



Mental Wellbeing Resources List

1. Covid-19 specific resources

- Every Mind Matters, 10 tips to help if you are worried about coronavirus: [nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/)
- Every Mind Matters, Mental wellbeing while staying at home: [nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/)
- GOV.UK, Guidance for the public on the mental health and wellbeing aspects of COVID 19: [gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19](https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19)
- NHS Employers, Health, safety and wellbeing: [nhsemployers.org/covid19/health-safety-and-wellbeing](https://www.nhsemployers.org/covid19/health-safety-and-wellbeing)

2. General mental health resources

- Blurt, Mental Health Toolkit: blurtitout.org/resource/mental-health-toolkit
- Bupa, Mental Health: [bupa.co.uk/health-information/mental-health](https://www.bupa.co.uk/health-information/mental-health)
- Marie Curie, Bereavement Support: [mariecurie.org.uk/help/support/bereaved-family-friends](https://www.mariecurie.org.uk/help/support/bereaved-family-friends)
- Mental Health Foundation Publications: [mentalhealth.org.uk/publications](https://www.mentalhealth.org.uk/publications)
- Mind, Information and Support: [mind.org.uk/information-support](https://www.mind.org.uk/information-support)
- Reading Well for Mental Health: [reading-well.org.uk/books/books-on-prescription/mental-health](https://www.reading-well.org.uk/books/books-on-prescription/mental-health)



- Reading Well for Young People's Mental Health: [reading-well.org.uk/books/books-on-prescription/young-people-mental-health](https://www.reading-well.org.uk/books/books-on-prescription/young-people-mental-health)
- Rethink Mental Illness, Advice and Information: [rethink.org/aboutus/what-we-do/advice-and-information-service](https://www.rethink.org/aboutus/what-we-do/advice-and-information-service)
- Royal College of Psychiatrists, Mental health resources: [rcpsych.ac.uk/mental-health](https://www.rcpsych.ac.uk/mental-health)

3. General wellbeing and mindfulness resources

- Action for Happiness: [actionforhappiness.org](https://www.actionforhappiness.org)
- Living Life to the Full, free online courses covering low mood, stress and resiliency: [lttf.com](https://www.lttf.com)
- Mindfulness Awareness Research Centre: [mindful.org/mindfulness-awareness-research-center-at-ucla](https://www.mindful.org/mindfulness-awareness-research-center-at-ucla)
- NHS, 5 Steps to mental wellbeing: [nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/](https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/)
- NHS, Mindfulness: [nhs.uk/conditions/stress-anxiety-depression/mindfulness](https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness)

4. Apps

- Calm: [calm.com](https://www.calm.com). Promoting sleep and meditation
- Catch It: [liverpool.ac.uk/csd/app-directory/catch-it](https://www.liverpool.ac.uk/csd/app-directory/catch-it). Learn to look at problems differently, turn negative thoughts into positive ones and improve your mental wellbeing.
- Worry Tree: [worry-tree.com](https://www.worry-tree.com). Notice, record and manage worries using cognitive behavioural therapy techniques.
- MeeTwo: [meetwo.co.uk](https://www.meetwo.co.uk). A safe and secure forum for teenagers wanting to discuss any issue affecting their lives.
- Calm Harm: [calmharm.co.uk](https://www.calmharm.co.uk). Designed to help people resist or manage the urge to self-harm.