



# Mental Health Resources Pack

We have a range of free Mental Health Awareness resources that you can share with your colleagues to raise awareness of and remove the stigma surrounding mental ill-health...



## *Resources:*

Mental Health & Wellbeing White Paper

Mental Health Wellbeing Guide

Wellness Action Plan

The Anxiety Ladder



## *Blogs:*

10 Ways to Boost Morale and De-Stress in the Workplace

Mental Health Awareness Quiz

Mental Ill Health - Amanda's Story

Mental Ill Health - Jason's Story

What is work related stress?

8 Simple Rules for Improving your Daily Mental Wellbeing



## *Videos:*

The Lighthouse Club on supporting construction workers with mental ill-health

5 simple strategies for workplaces to implement in 2020 for better mental health

Why is Mental Ill-Health in the Construction sector such a problem

What are Mental Health First Aiders? Why are they important?

Mental Health Awareness - What is depression?

The iHASCO Breathing Tool

The shocking statistics surrounding Mental Ill-Health



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# External Help for Mental Health

If your wellbeing is becoming a top priority for you, and you feel like you need extra support, there's plenty of avenues you can go down...



## *Charities and Organisations*

Mind

Rethink

The Mental Health Foundation

Be Mindful

Samaritans

## *Counselling and Therapy*

Online Counselling

Relate (free)

7 Cups (free)

## *Alternative Therapies*

Acupuncture

Aromatherapy

Massage

Reflexology

## *Books and Magazines*

Hay House Publishing

Feel Good: The New Mood Therapy

Cognitive Behavioural Therapy for Dummies

The Anxiety and Phobia Workbook

## *Apps*

Headspace

Calm

Smiling Mind