

Other resources

Useful links to help with your wellbeing



Nutrition

<https://www.nhs.uk/live-well/eat-well/>
<https://www.nhs.uk/healthier-families/food-facts/>
<https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/cooking-skills/quick-healthy-meals>

drinkaware.co.uk
for the facts about alcohol

Alcohol & Drugs

<https://www.drinkaware.co.uk/>
<https://www.alcoholics-anonymous.org.uk/>
<https://www.talktofrank.com/>
<https://adfam.org.uk/help-for-families/finding-support/>
<https://www.nhs.uk/live-well/addiction-support/>



Smoking

<https://smokefree.gov/>
<https://www.nhs.uk/better-health/quit-smoking/find-your-local-stop-smoking-service/>

BeGambleAware.org

Gambling

<https://www.begambleaware.org/ngsn>
<https://www.gamblersanonymous.org.uk/>
<https://www.gamcare.org.uk/>



Sleep

<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>
<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/>
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/tips-to-improve-your-sleep/>
[Sleep-Hygiene-in-general pdf](#)
[Sleep-Hygiene-for-night-staff pdf](#)



Exercise and movement

<https://www.nhs.uk/conditions/nhs-fitness-studio/>
<https://www.ramblers.org.uk/>
<https://www.better.org.uk/leisure-centre/london>



Mental health support

<https://hubofhope.co.uk/>
<https://nopanic.org.uk/panic-attack/>
<https://www.nhsinform.scot/illnesses-and-conditions/mental-health>
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/>



Wellbeing, self-care & mindfulness

<https://actionforhappiness.org/resources>
<https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729>
<https://www.thegoodtrade.com/features/positive-affirmations-morning-routine/>
Headspace
<https://www.headspace.com/nhs>
Unmind-
<https://resources.unmind.com/free-nhs-access>



Domestic Abuse Support

<https://www.nationaldahelpline.org.uk/>
<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/bright-sky/>
<https://mensadviceline.org.uk/>
<https://galop.org.uk/>
<https://karmanirvana.org.uk/>



Financial Wellbeing & Discounts

<https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/use-our-debt-advice-locator>
<https://www.moneyhelper.org.uk/en/everyday-money/budgeting/use-our-budget-planner>
<https://www.mentalhealthandmoneyadvice.org/en/>
<https://www.bluelightcard.co.uk/>



Suicide prevention & crisis

<https://www.stayalive.app/>
<https://www.swlstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line>
<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/>



Support for parents and carers

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>
<https://www.youngminds.org.uk/parent/>
<https://www.carersuk.org/>
<https://www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support/>

