



Re-energise and Reset Programme – Wellbeing Reading List

Title and Description	Type	Link
Mental Health Foundation - Support and research for good mental health	Website	https://www.mentalhealth.org.uk/
Mind - Mental health charity offering help for mental health problems.	Website	https://www.mind.org.uk/
Reading Well - Reading Well helps you to understand and manage your health and wellbeing using helpful reading.	Website	https://readingagency.org.uk/adults/quick-guides/reading-well/
Samaritans – Someone to talk to anytime you like, in your own way and off the record	Website	https://www.samaritans.org/
Sane - Mental health charity offering emotional support, research and campaigning.	Website	http://www.sane.org.uk/
Together – Together is a national charity working alongside people with mental health issues on their journey towards independent and fulfilling lives.	Website	https://www.together-uk.org/
What is Mental Health – Extensive information about mental health from BBC	Website	https://www.bbc.co.uk/news/health-35371246
TED Talks – Many talks dealing with the subject of mental health	Videos	https://www.ted.com/talks?topics[]=mental+health
Mental Health First Aid England – A course which teaches people how to identify, understand and help a person who may be developing a mental health issue.	Online Course	https://mhfaengland.org/
Mindset: changing the way you think to fulfil your potential – Looks at the difference between a fixed or growth mindset. <i>Carol Dweck</i>	Book	https://g.co/kgs/WXtmVK
Overcoming Anxiety: A Self-Help Guide Using Cognitive Behavioral Techniques – Treat disorders by changing unhelpful patterns of behaviour and thought. <i>Helen Kennerley</i>	Book	https://g.co/kgs/Fc9iBz
Overcoming Depersonalization and Feelings of Unreality - What causes Depersonalization Disorder and how you can overcome it. <i>Anthony David et al</i>	Book	https://g.co/kgs/vxiNNG
The Sleep Book: How to Sleep Well Every Night – A blend of mindfulness and new ACT therapy techniques <i>Guy Meadows</i>	Book	https://g.co/kgs/iZt5cn