



## Mental Health resource list

### 1. Information and support – general

- Libraries promote healthy living and provide self-management support for everyone through information and signposting, such as [Reading Well](#). They also offer a range of creative and social activities which connect people, combat loneliness and improve wellbeing. [Visit your local library website](#) or visit your nearest library in person to find out how to join and what's on offer.
- NHS: Better Health – Every Mind Matters offers advice and practical tips to help people look after their mental health and wellbeing. Includes a section for young people: [nhs.uk/every-mind-matters](https://www.nhs.uk/every-mind-matters)
- NHS: Mental Health provides information and support for your mental health: [nhs.uk/mental-health](https://www.nhs.uk/mental-health).
- Mind offers advice and support to empower anyone experiencing a mental health problem, including content for children and young people: [mind.org.uk](https://www.mind.org.uk). Mind Cymru is Mind in Wales: [mind.org.uk/about-us/mind-cymru](https://www.mind.org.uk/about-us/mind-cymru).
- The Mental Health Foundation provides mental health information and advice: [mentalhealth.org.uk](https://www.mentalhealth.org.uk).
- Rethink Mental Illness offers information and support via a network of local groups and services: [rethink.org](https://www.rethink.org).

### 2. Information and support – children and young people

- Young Minds supports children and young people on their mental health including practical tips and advice from young people, as well as information on getting support: [youngminds.org.uk](https://www.youngminds.org.uk).
- The Mix provides support and information for under 25s on any challenges they may be facing: [themix.org.uk](https://www.themix.org.uk).

### 3. Self-management resources – general

- Reading Well supports you to understand and manage your mental health using helpful reading. There are Reading Well schemes for [Adult mental health](#), [Teens](#), [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 via [reading-well.org.uk](https://reading-well.org.uk) or [reading-well.org.uk/wales](https://reading-well.org.uk/wales).

- Your Health Collection is a list of resources to support users of health and prison libraries to understand and manage their health. The collection of 10 books and 30 digital resources are accessible, inclusive and reflect the diversity of society: [library.nhs.uk/yhc](https://library.nhs.uk/yhc).
- Mindfulness exercises and tips from Mind, including links to mobile apps that can help you practise mindfulness: [mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips](https://mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips)

#### 4. Self-management resources – young people

- Mood Move and Clear Fear are evidence-based mobile apps developed for teenage mental health charity stem4 by Dr Nihara Krause and feature on the Reading Well for teens list. Access them via [movemood.co.uk](https://movemood.co.uk) and [clearfear.co.uk](https://clearfear.co.uk).

#### 5. Podcasts

- BBC Radio 4: All in the Mind: [bbc.co.uk/programmes/b006qxx9/episodes/downloads](https://bbc.co.uk/programmes/b006qxx9/episodes/downloads)
- BBC: Access All: Disability News and Mental Health: [bbc.co.uk/programmes/p02r6yqw/episodes/downloads](https://bbc.co.uk/programmes/p02r6yqw/episodes/downloads)
- The Mind podcast: [mind.org.uk/information-support/podcasts](https://mind.org.uk/information-support/podcasts)
- Mental Health Foundation: Let's Talk: Mental Health: [mentalhealth.org.uk/explore-mental-health/podcasts](https://mentalhealth.org.uk/explore-mental-health/podcasts)