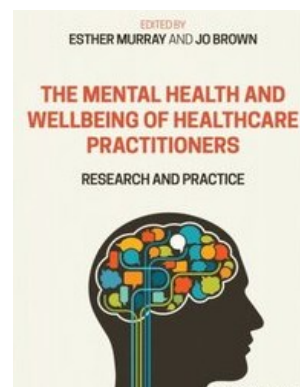
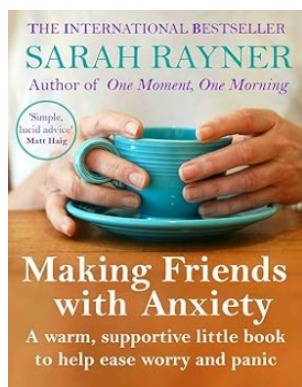
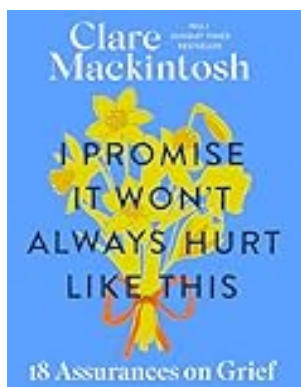




MENTAL HEALTH RESOURCE

BOOKS

These are available via Smallwood Library. Please ask a member of staff if you wish to request or login to <https://www.healthlibrariesmidlands.nhs.uk/> with your Library ID.



GENERAL INFORMATION AND SUPPORT

- BCHC Health and Wellbeing initiative: intranet.bhamcommunity.nhs.uk/od-health-and-wellbeing
- Book schemes for adults, teens and children: reading-well.org.uk
- Advice and support to empower anyone experiencing a mental health problem: mind.org.uk
- Provides mental health information and advice: mentalhealth.org.uk
- Information and support via a network of local groups and services: rethink.org

CHILDREN AND YOUNG PEOPLE

- Includes practical tips, advice and information on getting support: youngminds.org.uk
- Help make informed choices about mental health: annafreud.org/resources
- Support and information for under 25s: themix.org.uk

GENERAL SELF MANAGEMENT RESOURCES

- Resources to support users to understand and manage their health: library.nhs.uk/yhc
 - Mindfulness exercises and tips, including links to mobile apps: mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips
- For young people**
- Evidence-based mobile apps developed for teenage mental health: movemood.co.uk / clear-fear.co.uk

PODCASTS

- BBC Radio 4: All in the Mind: bbc.co.uk/programmes/b006qxx9/episodes/downloads
- Access All: Disability News and Mental Health: bbc.co.uk/programmes/p02r6yqw/episodes/downloads
- Let's Talk: Mental Health: mentalhealth.org.uk/explore-mental-health/podcasts