

Cumbria, Northumberland, Tyne and Wear (CNTW)

Recommended websites and resource directories, which have been reviewed and quality checked by our own specialist psychological services team, and **videos of livecasts** we have produced:

AWISH (Advice, Wellbeing, Information Self-help) Resource Directory
<https://www.cntw.nhs.uk/coronavirus/looking-after-your-mental-health/>

CNTW Self Help Guides (including large print, audio and BSL)
<https://web.ntw.nhs.uk/selfhelp/>

Wellbeing and mental health during Covid-19: A guide to looking after yourself and others <https://www.cntw.nhs.uk/coronavirus/looking-after-your-mental-health/> and Every Mind Matters <https://www.nhs.uk/oneyou/every-mind-matters/>

Looking after you mental wellbeing poster
<https://www.cntw.nhs.uk/coronavirus/looking-after-your-mental-health/>

Covid-19 Information Leaflet <https://www.cntw.nhs.uk/coronavirus/looking-after-your-mental-health/>

Financial help and rights for people affected by COVID-19
<https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/>

Staying active during lockdown
Stayinworkout: https://twitter.com/hashtag/StayInWorkOut?src=hashtag_click and <https://www.sportengland.org/stayinworkout>

CNTW: A weight off your Mind: <https://www.cntw.nhs.uk/services/a-weight-off-your-mind/>

Active Cumbria: <https://www.activecumbria.org/behealthybeactive/stay-work-out/>

Meditation and Mindfulness resources
CALM <https://www.calm.com/blog/take-a-deep-breath>

Recovery College: online mental health and wellbeing courses <https://lms.recoverycollegeonline.co.uk/course/view.php?id=373>

Headspace <https://www.headspace.com/>



Advice for groups with specific needs (including those with additional needs or learning disabilities, children and young people, carers, new and expectant mums, farming communities, people with addictions etc)

<https://www.cntw.nhs.uk/coronavirus/looking-after-your-mental-health/>

Bereavement Support: <https://people.nhs.uk/guides/bereavement-support-during-covid-19/>

www.northernmentalhealth.org mental health and wellbeing support resources

Livecast videos:

1. Worry and Uncertainty: <https://www.youtube.com/watch?v=43p9lhR2D2I>
2. Burnout and Healthy Habits: <https://www.youtube.com/watch?v=olUGY8eDgv4>
3. Relationships and Sustaining Connections:
https://www.youtube.com/watch?v=uY0jz_v9lec
4. The Covid Dilemmas <https://www.youtube.com/watch?v=paiSffshLWU>

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