

# SERVICEUSERSNETWORK

SERVICEUSERSNETWORK



The Service Users' Network (SUN) is a Manx Registered Charity to help past and present mental health service

## Useful Websites:-

### **Beating Eating Disorders** [www.b-eat.org.uk](http://www.b-eat.org.uk)

Information and help on all aspects of eating disorders, including Anorexia Nervosa, Bulimia Nervosa, binge eating disorder and related eating disorders.

### **SANE** [www.sane.org.uk](http://www.sane.org.uk)

Help and support website for people with Mental Health issues.

### **Rethink** [www.rethink.org](http://www.rethink.org)

Rethink is a leading national mental health membership charity, that works to help everyone affected by severe mental illness recover a better quality of life.

### **Post Traumatic Stress Disorder** [www.ptsd.org.uk](http://www.ptsd.org.uk)

Help for people suffering from Post Traumatic Stress Disorder.

### **National Centre for Eating Disorders** [www.eating-disorder.org.uk](http://www.eating-disorder.org.uk)

Provide effective solutions for eating disorders such as compulsive eating, unsuccessful dieting and bulimia

### **Bipolar Aware** [www.bipolaraware.org](http://www.bipolaraware.org)

A site dedicated to Bipolar Disorder

### **BPD World** [www.bpdworld.org](http://www.bpdworld.org)

This website is committed to raising awareness and reducing the stigma of Mental Health. They Focus on Borderline Personality Disorder and provide information and support.

### **The Star Club** [www.thestarclub.co.uk](http://www.thestarclub.co.uk)

The Star Club is a community organized to help people living with a mental illness to rejoin the worlds of employment, education, family and friends.

### **MIND** [www.mind.org.uk](http://www.mind.org.uk)

Mind is the leading Mental Health Charity in England and Wales.

### **Mental Health Net** [www.mentalhelp.net](http://www.mentalhelp.net)

Mental Help Net is an established and highly regarded internet website dedicated to educating the public about mental health, wellness, and family and relationship issues and concerns.