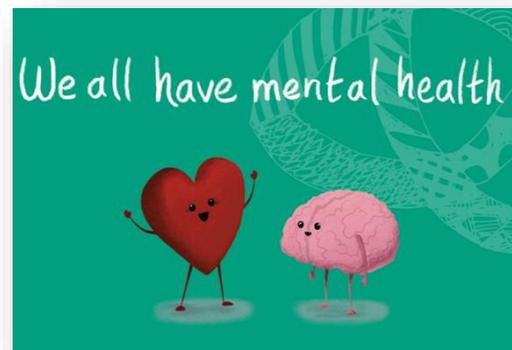


There are a lot of ways to get support for your mental health online. Here at Wellbeing we have put together some helpful websites. If you find that a particular online community or other form of online support isn't helpful for you, that doesn't necessarily mean that you can't find support anywhere online – you could always take a break for a while, or try a different platform. Remember that different sites tend to be useful for different people, at different times.



To access each site please double click on the underlined blue text:

NHS Inform	Offers the most up-to-date advice on dealing with varying mental health difficulties, including the 5 Steps to Mental Wellbeing. Please visit: NHS Inform
Wellbeing	Our website offers a variety of self-help materials, groups, and courses for all sorts of problems that you may be facing. Anyone can download the self-help materials. Please visit: Wellbeing Website Glasgow
Mental Health Foundation	A range of content designed to give you more information about mental health and to help you to look after your mental health. Please visit: Your Mental Health - Mental Health Foundation
NHS Every Mind Matters	Interactive website providing you the opportunity to complete a short quiz which creates a Mind Plan of what you can do to improve your mental health. Please visit: Every Mind Matters
Psych Central	Run by mental health professionals offering reliable, trusted information to individuals struggling with a mental health. There is also an excellent quiz section allowing you to find out more about your symptoms and how to manage these. Please visit: PsychCentral for Mental Health
MIND	Information hub provides advice on how to support your mental wellbeing. Please visit: MIND Information Hub

SAMH	<p>Hub of information and guidance about looking after mental health.</p> <p>Please visit: SAMH Guidance for Mental Health</p>
Head to Health	<p>If you are unaware of how to talk about your mental health, you could start by conversing with a chatbot who would direct you on the right path.</p> <p>Please visit: Head to Health</p>
Verywell Mind	<p>Verywell mind is one website that you should consult to gain deep knowledge about mental health and awareness. It has a myriad of content pieces curated by physicians and experienced healthcare professionals - doctors, social workers, therapists and physicians.</p> <p>Please visit: Verywell Mind</p>
Calm Sage	<p>A peaceful mind in a high paced world can be achieved only if you've inculcated the right habits in your lifestyle. And, Calm Sage is one of those websites about mental health which posts actionable tips and tricks through which a person can attain a state of great mental wellbeing.</p> <p>Please visit: Calm Sage</p>
Sane	<p>Sane work to improve quality of life for anyone affected by mental illness.</p> <p>Please visit: Sane</p>
Time to Change	<p>Mental health problems are common - but nearly nine out of ten people who experience them say they face stigma and discrimination as a result. This can be even worse than the symptoms themselves. Time to Change helps to challenge mental health stigma and discrimination.</p> <p>Please visit: https://www.time-to-change.org.uk/about-us</p>
The Mix	<p>The Mix is here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have in order to give them the best support through our digital and phone services.</p> <p>Please visit: https://www.themix.org.uk/</p>
BEAT (Eating Disorder)	<p>Learn what eating disorder support services are available with beat eating disorders. They offer support through helplines, online support groups, message boards and more.</p> <p>Please visit: https://www.beateatingdisorders.org.uk/</p>