

Practical advice, information and tools for mental health disorders.

We also recommend you read the relevant information below from external national support organisations:

Specific conditions

Use the links below to visit websites offering detailed advice and contact information to help you deal with certain conditions:

- **Anxiety**
- **Bipolar disorder**
- **Dementia**
- **Depression**
- **Eating disorders**
- **Post-natal depression**
- **Post-traumatic stress disorder**
- **Obsessive compulsive disorder**
- **Schizophrenia**
- **Sleep problems**
- **Stress**
- **Suicide prevention**

General support

- **A-Z of all mental health conditions.**
- **Mental health and wellbeing for members of the force.**
 - A website section from the mental health charity MIND with information on resilience and support, along with stories and useful contacts.
- **Ten ways to look after your mental health.**
- **Signs of poor mental health.**
- Take **Live Life Better Derbyshire's** online self-assessment tool for support on mental wellbeing.
- Get expert advice, practical tips and a personalised action plan on the NHS site **Every Mind Matters**. Whilst on this site, why not take part in a '**Mind Plan**' interactive quiz, answer 5 questions and get top tips and advice tailored for you.
- SELF-journal – a daily planner to help optimise your day, tackle your goals and be happier (download the attached PDF).
- Take the NHS free mental health check in the **How are you Quiz**.
- Police Mutual is looking out for their policing family and have put together a **Wellbeing Toolkit**. This kit offers a range of advice on gaining good wellbeing and it also provides useful resources and handy one minute tools to help assist you in day-to-day life.
- **Police Care UK** is a charity for serving and veteran police officers and staff, volunteers, and their families. They are independent of the police service, and are funded entirely by

donations and fundraising - we receive no money from government or forces for our work. You can access practical, emotional and financial support that is confidential and impartial by submitting a referral for you or someone you know.

See the attached 'MH Useful Support Links' document located on the right-hand side of this page for a list of national support sites and how to contact them.

Mental health in the workplace - doing the right thing



This video has been provided by the company Skill Boosters, who offer a wide variety of short films and courses on challenges in the workplace. Videos can be requested in order to enhance presentations or to help support, inspire and raise awareness, please visit **Video-based training courses with Skill Boosters** for a full list of available resources.

Coronavirus and your wellbeing

See Mind's Coronavirus and your wellbeing page for guidance on how to cope if you are feeling stressed or anxious about coronavirus. There are useful plans in case you need to stay at home or indoors and details on how to take care of your mental wellbeing during the current situation.