

Useful Websites for Wellbeing Advice

Five Ways to Wellbeing. NHS website: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Every Mind Matters: Every Mind Matters (NHS) aims to help people take simple steps to look after their mental health, improve their mental wellbeing and support others. <https://www.nhs.uk/every-mind-matters/>

Mind: Mind offers information and advice to people with mental health problems and lobbies government and local authorities on their behalf. <https://www.mind.org.uk/>

Mental Health Foundation: Mental Health Foundation has been the UK's leading charity for everyone's mental health. They take a public mental health approach to prevention, finding solutions for individuals, those at risk and for society, in order to improve everyone's mental wellbeing. <https://www.mentalhealth.org.uk/>

CALM: Calm produces meditation products, including guided meditations and Sleep Stories. <https://www.thecalmzone.net/>

Samaritans: Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout Great Britain and Ireland, often through their telephone helpline <https://www.samaritans.org/>

Anna Freud: National Centre for Children and Families: <https://www.annafreud.org/>

Young Minds: A mental health charity committed to improving children's wellbeing and mental health: <https://www.youngminds.org.uk/?gclid=EAlaIQobChMIxpK9hvuQ7QIVmljVCh3WVAheEAAYASAAEgLwB D BwE>

Student Minds: Student Minds is the UK's student mental health charity. <https://www.studentminds.org.uk/>

Nightline Association: a charity that provides a confidential listening and information service for students in London. <https://nightline.ac.uk/>

Barnardo's: Barnardo's a British charity is the UK's largest children's charity founded by Thomas John Barnardo to care for vulnerable children.

<https://www.barnardos.org.uk/what-we-do/supporting-young-people>

