am-2pm Monday to Friday)

Email: info@rethink.org

Website: www.rethink.org/about-us/our-mental-health-advice

Saneline

National mental health helpline providing information and support to people with mental health problems and those who support them.

Telephone: 0845 767 8000 (6pm-11pm)

Website: www.sane.org.uk/what_we_do/support/helpline

ChildLine

Private and confidential service for children and young people up to the age of nineteen.

Telephone: 0800 1111

Email: www.childline.org.uk/Talk/Pages/Email.aspx

Website: www.childline.org.uk

Widely Recognised Accreditation | High Quality CPD | CBT Register UK

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