

Mental health matters in Southampton. Every year one in four of us experience a mental health problem, so we are committed to ensuring we have the right services in place to support people in the city.

Local Counselling services are provided by the [Steps2Wellbeing](#) service. Call 0800 612 7000 (for self-referrals) or 02380 272000. Please note that this is not a crisis service.

If you want to talk to someone right away, the [mental health helpline](#) page has a list of organisations you can call for immediate help.

[The Samaritans](#) helpline is available 24 hours a day, 365 days a year, for people who want to talk in confidence. Call 116 123 (free).

If you've had thoughts of [self-harming](#) or are [feeling suicidal](#), contact someone you can trust immediately, such as your GP, or a friend or relative.

If you live in Southampton, mental health services are provided by a variety of organisations, including the NHS, local charities and the Council.

[Information on Local Counselling Services – CLICK HERE](#)

[Self-help therapy](#) has some advantages over professional face-to-face counselling. It's convenient, cheap and you can do it in your own time and when it suits you.

Mood self-assessment

CHECK YOUR MOOD

We all expect to get a cold or sore throat from time to time but when it comes to the way we feel emotionally, it can be hard to recognise or admit that we're not feeling 100%.

This questionnaire is designed to recommend some excellent resources to help you better understand how you feel. You should answer based on how you've been feeling over the last **two weeks**.

You may find that your mood usually goes both up and down, so use this questionnaire to monitor it over time but remember, it is not intended to replace a consultation with a GP if you are struggling.

[Start](#)





For private counselling contact:

[The British Association for Counselling & Psychotherapy](#)



There's a great deal of information available through [Mind, the mental health charity](#).

There are interactive self-help books, such as [Moodgym](#), which help you to learn and practice skills which can help to prevent and manage symptoms of depression and anxiety. [MoodGym](#) is an online interactive cognitive behaviour (CBT) and interpersonal based therapy program developed for young people but accessible by anyone experiencing mild to moderate levels of depression or anxiety

There are even smartphone apps which help with:

Alcohol Management

DrinkAware ([Android](#)) ([iOS](#))

Eating Disorders

Recovery Record ([Android](#)) ([iOS](#))

Stress & Anxiety

Pacifica ([Android](#)) ([iOS](#)), Stress & Anxiety Companion ([iOS](#))

Worry Management

ReachOut WorryTime ([Android](#)) ([iOS](#))

Depression and Low Mood

Catch It ([Android](#)) ([iOS](#))

[For a more comprehensive list of smartphone apps please CLICK HERE](#)