



Health Information Week 2025 20th - 24th January

DAY 2: MENTAL HEALTH RESOURCES



The Trust

The Wellbeing Team are here to help. Check out their Intranet pages to see their psychological help pages to find the resources they have available for you: [Psychological Support](#).



Your NHS Library

The **Reading Well** Book Collection is available for all our library members and includes self-help books on stress, anxiety, depression, mental wellbeing and mindfulness. You can find out about our Reading Well Collections here:

- **STHK:** <https://www.knowledge-nw.nhs.uk/reading-well-collection>
- **S&O:** <https://www.sonhsks.com/wellbeing-collection.html>



Your Public Library

Your local public library service also has Reading Well books and other resources to help with mental health:

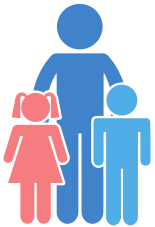
- [Halton Public Library Service](#)
- [Knowsley Public Library Service](#)
- [St Helens Public Library Service](#)

- [Ormskirk Public Library Service](#)
 - [Southport Public Library Service](#)
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[Other Organisations](#)

- **Mental Health Foundation** provides mental health information and advice: <https://www.mentalhealth.org.uk/>
 - **MIND** offers advice and support to empower anyone experiencing a mental health problem, including content for children and young people: <https://mind.org.uk/>
 - **NHS: Better Health - Every Mind Matters** offers advice and practical tips to help people look after their mental health and wellbeing. Includes a section for young people: <https://www.nhs.uk/every-mind-matters>
 - **NHS: Mental Health** provides information and support for your mental health: <https://www.nhs.uk/mental-health/>
 - **Rethink Mental Illness** offers information and support via a network of local groups and services: <https://www.rethink.org/>
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[Children and Other People](#)

- **On My Mind** (Anna Freud National Centre for children and Families) co-produces information with young people to empower them to make informed choices about their mental health: <https://www.annafreud.org/>
 - **The Mix** provides support and information for under 25s on any challenges they may be facing: <https://www.themix.org.uk/>
 - **Young Minds** supports children and young people on their mental health including practical tips and advice from young people, as well as information on getting support: <https://www.youngminds.org.uk/>
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Podcasts

- **Anna Freud National Centre for Children and Families: Child in Mind:** A series of expert podcasts to help parents understand and manage child and family mental health problems: <https://soundcloud.com/anna-freud-centre/sets/child-in-mind>
- **BBC: Access All: Disability News and Mental Health:** <https://www.bbc.co.uk/programmes/p02r6yqw/episodes/downloads>
- **BBC Radio 4: All in the Mind:** <https://www.bbc.co.uk/programmes/b006qxx9/episodes/downloads>
- **Mental Health Foundation: Let's Talk: Mental Health:** <https://www.mentalhealth.org.uk/explore-mental-health/podcasts>
- **MIND podcast:** <https://www.mind.org.uk/information-support/podcasts>



For more information about Health Information Week, see the HIW website at:
<https://healthinfoweek.wixsite.com/healthinfoweek>

For more information about your NHS Library service, see our website at:
<https://library.merseywestlancs.nhs.uk>

NB: All links are correct at time of creating this resource list - 16 Jan 2025