

The following resources are recommended by Mental Health England and are helpful for signposting staff who would benefit from additional support.

<p>Finding a therapist/ Information on getting help</p>	<p>British Association for Behavioural and Cognitive Psychotherapies www.babcp.com</p> <p>Mind Infoline Phone: 0300 123 3393 Text: 86463</p> <p>Counselling Directory www.counselling-directory.org.uk</p>
<p>Anxiety</p>	<p>Anxiety UK www.anxietyuk.org.uk</p> <p>No Panic www.nopanic.org.uk</p>
<p>Bereavement</p>	<p>Bereavement Advice Centre www.bereavementadvice.org</p> <p>Cruse Bereavement Centre www.cruse.org.uk</p>
<p>General Mental Health</p>	<p>Action for Happiness www.actionforhappiness.org</p> <p>Rethink Mental Illness www.rethink.org</p>
<p>Self-Help Apps</p>	<p>CBT Online for Depression www.moodgym.anu.edu.au</p> <p>FearFighter - NICE guideline approved program for generalised anxiety, panic and phobia http://fearfighter.cbtprogram.com</p> <p>Headspace - app based on mindfulness and meditation www.headspace.com</p> <p>Moodpanda - app-based platform tracking your mood www.moodpanda.com</p>

<p>Wellbeing Podcasts</p>	<p>Mental Health Foundation - free podcasts on improving wellbeing including guided relaxation and overcoming anxiety www.mentalhealth.org.uk/podcasts-and-videos</p> <p>Work Guru - web-based stress management programme with tools to build resilience www.workguru.org</p>
<p>Self-Help Books</p>	<p>10 Keys to Happier Living Author: Vanessa King Key areas we can take action to enhance our own happiness and wellbeing</p> <p>Mind Over Mood Author: Dennis Greenberger Self-help guide to overcoming emotional distress using CBT techniques</p> <p>The Mindful Way through Anxiety - Break Free from Chronic Worry and Reclaim Your Life Author: Susan Orsillo Mindfulness approach to anxiety</p> <p>Overcoming Depression - A Self-Help Guide using CBT Author: Paul Gilbert Self-Help manual for depression based on CBT</p> <p>The Self Care Revolution Author: Suzy Reading Smart habits and simple practices to allow you to flourish</p>

In addition to these resources, The National Centre for Mental Health (NCMH) and MIND have a range of leaflets which are free to download, as well as other resources.

<https://www.ncmh.info>

<https://www.mind.org.uk>