

Useful Websites

MHFA England

<https://mhfaengland.org>

Mental Health First Aid training came to England in 2007. The Department of Health: National Institute of Mental Health in England (NIMHE) developed and launched the programme as part of a national approach to improve public mental health



Mindfulness Now

<https://mindfulnessnow.org.uk>

Mindfulness Now provides training courses for people wanting to be mindfulness teachers.



Mind

<https://www.mind.org.uk>

Providing advice and support to empower anyone experiencing a mental health problem.



NHS

<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

The NHS Help A-Z mindfulness link



The Samaritans

<https://www.samaritans.org/>

Our vision is that fewer people die by suicide We make sure there's someone there for anyone who needs someone.

