

## **Living Well Support resources (updated October 2023)**

### **Mental health specific support**

Mental health – [www.mindingyourhead.info](http://www.mindingyourhead.info)

Wellbeing – [www.communitywellbeing.info](http://www.communitywellbeing.info)

Directory of services – [www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing](http://www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing)

Lifeline – [www.lifelinehelpline.info](http://www.lifelinehelpline.info)

Samaritans – [www.samaritans.org](http://www.samaritans.org)

Mental health conditions, treatments and medications – [www.choiceandmedication.org/hscni](http://www.choiceandmedication.org/hscni)

### **Take 5 activities**

Men's Sheds – [www.menssheds.ie](http://www.menssheds.ie)

Getting active – [www.choosetolivebetter.com/content/getting-active](http://www.choosetolivebetter.com/content/getting-active)

Exercise – [www.nhs.uk/live-well/exercise](http://www.nhs.uk/live-well/exercise)

Walking for Health groups – [www.nidirect.gov.uk/contacts/walking-health-groups-health-and-social-care-trusts](http://www.nidirect.gov.uk/contacts/walking-health-groups-health-and-social-care-trusts)

Recipes – [www.choosetolivebetter.com/content/healthy-recipes](http://www.choosetolivebetter.com/content/healthy-recipes)

Apps to support your health – <https://apps4healthcareni.hscni.net/>

The Conservation Volunteers – [www.tcv.org.uk](http://www.tcv.org.uk)

Further Education Colleges – [www.nidirect.gov.uk/contacts/further-education-fe-colleges](http://www.nidirect.gov.uk/contacts/further-education-fe-colleges)

Home learning – [www.bbc.co.uk/bitesize/learn](http://www.bbc.co.uk/bitesize/learn)

Libraries – [www.librariesni.org.uk](http://www.librariesni.org.uk)

Food banks – [www.trusselltrust.org](http://www.trusselltrust.org)

Mentoring and befriending as a volunteer – [www.nidirect.gov.uk/articles/mentoring-and-befriending-volunteer](http://www.nidirect.gov.uk/articles/mentoring-and-befriending-volunteer)

Volunteering – [www.volunteernow.co.uk](http://www.volunteernow.co.uk)

Donate blood – [www.nibts.hscni.net](http://www.nibts.hscni.net)

### **Support**

Drugs and alcohol services and self-help – [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

Services and support groups – [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk)

Age NI – [www.ageuk.org.uk/northern-ireland](http://www.ageuk.org.uk/northern-ireland)

Advice NI – [www.adviceni.net](http://www.adviceni.net)

MoneyHelper – [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

Carers NI – [www.carersuk.org/ni](http://www.carersuk.org/ni)

Helplines NI – [www.helplinesni.com](http://www.helplinesni.com)

Children and Young People's Strategic Partnership – [www.cypsp.hscni.net](http://www.cypsp.hscni.net)