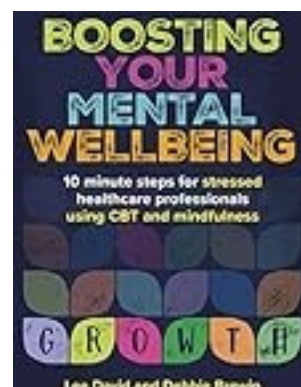
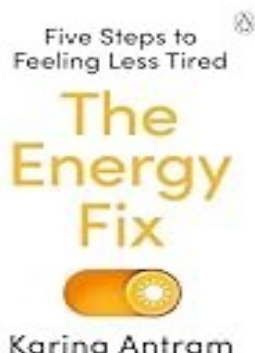
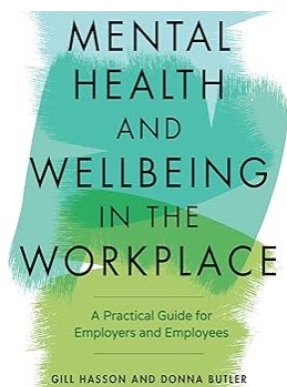




WELLBEING RESOURCE

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 ABOUT WELLBEING

- Offers advice and practical tips: nhs.uk/every-mind-matters
- Free guides for professionals, parents and young people: charliewaller.org/resources

WORKPLACE WELLBEING

- BCHC Health and Wellbeing initiative: intranet.bhamcommunity.nhs.uk/od-health-and-wellbeing
- Resources to help support staff mental wellbeing: mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/useful-resources

SUPPORT FOR CHILDREN AND YOUNG PEOPLE

- Information, tips and activities for young people: childrenssociety.org.uk/information/young-people/well-being/activities
- Practical tips and advice from young people, plus information on getting support: young-minds.org.uk

VIDEOS

- Minding Your Wellbeing Session 1: Practicing Self Care: youtube.com/watch?v=65snrWJTNDU

PODCASTS

- 10 Health & Wellbeing Podcasts to listen to: warwick.ac.uk/services/sport/blog/feed/10-health-and-wellbeing-podcasts/
- Topics on how we think and feel: mentalhealth.org.uk/explore-mental-health/podcasts

OTHER RESOURCES

- Offers individuals, organisations and communities simple solutions to complex issues: thewell-beingcollective.co.uk/
- Activities to build resilience, cope with worries, and connect with others: redcross.org.uk/get-help/get-help-with-loneliness/wellbeing-support