



Mental Wellbeing and Guiding Websites and apps



- The Mental Health Foundation is a UK charity, whose mission is to help people to thrive through understanding, protecting, and sustaining their mental health. They have lots of downloadable resources on all aspects of mental wellbeing www.mentalhealth.org.uk
- MIND www.mind.org.uk/ provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding and have lots of information about all aspects of mental health and mental health problems
- The NHS apps library links to apps that can be helpful for numerous health conditions, including a lot of mental health and wellbeing apps. Go to www.nhs.uk/apps-library and select the 'Mental health' filter.
- The NHS and Public Health England Every Mind Matters website provides practical advice and help on looking after your own mental health. www.nhs.uk/oneyou/every-mind-matters
- Mental Health and Money Advice has tailored advice around money and mental health in the pandemic: www.mentalhealthandmoneyadvice.org
- My possible self - a website and app to improve the mental health and wellbeing of people living with stress, anxiety and low mood: www.good-thinking.uk/resources/my-possible-self
- The Free Mindfulness project links to numerous free mindfulness videos and resources tailored to Covid-19 www.freemindfulness.org/covid19
- There are numerous apps that help with mindfulness training and practice, relaxation and sleep. Two of the most popular which can be trialled for free are Calm, <https://www.calm.com> which includes sleep stories for helping you get off to sleep along with guided meditations and exercises, and Headspace, www.headspace.com which has meditation courses tailored to all aspects of life and is free for a year for the unemployed.
- Samaritans www.samaritans.org is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline tel 116123
- CALM - Campaign against living miserably www.thecalmzone.net/ is a leading movement against suicide. They run a free and confidential helpline and webchat - 7 hours a day, 7 days a week for anyone who needs to talk about life's problems

- Action for Happiness (AfH) www.actionforhappiness.org/ aims to increase the happiness in the world by bringing together like-minded people from all walks of life and supporting them to take practical action to build a happier and more caring society, drawing on the latest scientific research.
- Citizens Advice www.citizensadvice.org.uk/ offers confidential advice online, over the phone, and in person, for free, on consumer rights support witnesses in courts through the Witness Service and give pension guidance to people aged over 50.
- Free 3 hour online course <https://www.futurelearn.com/courses/psychological-first-aid-covid-19> Learn how to give practical and emotional support to individuals using Psychological First Aid (PFA) This training is for all those who are supporting people during emergencies and offers guidance on delivering psychosocial care in the immediate aftermath of the emergency event. On this course, you'll explore the psychological impact of the COVID-19 pandemic and what you can do to help people cope.