

The impact of OA/TOF on families and TOF Adults can be significant and it's important that you take care of your mental health

There are lots of places you can turn to for mental health support:

Mind - www.mind.org.uk

Advice and support to empower anyone experiencing a mental health problem.

Young Minds - www.youngminds.org.uk

"You are not alone - things can get better." Children and young people's mental health charity.

Samaritans- www.samaritans.org.

Provides emotional support to anyone who feels overwhelmed and is struggling to cope.

CarersUK- www.carersuk.org.

An organisation which provides expert information, advice and support for unpaid carers.

Counselling Directory- www.counselling-directory.org.uk

A network of directories which covers mental health and wellness, find the right counsellor or therapist for you.

Anxiety UK- www.anxietyuk.org.uk

Advice and support for those suffering from anxiety and feelings of panic.

Kooth - www.kooth.com

Download the app for iphone and android. Free online counselling and emotional wellbeing platform for children and young people, accessible through mobile, tablet and desktop.

Headspace- www.headspace.com

Download the app for iphone and android. Small daily meditations delivered in bitesize chunks, to combat anxiety and stress.

Support Line- www.supportline.org.uk

Confidential telephone support in the UK for men, women, children and young adults.

Childline- www.childline.org.uk

A counselling service in the UK for children and young people up to their 19th birthday, provided by the NSPCC.

IAPT - www.nhs.uk/service-search/find-a-psychological-therapies-service

Improving Access to Psychological Therapies, access to talking therapies and help with common mental health services provided by the NHS.

Cruse - www.cruse.org.uk/get-support

Speak to volunteers who are trained in all types of bereavement and can help you make sense of how you're feeling at an incredibly difficult time.

Marie Curie Bereavement Service -

<https://www.mariecurie.org.uk/help/support/bereavement>

Whether your bereavement was expected, happened recently or was some time ago, they can help. They can also support you before your loved one passes away.



Eat well - a healthy body will contribute to a healthy mind



Talking helps - seek support from your friends and family



Get active - Exercise is good for the body and mind



Take a break - find time to do something you enjoy

Prefer to talk to someone with experience of OA/TOF?

Why not get in touch with one of TOFS Local Contacts (TLCs). TLCs are volunteers; all have children born with OA/TOF and all are happy to hear from you and give guidance, support or just a listening ear. Find their details from the members-only area at tofs.org.uk.

These resources are mainly UK-based. If you are overseas please look for equivalent organisations in your country.