



Uplifting resources for the NHS from the NHS

[Health Education England](#) and [The Reading Agency](#) have crowd-sourced an uplifting book collection and list of digital resources from NHS staff. The choices were recommended by your colleagues in the NHS and are ideal for boosting your mood.

1. Collection of digital resources

- The collection of digital resources includes poems, podcasts, websites, and apps. You can use at your leisure via any computer or mobile device.
<https://library.nhs.uk/nhs-staff-and-learners/uplifting-resources/>
- You can download posters and social media graphics to signpost to the collection here: <https://library.nhs.uk/nhs-staff-and-learners/uplifting-resources/promotional-tools-cls/>

2. Uplifting book collection

- A book collection of 10 uplifting titles will be announced as part of Health Information Week. All 10 titles will be available from Health Education England libraries, to support staff wellbeing.