**LSA: Mental Health Resources**

**5 Ways to Wellbeing tool:** <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>



**Mental Health Awareness Week 2021:** <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>



**Mental Health First Aid Training to improve mental health in the work-place:** <https://mhfaengland.org/>

**Mental Health First Aid Stress Container:** <https://mhfaengland.org/mhfa-centre/resources/address-your-stress/stress-container-resource-download.pdf>

**MIND, mental health at work resources:** <https://www.mind.org.uk/workplace/mental-health-at-work/>. National MIND can also provide contact details for local MIND associations who will provide a range of services: <https://www.mind.org.uk/>

**Mental Health Foundation - Managing Mental Health in the work place:** <https://www.mentalhealth.org.uk/publications/managing-mental-health-workplace>

**Mindfulness:** Be Mindful Online. Online Mindfulness course supported by the Mental Health Foundation : <https://www.bemindfulonline.com/>

**NICE (National Institute for Health & Care Excellence).** Guidance for employers on promoting mental wellbeing at work: <https://www.nice.org.uk/guidance/ph22>

**Public Health England & the NHS - Workplace Wellbeing Charter:** <https://www.wellbeingcharter.org.uk/>

**Time to Change – campaign closed in March 2021 but the website has lots of useful information and tools:** <https://www.time-to-change.org.uk/>