

Wellbeing and Resilience Building Resources

www.fivewaystowellbeing.org/ - This is the 'new economics foundation' website, pioneers of the **Five Ways to Wellbeing**.

www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mental-wellbeing.aspx - comprehensive, details lots of information about how the Five Ways to Wellbeing can improve overall health and wellbeing.

www.mind.org.uk/employment/mind_week_2011/employees/five_ways_to_wellbeing - has a simple breakdown of the Five Ways to Wellbeing and some ideas of things you could do to include these in your life.

www.actionforhappiness.org/ **Action for Happiness** helps people take practical action to improve wellbeing and create a happier and more caring society

CALM www.thecalmzone.net helpline and web site for men, aims to combat depression, reduce male suicide

Big White Wall A safe online community of people who are anxious, down or not coping who support and help each other by sharing what's troubling them, guided by trained professionals.
www.bigwhitewall.com/

Apps examples:

distrACT app self help for self harm www.expertselfcare.com/health-apps/distract/

Stop Panic and Anxiety: free **Stop, Breathe & Think: free**

Head Space app: Mindfulness app (free for few weeks then costs)

Bliss | Positive Psychology app bliss31.com
Scientifically-proven exercises from positive psychology.

MHK - Meditation and Mindfulness for Body, Heart and Mind

5 Ways to Wellbeing app. Somerset Council

Self Help Anxiety Management app. UWE **Mood Tools app**

Hearing Voices self help app **TalkLife** free app online peer support network

Self- help resources: www.getselfhelp.co.uk www.psychologytools.com

Self- help workbooks on range of topics e.g. overcoming anxiety/depression; improving self esteem etc:

www.ntw.nhs.uk/pic/selfhelp basic award winning CBT self-help workbooks

www.cci.health.wa.gov.au in depth CBT self-help workbooks e.g self-esteem; overcoming worry; managing emotions; self-compassion etc.