

## Wellbeing Resources

### Organisations

<p><b>Mind</b> Tel: 0300 123 3393 (Mon-Fri 9am to 6pm) Source of general self-care information <a href="http://www.mind.org.uk">www.mind.org.uk</a></p>	<p><b>Rethink Mental Illness</b> 0300 5000 927 (Mon-Fri 9.30am to 4pm) Peer support, advice and information <a href="http://www.rethink.org">www.rethink.org</a></p>
<p><b>Samaritans</b> Tel: 116 123 (24hrs) Source of help through calls, texts, letters and a self-help app <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a></p>	<p><b>SHOUT</b> Text SHOUT to 85258 For day or night for immediate support via text <a href="https://giveusashout.org/">https://giveusashout.org/</a></p>

### Websites

- **NHS Every Mind Matters** - [www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)  
Website with help and guides for common mental health problems
- **Heads Together** - [www.headstogether.org.uk](http://www.headstogether.org.uk)  
Website with information and links to various other mental health charities.
- **Anxiety UK** - [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) – access to resources, though a cost of £40 per annum

### Podcasts

- **Feel Better, Live More – Dr Rangan Chatterjee** - <https://drchatterjee.com>  
This podcast offers stories from leading experts who offer advice on all aspects of physical and mental wellbeing.
- **Happy Place – Ferne Cotton** - <https://www.happyplaceofficial.co.uk/>  
Ferne Cotton talks to incredible people about life, love, loss and everything in-between as she reveals what happiness means to them.

### Books

- **The ‘Overcoming’ Series** - [Overcoming | Self-Help & Mental Health](#) – a series of books that guide readers on how to overcome common mental health problems e.g. Overcoming Depression Overcoming Anxiety. Often available on Amazon second-hand for £2+

### Phone Apps

- **Insight Timer** - <https://insighttimer.com/> - for meditation and guided relaxations (free)
- **Headspace** - <https://www.headspace.com/headspace-meditation-app> - mindfulness and meditation for stress and sleep (a free trial)
- **Calm** - <https://www.calm.com/> - help with stress, sleeping and living mindfully

### Activity Based Support

- **Sport in Mind** - <https://www.sportinmind.org/> - transforming the lives and mental health of children and adults through sport and physical activity