

ANXIETY

[Anxiety UK website](#)

[Box Breathing poster](#)

Grounding technique:

Feet firmly on the ground (sometimes better to be barefoot outside) 54321: 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste (or favourite taste)

[Relax app - on Android](#)

[PTSD in New Dads](#)

ADHD/ADD

Getting a private diagnosis:
[ADHD Consultancy](#)

Book: To learn more about ADHD:
[Scattered Minds](#)

Someone to follow on TikTok or LinkedIn who has a diagnosis of both ADHD and ASD: [Ellie Middleton](#)

[Access free coaching and other workplace supports](#) like headphones or flexible hours

[Noise reducing ear plugs](#)

A natural alternative to ADHD meds:
[Lion's Mane](#)

DEPRESSION

[Depression – 10 Keys to Happier Living](#)

Seasonal Affective Disorder (SAD) supports:

- Take a [Vitamin D supplement](#) daily
- Wear [blue light glasses](#) & use low lighting & candles in the evenings
- Try a [SAD lamp/sunrise alarm clock](#)

[Research: Evidence does not support the belief that Depression is caused by a chemical imbalance in the brain](#)

EATING DISORDERS

[BEAT website](#)

[E-learning course for parent's & carer's](#)

[Freddie Flintoff documentary](#)

Netflix: [Film about experiencing Anorexia](#)

[BEAT - Eating Disorders Can Affect Anyone](#)

MENOPAUSE & PERIMENOPAUSE

[Wellbeing First Aid's Menopause Toolkit](#)

STRESS

[Stress bucket YouTube video](#)

[The stress management society](#)

Tel: 0203 142 8650

Email: info@stress.org.uk

SELF - HARM

[Harmless website](#)

[Battle Scars website](#)

Distract app – [Apple / Google](#)

[Parents helpline for self-harm: 0808 8025544](#)

Info about [Self-harm kits](#)

Satveer Nijarr - [Self Harm Awareness Speaker & Trainer](#)

TRAUMA

[Book: The Body Keeps the Score](#)

[Book: Gabor Mate The Myth of Normal](#)

GRIEF

[Cruse Bereavement Support](#)

[SANDS \(Stillbirth And Neonatal Death Charity\)](#) Everyone who answers the phone on the helpline has been affected by the death of a baby.

OTHER SUPPORTS

[Mind](#)

[The MIX \(under 25\)](#)

[Headspace app](#)

[Calm app](#)



LISTENING SKILLS

[Empathy – Brené Brown](#)

[It's not about the nail](#)

WELLNESS ACTION & PLAN TEMPLATES

[WRAP: Get Self Help](#)

[WRAP: Personal Workbook](#)

[MIND: Mental Health At Work Resources](#)

GAMBLING ADDICTION

[Gamblers Anonymous](#)

[Gambling Blocking App](#)

MEN'S SUPPORT

[Andy's Man Club](#)

[Talk Club](#)

[Mind Journal](#)

[Campaign Against Living Miserably \(CALM\)](#)

FIND LOCAL SUPPORT

[Hub of Hope](#)

PODCASTS

[ADHD Chatter](#)

[Blindboy Boatclub](#)

[Fearne Cotton Happy Place](#)

[Huberman Lab Podcast](#)

[Therapy For Black Girls](#)

COUNSELLING

[NHS Self-referral link](#)

[Free therapy](#)

Free therapy - [Black Minds Matter](#)

Google 'low-cost counselling + <your borough>' ask about 'sliding scale fees' to pay what you can afford