

Thursday, 15 October 2020

Health and Social Wellbeing Improvement



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.

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