USEFUL SELF HELP RESOURCES

Please find below a list of useful self help resources that we commonly direct people to when they are feeling low in mood or anxious. They are full of useful information and tips on how to manage your symptoms.

Scottish Association for Mental Health – [www.samh.org.uk](http://www.samh.org.uk)

Mood Juice – [www.scot.nhs.uk](http://www.scot.nhs.uk)

MIND – [www.mind.org.uk](http://www.mind.org.uk)

Living Life to the Fullest – [www.llttf.com](http://www.llttf.com)

Mental Health Foundation - [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Northumberland, Tyne and Wear NHS Foundation Trust - [www.ntw.nhs.uk/selfhelp](http://www.ntw.nhs.uk/selfhelp)

Palouse Mindfulness - <https://palousemindfulness.com/>