

## Mental health and anxiety resources

### Websites:

- Anxiety UK, [www.anxiety.org.uk](http://www.anxiety.org.uk) (0844 477 5774)
- No Panic, [www.nopanic.org.uk](http://www.nopanic.org.uk) (0808 808 0545) -Helps people suffering from anxiety disorders, provides support to sufferers and their families and carers
- Social Anxiety UK, [www.socialanxiety.org.uk](http://www.socialanxiety.org.uk) -Volunteer-led organisation with chatroom, support/social groups, info on cognitive behavioural therapy
- Young Minds, [www.youngminds.org.uk](http://www.youngminds.org.uk) -Mental health charity for children and young people
- Biblical Counselling [www.biblicalcounselling.org.uk/care-in-a-covid-world](http://www.biblicalcounselling.org.uk/care-in-a-covid-world)
- Anxiety no more, [www.anxietynomore.co.uk](http://www.anxietynomore.co.uk) -Information and advice on all aspects of anxiety and panic
- Big Whitewall, [www.bigwhitewall.com](http://www.bigwhitewall.com) -Improving mental health and emotional well being
- Calm clinic, [www.calmclinic.com](http://www.calmclinic.com) -Information relating to anxiety, panic disorder, stress and depression
- Patient, [www.patient.co.uk](http://www.patient.co.uk) -Self-help on panic attacks, phobias, anxiety, stress, OCD, relaxation exercises

### Counselling:

- 4Cs Norwich (Centre for Christian Care and Counselling in Norwich, Dereham, King's Lynn), 35 Duke Street, Norwich NR3 3AP, 01603 667722 or 07749596932 [www.fourcs.org.uk](http://www.fourcs.org.uk)
- St Barnabas Counselling Centre, Derby Street, Norwich, NR2 4 PU, 01603 6252222, [www.stbcc.org.uk](http://www.stbcc.org.uk)
- Norfolk and Waveney Mind, 50 Sale Road, Norwich, NR7 9TP, 0300 330 5488 [www.norfolkandwaveneymind.org.uk](http://www.norfolkandwaveneymind.org.uk)
- The Norwich Centre, 7 Earlham Road, Norwich, NR2 3RA, 01603 617709, [www.norwichcentre.org](http://www.norwichcentre.org)

### Blogs:

- Emma Scrivener – A New Name – [www.emmascrivener.net](http://www.emmascrivener.net)
- Head, Heart, Hands – [www.headhearhandsite.wordpress.com](http://www.headhearhandsite.wordpress.com)

### Books:

- Hope in an Anxious World, *Helen Thorne*
- When Darkness Seems My Closet Friend, *Mark Meynell*
- A New Name, *Emma Scrivener*
- When Life Goes Dark, Finding Hope in the Midst of Depression, *Richard Winter*
- Just as you are, *Patrick Coghlan*
- Where is God in Depression, *Patrick Coghlan*
- Overcoming Anxiety, *Helen Kennerley*

## Promises of God from the Bible:

- *He gives strength to the weary and increases the power of the weak... But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.* Isaiah 40:29; 31
- *For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.* Isaiah 41:13
- *If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.* James 1:5
- *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.* 1 John 1:9
- *The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.* Deuteronomy 31:8
- *Whoever believes in the Son has eternal life.* John 3:36
- *And my God will meet all your needs according to the riches of his glory in Christ Jesus.* Philippians 4:19
- *Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.* Psalm 23:4
- *The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid?* Psalm 27:1
- *Take delight in the Lord, and he will give you the desires of your heart.* Psalm 37:4
- *You, Lord, are forgiving and good, abounding in love to all who call on you.* Psalm 86:5
- *The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.* Psalm 9:9-10
- *Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.* Proverbs 3:5-6
- *Do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after these things, and your heavenly Father know that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.* Matthew 6:31-33
- *For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.* Romans 8:38-39
- *The Lord your God is with you, the mighty warrior who saves; He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.* Zephaniah 3:17