

A useful guide to Mental and emotional wellbeing resources

Minding Your Head www.mindingyourhead.info

The Minding Your Head (MYH) website has a range of information and resources to support and enhance your mental and emotional wellbeing and information on how to help others and how to access help and support when needed.



Resources

The resources section of MYH contains some very useful information, including:

- Take 5 Steps to Wellbeing
- Ask, Talk, Listen – a guide to active listening
- Mental Health Factsheets
- Minding Your Head Student Guide

The minding your head student guide with resources on dealing with specific topics such as stress and worry.

Information on programmes such as

- FLARE
- Flourish!
- Training



CovidWellbeingNI Hub

From the MYH Homepage you can access the CovidWellbeingNI Hub. This is an online wellbeing space that brings together a range of information, resources and self-help guides on wellbeing topics, to include:

Mental Health Information:

- Mental health conditions
- Physical wellbeing
- How to help others
- Alcohol and drugs
- Bereavement
- Loneliness and isolation
- Relationships
- Tips on ways to 'Take 5' steps to wellbeing
- Helplines info
- And many more

Online training

The MYH site has details on some mental health courses that are available online including:

Free online Stress Control classes

These sessions are effective in helping to reduce symptoms of stress, anxiety, and depression. Topics covered include an overview of what stress is, controlling your body, your thoughts, controlling your actions, techniques to get a good night's sleep.

These are available directly at www.ni.stresscontrol.org



Psychological First-Aid

HSC NI in collaboration with the Red Cross and NHS Education Scotland has made available interim guidelines and a short E-Learning module on Psychological First Aid. These resources are particularly applicable for anyone working or volunteering with local communities at this time.

www.pha.site/psychologicalfirstaid

A purple banner with white and yellow text. On the left, it says "Be supportive", "Be careful", "Be alert", and "Be kind" in white. In the center, there is a yellow plus sign. To the right of the plus sign is a white box with the text "Psychological First Aid" in blue. Below this, a yellow banner says "FREE E-learning module". Underneath, white text says "A free E-learning module is available for anyone working or volunteering across the statutory, voluntary and community sectors". At the bottom, the website "www.pha.site/psychologicalfirstaid" is listed in white. The HSC logo is in the bottom left corner, and the HSC Public Health Agency logo is in the bottom right corner.

Towards Zero Suicide 20 minute E-Learning training, relevant to staff and volunteers

This suicide prevention training will help explain some of the warning signs and help you to feel more equipped when dealing with difficult conversations around suicide. Anyone can access the training directly via the following link:

www.zerosuicidealliance.com/training/



Help and Support

Details of help and support is available and how to access support is available on MYH including:

- **Lifeline 0808 808 8000**

Lifeline is the Northern Ireland free-to-call crisis counselling helpline that provides immediate support for those in crisis, distress or despair and struggling to cope. Lifeline is available to anyone across Northern Ireland 24 hours a day, 365 days a year. Lifeline can also provide advice for people who are concerned about someone else who is in distress.



- **Apps Library**

A range of HSC approved apps for fitness, nutrition, sleep and mental health

and be accessed from MYH or directly on apps4healthcare.ni.hscni.net/



- **Helplines NI**

The Helplines NI website provides a directory of over 50 helpline services

operating across Northern Ireland. The helplines provide information, support, advice and guidance on a wide-range of health and wellbeing needs. The website also includes details of both national and local Coronavirus (COVID-19) specific helplines. www.helplinesni.com



- **Local directories of services**

A list of local services in your health and social care trust area - www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing

Bereavement support resources

Online booklets and resources are available for people who have experienced a bereavement during the COVID-19 pandemic period. To find out more, visit www.pha.site/covid19-bereavement



You in Mind – Your Guide to Mental Health Services in NI.

It provides you or someone you know with a pocket guide about what you should expect from Mental Health Services in Northern Ireland. This leaflet has been designed by and for people with lived experience and their families across Northern Ireland and explains the key steps involved when mental health care is required. It is based on the principle of “no decision about me without me”. It can be accessed at bit.ly/3jHaNwL



COVID-19 information and resources

Having contributed to UK and NI mass media COVID-19 advertising campaigns, PHA will continue Health Protection messaging and guidance, and health and wellbeing messaging to help deal with the challenges that this situation is presenting for our communities. PHA has produced numerous COVID-19 resources for NI, including translated versions. Our website has Browsealoud which offers the option of 90 languages. An advice booklet for people with a learning disability has been developed with information on symptoms, stay at home and social distancing. Stay at home guidance for households with possible COVID-19 infection and advice on looking after your wellbeing while staying at home has also been made available in British and Irish Sign Language. These videos are available on our website at www.pha.site/coronavirus

