

Mental health/emotional wellbeing - useful resources

'NHS Inform' - self-help resource site including workbooks (topics include anger, anxiety, bereavement, chronic pain, depression, panic, post-traumatic stress, sleep problems).

[Mental health | NHS inform](#)

[Anxiety self-help guide | NHS inform](#)

'Getselfhelp' -

[Self Help | Get.gg - Getselfhelp.co.uk](#)

[Emotion Regulation | Get.gg - Getselfhelp.co.uk](#)

'Young Minds' - the UK's leading charity fighting for children and young people's mental health.

<https://youngminds.org.uk/>

'Mind' website including support around self-esteem, self-harm, etc.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/>

Centre for Clinical Interventions - self-help and professional resources (topics include anxiety, depression, self-esteem, self-compassion, sleep, tolerating distress).

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

'Moodfit' app – support to deal with feeling anxious, low, stressed.

'Calm Harm' app – to help resist or manage the urge to self-harm.