

# Mental Health and well being resources

[www.symbaloo.com/mix/mentalhealthpublic](http://www.symbaloo.com/mix/mentalhealthpublic) - this has all the links to the websites below and more in one place.

- [myresilience.org](http://myresilience.org)
- [www.cwmt.org.uk](http://www.cwmt.org.uk)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.mind.org.uk](http://www.mind.org.uk)
- [www.minded.org.uk](http://www.minded.org.uk)
- [www.time-to-change.org.uk/resources](http://www.time-to-change.org.uk/resources)
- [www.childline.org.uk](http://www.childline.org.uk)
- [www.barnados.org.uk](http://www.barnados.org.uk)
- [www.andyresearchclinic.com](http://www.andyresearchclinic.com)
- [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

BBC 2 Trust me I'm a Doctor: mental health special - really nice introduction to mental health

Future Learn: free course on Understanding Depression and Low Mood in Teenagers

<https://www.futurelearn.com/courses/depression-young-people>

Ideas for building resilience & Wellbeing:

- Memory Jar
- Positive questions
- Positive reflections
- What are you proud of?
- Helpful thoughts
- Worry jar/worry dolls
- Advent Challenger

Any other ideas:

