

## A useful guide to mental and emotional wellbeing resources

### Minding Your Head www.mindingyourhead.info

The Minding Your Head (MYH) website has a range of information and resources to support and enhance your mental and emotional wellbeing and information on how to help others and how to access help and support when needed.



#### Resources

The resources section of MYH contains some very useful information, including:

- Take 5 Steps to Wellbeing
- Ask, Talk, Listen – a guide to active listening
- Mental Health Factsheets
- Minding Your Head Student Guide

The minding your head student guide with resources on dealing with specific topics such as stress and worry.

#### Information on programmes such as

- FLARE
- Flourish!
- Training



#### CovidWellbeingNI Hub

From the MYH Homepage you can access the CovidWellbeingNI Hub. This is an online wellbeing space that brings together a range of information, resources and self-help guides on wellbeing topics, to include:

#### Mental Health Information:

- Mental health conditions
- Physical wellbeing
- How to help others
- Alcohol and drugs
- Bereavement
- Loneliness and isolation
- Relationships
- Tips on ways to 'Take 5' steps to wellbeing
- Helplines info
- And many more

# Useful guide to mental and emotional wellbeing resources

A useful guide to mental and emotional wellbeing resources with easily accessible links to relevant websites and information. The guide includes links to the Minding Your Head website, the free online Stress Control classes, the Healthcare Apps Library, the virtual CovidWellbeingNI Hub, free Psychological First-aid E-learning module, free Towards Zero Suicide training module, bereavement resources for those who have been bereaved during the COVID-19 pandemic and many more.

Published

15 October 2020

Last reviewed

15 October 2020

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