

# How to access affordable help and support for anxiety, stress or depression

Self-care can be overlooked and mental wellbeing can often suffer greatly when absorbed in the stressful and demanding environment of caring for a heart child.

As we navigate this path, it is critical we are aware of our own mental health to ensure we are strong and emotionally well. If you are struggling with stress, anxiety or depression it may be useful to know where and how you can access affordable help.

## Where can I access affordable help and support for anxiety, stress or depression?

### 1. Go to your GP

Speaking to your GP about mental health struggles may feel daunting, however they will be able to assess your needs and start the process of giving you access to a therapist or counsellor who can help you.

Lots of GP surgeries provide counselling or therapy services on the NHS. If counselling or therapy isn't available at the surgery, your GP may refer you to a local psychological therapies service.

### 2. Explore online counselling

- [Plus Guidance](#)  
Plus Guidance is a UK based online counselling platform, connecting people to professional counsellors online.
- [Better Help](#)  
Better Help is a US based online counselling platform, operating worldwide and connecting people to professional counsellors online.
- [Turn2Me](#)  
Turn2me is an affordable online tool to access mental health counselling.

### 3. Educate yourself

Explore the websites of the large mental health charities to educate yourself on some of the feelings you may be experiencing. Identifying your mental health struggle will enable you to seek out the right tools to help.

- [www.mind.org.uk](http://www.mind.org.uk)
- [www.rethink.org](http://www.rethink.org)
- [www.time-to-change.org.uk](http://www.time-to-change.org.uk)

Organisations such as the [Samaritans](#) are available to speak to day and night, offering support and a listening ear: