

The Wellbeing Toolkit



A tool kit of quality assured recommended resources and strategies which are fully accessible and freely available

Mental health support

MIND has produced a list of local support groups

Shropshire Mind is a local mental health charity who provide a wide range of quality services across the county for people and their families who are affected by mental and emotional distress.

The Samaritans contact page lists the different types of support that they can offer.

Shropshire Mental Health Crisis Team can be contacted through their website, or phone: 01743 277500 / email: SHRCCG.ShropshireCCG@nhs.net

PTSD support www.ptsduk.org/treatment-options/where-to-get-help/

Michelle Welch has a range of counselling services [on her website](#) and also [offers services to schools](#).

Coping with anxiety

Self help – this informative website has many suggestions to help you cope with anxiety.

Wellbeing resources

The NHS has produced [this set of resources on wellbeing including a mood self-assessment and wellbeing audio guides](#).

HRH the Duke of Cambridge, Gareth Southgate, Peter Crouch, Thierry Henry, Danny Rose and Jermaine Jenas join Dan Walker for a [revealing conversation about men's mental health](#).

Further reading list

You can download the full wellbeing reading list [from this link](#)