

# Useful resources

Published May 2020

**Instructor Members may wish to share these public resources with your online course learners during the Covid-19 outbreak.**

## **Websites for general advice and support**

[www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19](https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19)

Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19)

[www.thecalmzone.net](http://www.thecalmzone.net)

CALM – The Campaign Against Living Miserably. Advice, information and interaction for men at risk of suicide

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Papyrus provide confidential support and advice to young people and anyone worried about a young person and suicide. Papyrus runs a national helpline, HOPELineUK, including text and email services, staffed by a team of mental health professionals who provide practical help and advice to vulnerable young people and to those concerned about any young person who may be at risk of suicide.

## **Websites for workplaces**

[www.mentalhealthatwork.org.uk](http://www.mentalhealthatwork.org.uk)

A place to find documents, guides, tips, videos, courses, podcasts, templates and information from key organisations across the UK, all aimed at helping you get to grips with workplace mental health

[www.matesinmind.org](http://www.matesinmind.org)

Mates in Mind is a charity which aims to raise awareness, address the stigma of poor mental health and improve positive mental wellbeing in the UK construction industry

[www.lighthouseclub.org](http://www.lighthouseclub.org)

Providing financial and emotional support to the construction community and their families

[www.bitc.org.uk/toolkit/covid-19-employee-health-and-wellbeing](http://www.bitc.org.uk/toolkit/covid-19-employee-health-and-wellbeing)

This toolkit will help employers pick the best free resources and help you develop an approach that fits the needs of your staff and organisation

## Online Clips

[www.youtube.com/watch?v=-4EDhdAHrOg](https://www.youtube.com/watch?v=-4EDhdAHrOg)

It's not about the nail

[www.youtube.com/watch?v=1Evwgu369Jw](https://www.youtube.com/watch?v=1Evwgu369Jw)

Empathy vs Sympathy Brene Brown

[www.youtube.com/watch?v=XiCrniLQGYc](https://www.youtube.com/watch?v=XiCrniLQGYc)

I had a black dog

[www.youtube.com/watch?v=2VRRx7Mtep8](https://www.youtube.com/watch?v=2VRRx7Mtep8)

Living with a black dog

[www.ted.com/talks/brene\\_brown\\_on\\_vulnerability](https://www.ted.com/talks/brene_brown_on_vulnerability)

The Power of Vulnerability

## Useful apps

### Stay Alive

Suicide prevention. The app offers help and support both to people with thoughts of suicide and to people concerned about someone else. Features can be personalised and the app includes quick access to crisis support helplines, a mini safety plan and a LifeBox feature where you can upload photos reminding you of reasons to stay alive.

### Calm Harm

Support for those who self harm. The app helps you to resist or manage the urge to self harm. It is completely private, and password protected. The app supports treatment by helping to distract, comfort, express and release feelings.

### Stop, Breathe, Think

Help to manage stress, anxiety and low mood. Recommended to anyone experiencing mild to moderate stress, anxiety, or low mood. Rate your mood, choose different audios, personalise your dashboard and do short mindfulness and meditation exercises.

### Insight Timer

A free-to-use app that can help with meditation and sleep and in managing anxiety and stress.