**Список международных благотворительных организаций, оказывающих помощь в сфере психического здоровья**

Международные организации.

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| **Organisation** | **Whom do they help** | **What does their help is** | **Contacts** |
| **Mental Health Foundation** | People who have mental health problems and those who concerned about his mental health | 1) There are some tips for unaided looking after your mental health    2) There are tips how to discuss your problems with your General Practitioner.    3) There is a list of organizations, that offer help and support directly to people with mental health problems.    4) There is a service finder to locate your nearest urgent care health services (the link to «NHC choices»)    5) There is a page on the site «Friendship and mental health» dedicated to the importance of trust friendship and giving advice how to tell friends about your problems and respond to hearing about his own (https://www.mentalhealth.org.uk/a-to-z/f/friendship-and-mental-health). | https://www.mentalhealth.org.uk/your-mental-health/getting-help    Registered Charity No. England 801130    Scotland SC 039714/Company Registration No. 2350846 |
| **Samaritans Charity** | Every person, who are concerned and needs talk to somebody and feel suicidal | 1) They offer any place in order to meet and talk to you about you problems (help explore your options, understand your problems better, or just be there to listen). | http://www.samaritans.org/  Adress for writing:  Freepost RSRB-KKBY-CYJK Chris PO Box 9090 STIRLING FK8 2SA  1 16 123 (UK)  116 123 (ROI) jo@samaritans.org  Addresses to find branches: http://www.samaritans.org/branches |
| **Rethink Mental illness Charity** | People affected by mental Illness and others who need an advice in difficult life situations | 1) Organize the support groups and on their site you can find out what support groups there are in different areas of UK (https://www.rethink.org/about-us/our-support-groups).  2) Writing a link to a wide range of over 100 factsheets on topics from medication to the Mental Health Act, which have been created by experts at Rethink Mental Illness’ Advice and information Service.  (www.rethink.org/factsheets)  3) Offers practical help in the form of practical advice and information about issues such as:  — different types of therapy and medication,  — police, courts and prison  — Your rights under the Mental Health Act and other laws. | https://www.rethink.org/about-us/our-mental-health-advice    General information about services and groups: 0121 522 7007    General Enquiries is open from 9am-5pm Monday-Friday    E-mail: info@rethink.org    Get an advice (point 3): 0300 5000 927  The line is open from 9:30am-4pm Monday to Friday  Contact form: https://www.rethink.org/contact-our-advice-service |
| **Mind Charity** | People experienced of mental health problems | 1) The Mind infoline: Offer an information line to answer questions about:- types of mental health problem;- where to get help  — drug and alternative treatments  — advocacy.  2) The Mind Legal Advice service: If you need legal advice, you can speak to Mind about:  — mental health  — mental capacity  — community care  — human rights and discrimination/equality related to mental health issues | https://www.mind.org.uk/    Call the Mind infoline: 0300 123 3393    E-mail: info@mind.org.uk.    Call the Mind Legal Advice service on 0300 466 6463    E-mail: legal@mind.org.uk.    Facebook page: https://www.facebook.com/mindforbettermentalhealth  Twitter page: https://twitter.com/mindcharity |
| **Teen mental health** | People with mental illnesses and everybody not indefferent to them. | Translate and transfer of scientific knowledge about mental illnesses. | http://teenmentalhealth.org/care/ |
| **SF we care** | People with depression or those who fill themselves depressed | 1) Site contains forum in order to give people the opportunity to discuss the issues to peers.    2) Offer to send them your article and to publish it according to demands indicated in the site.    3) Present articles about mental illnesses (mainly about depression and suicide). | https://www.suicideforum.com/    Link to contact SF: https://www.suicideforum.com/contact-sf/    E-mail: SFOpsAcct@gmail.com |
| **Healthtalk.org** | People with different illnesses and their relatives | 1) There are video and texts contain information about the experience of people suffered of illness or whose relatives undergo different health issues.    2) There is a collection of videos aimed to assist people with different diagnosis. | http://www.healthtalk.org/home    E-mail: info@healthtalk.org    Contact form: http://www.healthtalk.org/contact |
| **National Down Syndrome Society**    **human rights organization** | People with Down syndrome, their families and the professionals involved with their overall welfare. | Affiliate services and programs may include: new parent support and education, family meetings, sibling and grandparent support, recreational activities, lending libraries, helplines, regional conferences, partnerships with Down Syndrome Clinics, training for medical professionals and educators, Advocacy and Buddy Walks | http://www.ndss.org/    Helpline: 800-221-4602    E-mail: info@ndss.org    https://downsideup.org |
| **Downsideup**    **Charitable foundation** | Children with Down syndrome and their parents | 1) Parents can get advice specialist: internal or online.  2) You can make an appointment with a psychologist (leave request by phone: *+7(499)367-10-00; or writing by email: a.kirtoki@downsideup.org*) 3) There are the information recourses on the site (books, articles) about Down syndrome. 4) Provide early development specialists consultations at home or in center. 5) Have the groups of parent-children interaction 6) Have the adaptation groups 7) Have groups of preparing for school. 8) Organize the events and meetings. | https://downsideup.org  105043, Moscow, 3rd Parkovaia street, 14 А.  +7 (499) 367-1000  Fax: +7 (499) 367-2636  E-mail: downsideup@downsideup.org |
| **Down Syndrome International Charity** | People with Down syndrome | 1) Organize the World Down Syndrome day 21 March each year (their site is the hub of activity so there you can find all information about it and how to participate).    2) The website has a lot of information about Down syndrome and researches in this area. | https://ds-int.org/welcome-down-syndrome-international-website  +44 (0)1392 357554 (Lines open 8.30am-5.30pm UK time)  Skipe: downsyndromeinternational1  E-mail: contact@ds-int.org (for all general enquiries)  wdsd@ds-int.org (for all World Down Syndrome Day enquiries)  Adress:  Down Syndrome International Langdon Down Centre 2A Langdon Park Teddington Middlesex TW11 9PS United Kingdom  Contact Form: https://ds-int.org/contact-dsi |
| **Beautiful eyes**  **Down Syndrome assotiation**  **Non-government organization** | Children with Down syndrome and their families. | 1) The NGO runs a centre where children are given the assistance with their developmental skills according to an IEP set by specialists from Srilanka Chitra Lane School. There are 5 local teachers working in the centre.    2) Center provide workshops for parents and teachers.    3) In center trained therapists give medical care to children. | https://ds-int.org/organizations/beautiful-eyes-down-syndrome-association    Facebook: http://www.facebook.com/BeautifulEyesOfMaldives |
| **Dementia help center** | People with Alzheimer’s and their families | 1) Have support groups    2) Give advice about Alzheimer’s. | http://dementiahelpcenter.com/about-dementia-help-center/ |