

Mental Well-Being Resources

COVID-19 has impacted the whole country; for almost everyone, life has had to change fundamentally. Research shows that since the start of the pandemic there has been an increase in a range of mental health conditions for adults, from low wellbeing, sleep problems and anxiety to depression.

Please click on the links below for more information on mental well-being:

Simple tips for improving your mood and top tips for dealing with stress:

[Campaign Resource Centre \(phe.gov.uk\)](https://www.phe.gov.uk)

Every mind matters platform with practical tips and videos from experts on dealing with stress and anxiety, boosting your mood, sleeping better and what you can do to help others; including advice for parents and for children and young people:

[Get Your Mind Plan - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk)