# **Wellbeing**

1. **General information about wellbeing**
   * NHS: Better Health – Every Mind Matters offersadvice and practical tips to help people look after their mental health and wellbeing. This includes a section for young people: [nhs.uk/every-mind-matters](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.nhs.uk%2Fevery-mind-matters&data=05%7C02%7Cmaria.zaheer%40bdct.nhs.uk%7C2a7850961ea74983ea2508dcc0f6b8da%7Cf377edd1c32a465086639fc3ec794b84%7C0%7C0%7C638597413107736209%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ohUVp1qdab4KD2ZY3UZCUyweQFoedx%2Ftf8uxVmMyrb0%3D&reserved=0)
   * NHS: Mental Health offersinformation and support for your mental health: [nhs.uk/mental-health](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.nhs.uk%2Fmental-health%2F&data=05%7C02%7Cmaria.zaheer%40bdct.nhs.uk%7C2a7850961ea74983ea2508dcc0f6b8da%7Cf377edd1c32a465086639fc3ec794b84%7C0%7C0%7C638597413107751470%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ntNkQ7Tp91E6Bt8m0wpIS1mHs3WAFMje4SQzZrobjKg%3D&reserved=0)
   * The World Health Organization (WHO) provides resources to help you keep mentally healthy and to reduce stress: [who.int/news-room/feature-stories/mental-well-being-resources-for-the-public](https://www.who.int/news-room/feature-stories/mental-well-being-resources-for-the-public).
   * Charlie Waller offers free guides and workbooks for professionals, parents, young people and others interested in mental wellbeing: [charliewaller.org/resources](https://www.charliewaller.org/resources)
2. **Workplace wellbeing**
   * Mind has free resources to help support staff mental wellbeing in the workplace: [mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/useful-resources](https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/useful-resources/)
3. **Support for children and young people**
   * The Children's Society offers information, tips and activities for young people to help improve wellbeing: [childrenssociety.org.uk/information/young-people/well-being/activities](http://www.childrenssociety.org.uk/information/young-people/well-being/activities)
   * Young Minds supports children and young people on their mental health. The website includes practical tips and advice from young people, as well as information on getting support: [youngminds.org.uk](http://www.youngminds.org.uk)
4. **Videos**

* HSE Health and Wellbeing: Minding Your Wellbeing Session 1: Practicing Self Care: [youtube.com/watch?v=65snrWJTNDU](https://www.youtube.com/watch?v=65snrWJTNDU)

1. **Podcasts**

* The University of Warwick: 10 Health & Wellbeing Podcasts to Listen to:

[warwick.ac.uk/services/sport/blog/feed/10-health-and-wellbeing-podcasts/](https://warwick.ac.uk/services/sport/blog/feed/10-health-and-wellbeing-podcasts/)

* BBC: Health & Wellbeing: [bbc.co.uk/sounds/category/factual-healthandwellbeing](https://www.bbc.co.uk/sounds/category/factual-healthandwellbeing)
* Mental Health Foundation: [mentalhealth.org.uk/explore-mental-health/podcasts](https://www.mentalhealth.org.uk/explore-mental-health/podcasts)

1. **Other Resources**

* The Wellbeing Collective offers individuals, organisations and communities simple solutions to complex issues: [thewellbeingcollective.co.uk/](https://www.thewellbeingcollective.co.uk/)
  + Reading Wellsupports you to understand and manage your health and wellbeing using helpful reading. There are Reading Well schemes for [Adult Mental Health](https://readingagency.org.uk/get-reading/our-programmes-and-campaigns/reading-well/reading-well-for-mental-health/), [Teens](https://readingagency.org.uk/get-reading/our-programmes-and-campaigns/reading-well/reading-well-for-teens/) and [Children](https://readingagency.org.uk/get-reading/our-programmes-and-campaigns/reading-well/reading-well-for-children/). All books are recommended by health experts, as well as people with lived experience. You can be recommended a title by a health professional, or you can visit your local library and take a book out yourself for free. Find out more: [reading-well.org.uk](http://reading-well.org.uk) / [www.reading-well.org.uk/wales](http://www.reading-well.org.uk/wales)
  + **Red Cross Wellbeing Resource Pack**. Activities to build resilience, cope with worries, and connect with others: [redcross.org.uk/get-help/get-help-with-loneliness/wellbeing-support](http://www.redcross.org.uk/get-help/get-help-with-loneliness/wellbeing-support)