



## Wellbeing

### 1. General information about wellbeing

- NHS: Better Health – Every Mind Matters offers advice 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://www.nhs.uk/every-mind-matters)
- NHS: Mental Health offers information and support for your mental health: [nhs.uk/mental-health](https://www.nhs.uk/mental-health)
- 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://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](https://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](https://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)

#### 5. 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)

#### 6. Other Resources

- The Wellbeing Collective offers individuals, organisations and communities simple solutions to complex issues: [thewellbeingcollective.co.uk/](https://thewellbeingcollective.co.uk/)
- Reading Well supports you to understand and manage your health and wellbeing using helpful reading. There are Reading Well schemes for [Adult Mental Health](#), [Teens](#) and [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](https://www.reading-well.org.uk/) / [www.reading-well.org.uk/wales](https://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](https://www.redcross.org.uk/get-help/get-help-with-loneliness/wellbeing-support)