

Thursday, 15 October 2020

Health and Social Wellbeing Improvement

HSC Health and Social Care **HSC** Public Health Agency

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

for latest news and updates

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

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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