



Resources: Mental Health First Aid

Useful links

From surviving to thriving



Video

Break the stigma



Video

I have a black dog (depression)



Video

Living with a black dog



Video

Schizophrenia and mental illness



Video

Wellness Action Plans (WAP)



Document



Mental Health First Aiders are encouraged to take a **refresher course every three years**. Just like physical first aid, regularly updating skills and knowledge empowers people to perform the role confidently and safely.



5 steps to wonderful wellbeing

What now?

NHS Guide

1. Connect with other people to:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

2. Be physically active to:

- raise your self-esteem
- help you to set goals or challenges and achieve them
- cause chemical changes in your brain which can help to positively change your mood

3. Learn new skills to:

- boost self-confidence and raise self-esteem
- help you to build a sense of purpose
- help you to connect with others

4. Give to others to:

- create positive feelings and a sense of reward
- give you a feeling of purpose and self-worth
- help you connect with other people

5. Pay attention to the present moment (mindfulness) to:

- feel more able to choose how to respond to your thoughts and feelings
- help you feel calmer and less stressed
- become more self-aware



Are you ready to make a difference?



People**Unboxed**



Signposting: Links to helpful websites

What now?

Support groups for mental health

[Support Groups | Mental Health UK](#)

Support groups for men

[Supporting Mental Illness in Men | ManHealth](#)

Anxiety UK

[Helping people with anxiety | Anxiety UK](#)

Mind UK

[Mental Health information | Mind](#)

NHS Mental Health Support

[Mental health support | NHS](#)

Supporting young people

[Mental Health Charity for children and young people | Young Minds](#)

Suicide support

[Talk to someone | Samaritans](#)

Suicide support

[Campaign Against Living Miserably | CALM](#)



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PeopleUnboxed



Signposting: Links to helpful websites

What now?

Crisis support

[24/7 mental health support | Give Us A Shout](#)

Prevention of young suicide

[Prevention of Young Suicide | Papyrus](#)

Psychosis information

[Mental illness support | Rethink Mental Illness](#)

Eating disorder information and support

[Support service | Talk ED](#)

Drugs and alcohol support

[Drinking support | Alcoholics Anonymous](#)

[Drinking and Drug support | We Are With You](#)

Drug addiction support

[Drug information | DrugWise](#)

[Honest information about drugs | FRANK](#)

Self-harm support

[Crisis support and information | NSHN Forum](#)



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