




There is a wealth of information around various types of support on the internet, however this list will be maintained and added to based on research and feedback over time.

Logo	Brief description	Web link
	Various therapy/courses and support	https://www.talkingtherapies.hwhct.nhs.uk/about-us
	SilverCloud programmes are designed to help you improve and maintain your wellbeing by changing the way you think and feel about things	https://www.talkingtherapies.hwhct.nhs.uk/silvercloud/
	Support after suicide We bring UK services together to make sure everyone bereaved by suicide is offered timely and appropriate support.	https://supportaftersuicide.org.uk/

 PAPYRUS PREVENTION OF YOUNG SUICIDE	Hope cannot wait until the morning	https://www.papyrus-uk.org/
	We're fighting for mental health, for support, for respect for you	https://www.mind.org.uk/
	Taking the bull by the horns to tackle mental health issues in the Herefordshire farming community	https://www.wearefarmingminds.co.uk/
	What's on your mind, we're here to listen	https://www.qwell.io/