

# SEJ Resources: Useful Websites for Wellbeing Advice

## 1. Resources for Lecturers/Staff

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>

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/>

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/>

Student Mental Wellbeing in Higher Education Good practice guide:

The Mental Wellbeing in Higher Education updated this guidance for senior leaders and managers, to support institutions in their promotion of mental wellbeing and in the support they provide for students experiencing mental health difficulties:

<https://www.m25lib.ac.uk/wp-content/uploads/2021/02/student-mental-wellbeing-in-he.pdf>

[Office for Students: Insight 'Mental health: Are all students being properly supported?'](#): This brief asks what approaches are being taken across the higher education sector to support them, and what more can be done.

<https://www.officeforstudents.org.uk/publications/mental-health-are-all-students-being-properly-supported/>

## 2. Resources for students

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