

HEADROOM

BBC – 'Headroom' for podcasts, tips and resources

<https://www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TIXBj/your-mental-health-toolkit>

Sources of support and useful links



TEXT

shout
85258

<https://giveusashout.org/get-help/how-shout-works/>

Charlie Waller

<https://charliewaller.org/>

MindEd
e-learning to support healing minds

<https://www.minded.org.uk/>

Hub of Hope

Service provided by Chasing the Stigma

<https://hubofhope.co.uk/>

Directory of local and National services to support Mental Health and wellbeing

Because there is always hope!...

AnxietyUK

03444 775 774

Cruse Bereavement Care

0808 808 1677

ONE YOU

Every Mind Matters

www.nhs.uk/oneyou

Mind Plan, sleep tips, healthy routines and five ways to wellbeing guide.

SAMARITANS

Call – 116 123

Or seek advice using the Samaritans 'Self help' App



Mind Fresh App - NELFT

<https://www.nelft.nhs.uk>



Andy's Man Club

#ItsOkayToTalk

<https://andvsmanclub.co.uk/>

CALM

Calm Zone

0800 58 58 58

Bereavement support



Anna Freud National Centre for Children and Families

<https://www.annafreud.org/parents-and-carers/>

A BETTER MEDWAY
Easier ways to be healthy

https://www.medway.gov.uk/info/200231/mental_wellbeing

<https://www.mind.org.uk/nelft-urgent-help/>