











Signposting

You can find a number of resources here to get further support for issues identified and raised in It's All In Your Body

Psychological wellbeing & mental health

Samaritans	 116 123	 www.samaritans.org
Shout	 85258 (text)	 www.giveusashout.org
Mental Health Foundation		 www.mentalhealth.org.uk
CALM	 0800 58 58 58	 www.thecalmzone.net
Men's Minds Matter		 www.mensmindsmatter.org
NHS IAPT services		 Google 'IAPT' and your local area



Psychobiological Information & Support

Body Mind Connect	 www.bodymindconnect.club
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Mindfulness Resources

Healing & The Mind Documentary	 Bill Moyers Healing From Within
Oxford Mindfulness	 OxfordMindfulness.org
Bangor Center for Mindfulness	 Bangor Mindfulness resources
Breathworks	 breathworks-mindfulness.org.uk


Health Advocacy Resources

NHS Advocacy Service	 NHS advocacy service	
POhWER	 NHS advocacy service	
The Advocacy People	 0330 440 9000	 theadvocacypeople.org.uk
ACAS (for workplace rights)	 0300 123 1100	 acas.org.uk


Signposting

Endometriosis & Adenomyosis

The Endometriosis Foundation


 theendometriosisfoundation.org

Menstrual Health Project


 menstrualhealthproject.org.uk

Pelvic and Bladder Conditions


Bladder Health UK

 bladderhealthuk.org

Pelvic Pain Network


 pelvicpainnetwork.co.uk

Vulval Pain Society


 vulvalpainsociety.org.uk

Functional Neurological Disorder

FND Action


 fndaction.org.uk

FND Hope


 fndhope.org

Multiple Sclerosis

MS Society


 mssociety.org.uk

MS Trust


 mistrust.org.uk

Bowel & Gut Conditions

The ROME Foundation

 theromefoundation.org

Emeran Mayer, MD


 emeranmayer.com

Fatigue, Post Viral Symptoms, POTS & MCAS

Decode ME study

 [Decode ME study page](#)


Long Covid Support

 longcovidsupport.org

POTS.org

 potsuk.org

Australian POTS Foundation


 potsfoundation.org.au

Mast Cell Action


 mastcellaction.org

Migraines & Cluster Headaches

Ouch

 ouchuk.org

Migraine Trust

 migrainetrust.org