

## Information and advice

All available from [www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/information-and-advice/](http://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/information-and-advice/)

Our guide, **How to be mentally healthy at work** details how to stay well at work, whether you're returning to the world of work after time away, are experiencing work stress, or trying to maintain a healthy working life.

**How to manage stress** - a guide on how to reduce your stress levels.

Information on **Disability Discrimination under the Equality Act** and the laws that protect you from discrimination at work.

Information and practical advice from our Time to Change campaign to help you to stay in work, return to work and get the support you need.

**Tips on staying well at work** like reclaiming your lunch break, using music to combat stress and getting the work-life balance right.

Our Guide for employees - **Wellness Actions Plans** is an easy, practical way of helping you support your own mental health at work. Download the Guide for employees from: [www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/](http://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/)

## Wellbeing and Resilience Building Resources

<http://www.fivewaystowellbeing.org/> - This is the 'new economics foundation' website. They are the pioneers of 5 ways to wellbeing.

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mental-wellbeing.aspx> - This website is really comprehensive and details lots of information about how these five ways to wellbeing improve your overall health and wellbeing.

[http://www.mind.org.uk/employment/mind\\_week\\_2011/employees/five\\_ways\\_to\\_wellbeing](http://www.mind.org.uk/employment/mind_week_2011/employees/five_ways_to_wellbeing) - This website has a simple breakdown of the 5 ways to wellbeing and some ideas of things you could do to include these in your life.

<http://www.liveitwell.org.uk/live-well/five-ways-to-mental-wellbeing/> - This website is to promote better mental health in Kent and Medway, but has some good general tips and advice regarding 5 ways to wellbeing. If you like some of the ideas listed here you could search for them in your own area?

[www.actionforhappiness.org/](http://www.actionforhappiness.org/) Action for Happiness helps people take practical action to improve mental wellbeing and to create a happier and more caring society

Head Space app: free Mindfulness app

NHS Choices Health information and advice for mental health and wellbeing  
Website: [www.nhs.uk](http://www.nhs.uk)

CALM [www.thecalmzone.net](http://www.thecalmzone.net) helpline and web site for men with an aim to combat depression and reduce male suicide The helpline is open 5pm-midnight on Sat, Sun, Mon and Tues, every week of the year. Call 0808 802 5858 London or outside London call 0800 585858.

Big White Wall A safe online community of people who are anxious, down or not coping who support and help each other by sharing what's troubling them, guided by trained professionals. [www.bigwhitewall.com/](http://www.bigwhitewall.com/)

Self-help workbooks covering range of topics [www.ntw.nhs.uk/pic/selfhelp/](http://www.ntw.nhs.uk/pic/selfhelp/) and [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

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