

Mental Health Toolkit

Sources of information and self-help:

Students Against Depression offers information and resources validated by health professionals alongside tips and advice from students who have experienced it all themselves:

<http://studentsagainstdepression.org/>

MIND, the mental health charity, information resources are aimed at adults living in England or Wales who have direct experience of mental health problems. They cover mental health conditions, treatments, recovery, staying well and legal issues relating to mental health:

<https://www.mind.org.uk/>

The **Mental Health Foundation** is a UK charity providing information and resources aimed at promoting good mental health for all:

<https://www.mentalhealth.org.uk/>

Free podcasts where you can learn and develop an understanding of **mindfulness and meditation**.

<https://soundcloud.com/mindfulnessforeveryone>

Information and advice about **sleep problems**:

<https://patient.info/health/insomnia-poor-sleep>

Samaritans provides a 24 hour service if you just want to **talk to someone** – it's free to call (most callers aren't suicidal)

<https://www.samaritans.org/>