**MENTAL HEALTH GLOSSARY & RESOURCES**

**AA** Alcoholics Anonymous

**ACT Acceptance & Commitment Therapy** – psychotherapy that aims to help people to open up to and accept their emotions as appropriate responses to some situations.

**Anhedonia** – inability to feel pleasure – common in depression.

**Anorexia** **Nervosa (AN**) – Condition where people try to keep their weight low by restricting food/overexercising. A life-threatening illness which is common in women but can affect men too and any age. Can often involve rituals around food and distorted self image/body image.

**Beck Depression Inventory (BDI)** – Psychometric test used to measure severity of depression.

**Binge Eating Disorder** – Loss of control of eating, consuming large amounts of food in a short time, frequently eating in secret or alone. Planned binges followed by guilt. Some people fluctuate from Anorexia to BED.

**Bipolar**  – (manic depression) – mental health condition which involves mood swings. Episodes of elevated mood (mania or hypomania) followed by feeling very low and lethargic (depression). Episodes can last several weeks or months.

**Bulimia Nervosa** – Bulimia is an eating disorder that involves overeating (similar to BED) but also involves purging, laxative use, diuretics, fasting or over-exercising.

**CAMHS** – Child & Adolescent Mental Health Services

**CBT Cognitive Behavioural Therapy** – Psychotherapy – talking therapy focus on changing the way people think and behave as a way of coping with problems (can be problematic in those that have suffered trauma).

**CMHT** Community Mental Health Team

**CPN** Community Psychiatric Nurse

**Dialectical Behavioural Therapy (DBT)** – A type of CBT/talking therapy – aims to help you understand and accept difficult emotions – learn skills to manage them and make positive changes to your life. Usually used for people who feel intense emotions. Differs from CBT in that it involves accepting who you are at the same time as changing unhelpful ways of thinking & behaving. Used in self-harm, suicide, depression & BPD (Borderline Personality Disorder). Now also being used for drug/alcohol/eating problems. More often done in Group settings.

**ED** Eating Disorder

**EIP** Early Intervention in Psychosis

**GAD Generalized Anxiety Disorder** – Condition whereby you feel anxious about many situations. Tendency to catastrophize possible outcomes, fear, avoidance of situations and magnifying dangers and underestimating their ability to cope.

**IAPT Improving Access to Psychological Therapies** – a system providing online and face-to-face talking therapies

**NA** Narcotics Anonymous

**NATs Negative Automatic Thoughts** – for example catatastrophizing (always thinking the worst outcome). Having negative assumptions of outcomes, assuming what others think (mind reading), personalizing (blaming yourself when things go wrong).

**OCD Obsessive Compulsive Disorder** – Mental health condition whereby person has obsessive fears, thoughts and uses compulsive behaviours to compensate for these. Can be treated with Exposure and Response prevention. Initially this treatment can increase anxiety but brain soon learns there is no real threat.

**Orthorexia Nervosa** – Obsession with eating “clean” or “healthy” foods, eating very little food, exercising too much, spending a disproportionate amount of time obsessing about food and preoccupied with body size/shape/image.

**PTSD Post-traumatic Stress Disorder (or PTSS Post traumatic Stress Syndrome).** Originally found in soldier and known as “shell-shock” – Anxiety disorder that is caused by experiencing frightening/often life threatening events/distressing events can also be a sequence of events over a period of time.

**Prozac** – a type of SSRI – also known as Fluoxetine – treatment for depression, OCD and bulimia.

**SNRIs** (serotonin & norephinephrine re-uptake inhibitors) antidepressants – designed to be more effective than SSRIs.

**SSRIs** (selective serotonin re-uptake inhibitors) usually first line treatment for depression, lower side effects. Sometimes prescribed alongside talking therapies. Increase serotonin levels in the brain.’

Mental Health Resources

Anxiety UK [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Bipolar UK [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

Carafriend <https://cara-friend.org.uk> LGBT support

Centre for Mental Health [www.centreformentalhealth.org.uk](http://www.centreformentalhealth.org.uk)

Childline Tel. 0800-1111

IAPT Improving Access to Psychological Therapies Service

NHS Gateway to psychological therapies. If you live in England, are registered with a GP you can self-refer via [www.nhs.uk/service-search/find-a-psychological-therapies-service](http://www.nhs.uk/service-search/find-a-psychological-therapies-service)

Lifeline 0808 808 8000

Maytree Residential for people in suicidal crisis [www.maytree.org.uk](http://www.maytree.org.uk)

Mental Health Foundation [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Mental Health Mates [www.mentalhealthmates.co.uk](http://www.mentalhealthmates.co.uk)

Mind [www.mind.org.uk](http://www.mind.org.uk)

OCD action [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

Papyrus Suicide Prevention in Young people [www.papyrus-uk.org](http://www.papyrus-uk.org)

Rethink Mental Illness [www.rethink.org](http://www.rethink.org)

Samaritans [www.samaritans.org](http://www.samaritans.org) 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

Sane [www.sane.org.uk](http://www.sane.org.uk)

Shout – giveusashout.org Text message support

Transgender NI https://transgenderni.org.uk

Youngminds [www.youngmindsorg.uk](http://www.youngmindsorg.uk)

NHS Emergency Services – It may be possible to speak to a mental health nurse by calling the NHS non-emergency line, 111. If you or anyone else are in immediate danger, please call 999.

NORTHERN IRELAND SPECIFIC ORGANISATIONS

[www.inspirewellbeing.org](http://www.inspirewellbeing.org)

[www.aware-ni.org](http://www.aware-ni.org)

ADDICTION

[www.actiononaddiction.org.uk](http://www.actiononaddiction.org.uk)

[www.adultchildrenofalcoholics.co.uk](http://www.adultchildrenofalcoholics.co.uk)

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

Drinkline Tel. 0300 123 1110

Frank drugs advice – [www.talktofrank.com](http://www.talktofrank.com)

National gambling helpline Tel. 0808 8020 133

Narcotis Anonymous [www.ukna.org](http://www.ukna.org)

Smart Recovery online [www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

EATING DISORDERS

BEAT – [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) Tel. 0808 801 0677

Eating Disorders NI Tel. 02890 235 959

BEREAVEMENT

Cruse [www.cruise.org.uk](http://www.cruise.org.uk) Tel. 0808 808 1677

SUPPORT FOR MINORITY COMMUNITIES

BAATN [www.baatn.org.uk](http://www.baatn.org.uk)

Black Minds Matter [www.blackmindsmatteruk.com](http://www.blackmindsmatteruk.com)