

# Wellbeing - Useful links and information

## Useful websites - Wellbeing and Mental Health

<https://www.nhs.uk/oneyou/> - get a personalised plan of simple ideas to help improve your mental health and wellbeing

<https://www.mind.org.uk>



Five ways to

wellbeing: [5 steps to mental wellbeing - NHS \(www.nhs.uk\)](#)

Depression and anxiety self-assessment quiz: [Depression and anxiety self-assessment quiz - NHS \(www.nhs.uk\)](#)

Mental Wellbeing audio guides: [Mental wellbeing audio guides - NHS \(www.nhs.uk\)](#)

Healthy living: [Live Well - NHS \(www.nhs.uk\)](#)

## Options for further study

Family and Community Learning Courses e.g. Manage Worries Positively, Wellbeing, Confidence and New Directions, Helping My Child with Anxiety and Worry etc. See our website for more information about the range of courses that we offer:

<https://workwiltshire.co.uk/family-learning/> Email:

familyandcommunitylearning@wiltshire.gov.uk

Wiltshire IAPT – free NHS courses for adults on topics such as worrying well and beating the blues <https://iapt-wilts.awp.nhs.uk/> Tel:

## Where to go for further help and advice

If you or someone in your family is struggling with their mental health and



wellbeing, you can get further advice from:

Your GP, Midwife, Health Visitor or School Nurse

School/Early Years' Setting: keyworker, class teacher, SENDCo, Parent Support Advisor

Wiltshire IAPT – free courses for adults <https://iapt-wilts.awp.nhs.uk/> Tel: 01380 731335 Email: awp.wilts-iapt@nhs.net

Wiltshire Centre for Independent Living: [Wiltshire Center for Independent Living – Working for Choice, Independence & Lifestyle \(wiltshirecil.org.uk\)](#)

Wiltshire Council Community Engagement Managers: [Area boards - Wiltshire Council](#)

### Crisis

If you are in need of urgent medical assistance please call 999. If it is less urgent please use 111

If you have any concerns about your mental wellbeing or physical health please contact your doctor / GP

Call or email The Samaritans free on: 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

Call the SANE Mental Health helpline: 0845 767 8000

The Mental Health helpline offers emotional support and information to those experiencing mental health difficulties, their

01380 731335 Email: awp.wilts-iapt@nhs.net

Free Level 2 NCFE courses via Wiltshire College e.g. Level 2 Supporting Children and Young People's Mental Health

Free courses from the Open University via Open Learn:

[Wellbeing and mental health collection - OpenLearn - Open University](#)

Free courses via MindEd

<https://www.minded.org.uk/>

Courses for parents offered via your child's school or children's centre or courses for children from

Barnardo's <https://www.onyourmind.org.uk/>

## Supporting Children's Mental Health and Wellbeing

<https://www.oxfordhealth.nhs.uk/camhs/contacts/#wilts> Wiltshire Children and Adolescent Mental Health Service can provide support and lots of resources and online guides

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

<https://youngminds.org.uk>

<http://www.worrywisekids.org/node/33>

Ask Alexa to: Open **Calm Now** or Open **Sleep Superpowers** for relaxing activities for kids

families and carers. Available 6pm-11pm 7 days per week.

If you are worried about the safety of a child: Call the NSPCC helpline : 0808 800 5000

If you are experiencing domestic violence: Call the National Domestic Violence helpline: 0808 2000 247

## Self-Help Links

Reading Well - Books on prescription:

- [Libraries - about Reading Well](#)
- [Reading Well for mental health - Interactive prescriber leaflet](#)
- [Mental health and wellbeing](#) suggested reads. Ask in your local library about their mood boosting book collection too!

For more self-help ideas and information see the below resources:

- [NHS resources - Moodzone](#)
- [Wiltshire recreation - visit the countryside or a nature reserve](#)
- [Enjoy and experience arts](#)
- Health Improvement Services (please see below for further information)
- [Age UK - mental health resources](#)
- [Living Life](#)

