

## Self Help Resources – Useful sites & Information

### Mental Health – How to improve it

Have you looked at our list of **Workbooks & Online Courses** and **Apps**?

#### **Ten Things You Can Do for Your Mental Health**

[www.uhs.umich.edu/tenthings](http://www.uhs.umich.edu/tenthings)

#### **How to improve your mental wellbeing** – A Mind's guide

[www.mind.org.uk/38566.aspx#.WZMMgU2oumQ](http://www.mind.org.uk/38566.aspx#.WZMMgU2oumQ)

**How to be a Friend to Yourself** – A YouTube video on how to live an emotionally fulfilled life.

[www.youtube.com/watch?v=wFUxiljp-Nk](http://www.youtube.com/watch?v=wFUxiljp-Nk)

**Self-compassion** contains guided meditations, exercises and tips to practise being kind to yourself.

[www.self-compassion.org](http://www.self-compassion.org)

**Self Compassion** – A YouTube video on how to lessen self-criticism.

[www.youtube.com/watch?v=-kfUE41-JFw](http://www.youtube.com/watch?v=-kfUE41-JFw)

**Ynys Môn & Gwynedd Mind** provides information and services concerning mental health and wellbeing to people of Ynys Môn (Anglesey) and Gwynedd in North Wales. It runs Coping with Life courses for managing anxiety, low mood, stress, low self-esteem and worry. The website is available in English and in Welsh.

[www.ynysmonmind.co.uk](http://www.ynysmonmind.co.uk)

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