**Welcome to the Good Mental Health Support Page!**

This is where you can find websites, apps and daily activities to help you keep a positive mind-set and look after your well-being. Please read this useful guides on [coping with isolation](https://oasislondon.finalsite.com/uploaded/South_Bank/Curriculum/remotelearning/Coping_with_self-isolation_DISCOVER_Tips.pdf)during the Covid-19 outbreak, [self isolation tips](https://www.oasisacademysouthbank.org/uploaded/South_Bank/Curriculum/Student_Learning/Well_being/Self_Isolation_Tips_Poster.pdf" \t "_blank) and [how to respond effectively to Covid-19](https://www.oasisacademysouthbank.org/uploaded/South_Bank/Curriculum/Student_Learning/Well_being/FACE_COVID_-_How_to_respond_effectively_to_the_Corona_crisis_-_by_Russ_Harris_2c_author_of_The_Happiness_Trap_.pdf).

**Useful Websites**

* **Headspace**– mindfulness. Read articles, watch videos, do meditations and listen to podcasts - [**Click Here**](https://www.headspace.com/work/covid-19)
* **Gratitude** - [**Click Here**](https://www.intelligentchange.com/blogs/news/the-ultimate-guide-to-keeping-a-gratitude-journal)
* **Kooth**– free online counselling & emotional wellbeing support from 12noon until 10pm on weekdays, and 6-10pm on weekends - [**Click Here**](https://kooth.com/%20https:/vimeo.com/318731977)
* **Young Minds**– advice & information about mental health and emotional wellbeing - [**Click Here**](https://youngminds.org.uk/)
* **Anxiety**- Use telehealth as an option to talk to a professional [- **Click Here**](https://adaa.org/finding-help/telemental-health)

**Helplines and support**

* **Shout** – 24hr txt services for anyone in a crisis for people who are struggling to cope. Text SHOUT to 85258
* **Samaratians** – 24hr confidential support for people experiencing distress or despair. Call 116 123
* [**Childline**](https://www.childline.org.uk/) – Confidential helpline. Call 0800 111 111 or talk to a counsellor online

**Wellbeing and mindfulness Apps**

* **Headspace** – mindfulness exercises , a wide variety of meditations and guided sessions for beginners
* **Smiling** **Mind** – free mindfulness exercises
* **Calm** – Meditate, breath, sleep and relax
* **Mindshift** – helps you cope with anxiety and worries
* **Calm** **Harm** – free app to help manage self-harm urges

**Music and mood**

* Classical music for studying [**- Click Here**](https://www.youtube.com/watch?v=shoVsQhou-8)
* Sleeping music [**- Click Here**](https://www.youtube.com/watch?v=1XcsPvmJEU8)
* Relaxing guitar music [**- Click Here**](https://www.youtube.com/watch?v=ss7EJ-PW2U)
* Calm piano music and bird singing [**- Click Here**](https://www.youtube.com/watch?v=9uIk_91GQYI)

**Nutrition and easy recipes**

* Jamie Oliver ‘Cheap and Cheerful’ [**- Click Here**](https://www.jamieoliver.com/recipes/category/course/cheap-cheerful/)
* Quick, cheap and easy student recipes [**- Click Here**](https://www.thestudentfoodproject.com/)