

Online resources to support mental health and wellbeing

This list of online resources is wide-ranging; some items might be more relevant to you than others so do pick and discard as you see fit. This list is relevant at the time of writing. We hope that there is something in here to support a feeling of connection and wellbeing through this difficult time.

MIND UK guide to wellbeing: search for this or click the link below.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse0cade>

Changes Online support groups (various weekly video calls for peer support with mental health issues, see website below for details)

<https://changesbristol.org.uk/support-groups/online-meetings/>

NHS advice for mental wellbeing, including links to helplines if you'd like to speak to someone

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Some free resources linking to these wellbeing areas:

Woebot app for self-care <https://woebot.io/>

Free apps for short mindfulness activities:

- Breathr
- Buddhify
- Calm
- Aura

Headspace also has some free mindfulness activities specifically for coronavirus anxiety.

Music resources online

Quarantine choir: Search quarantine choir on youtube or click this link:

<https://www.bing.com/videos/search?q=quarentine+choir&qpvt=quarentine+choir&view=detail&mid=EAA9F1DBD39894090A91EAA9F1DBD39894090A91&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dquarentine%2Bchoir%26qpvt%3Dquarentine%2Bchoir%26FORM%3DVDRE>

Sofa Singers: Search Sofa Singers on your search engine or click here:

<https://www.thesofasingers.net/>

Free online resources:

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR1hWXnrYic5LUlgGWF8I9IBKH2QPQKOatVk0hPFnm896KpRliZreGuqf4Q>

Resources for progressive muscle relaxation (these resources don't include music, but can be practised and used with the client's own music, or in preparation for singing).

<https://www.youtube.com/watch?v=c6-QtluwIJ8>

<https://www.youtube.com/watch?v=kdLTOurs2IA>

<https://www.youtube.com/watch?v=fVE7SMuwsKU>

Virtual symphonies:

<https://www.vancouversymphony.ca/vso-livestream/>

Berlin harmonic digital concert hall – free access for 30 days at present

<https://www.digitalconcerthall.com/de/concert/52535>

Social distancing festival:

A wide range of performances, live-streamed and available online on a daily basis

<https://www.socialdistancingfestival.com/>

Culture in Quarantine BBC:

<https://www.bbc.co.uk/blogs/aboutthebbc/entries/9b107488-0154-4435-a9a1-81bd16224086>

We will run an essential arts and culture service across platforms that will keep the arts alive in people's homes, focused most intensely across BBC Radio 3, BBC Radio 4, BBC Two, BBC Four, BBC Sounds, BBC iPlayer and our digital platforms.

From The Wellbeing College, Bath

Here are some ways to help people **connect** and implement all of the **5 Ways to Wellbeing** during this time, hopefully more ideas to come:

- <https://turn2me.org/aboutturn2me> A lifeline online. There is free access to online support groups, great resources including podcasts on a wide range of subjects (**Connect, Learn**)
- <https://www.youtube.com/user/yogawithadriene> Online free yoga (**Take notice, Be Active, Learn**)
- <https://www.youtube.com/watch?v=X3q5e1pV4pc> Walk a mile from home (**Be Active**)
- <https://www.facebook.com/LetsGetQuizzicalUK/> Online live Pub Quiz
- https://docs.google.com/forms/d/e/1FAIpQLScnsScxyI5Y30foF9JDMhVbrcg6Hi-2N-QSC2_bBSLbfzB1nQ/viewform Sign up to be a community volunteer during this time if you are able (**Give**)

- <https://www.facebook.com/groups/OkayCafe/> Virtual café for young people
- <https://www.facebook.com/ragdollyannas/> Toddler sessions
- <https://lltff.com/> Free online CBT courses (**Learn**)
- <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines> NHS helplines (**Connect, Learn**)
- <https://www.buzzsprout.com/425635> Podcasts meditation

The Wellbeing College is currently working on ways that we can offer courses and meet ups online, things potentially available will be a Meditation course, a Feldenkrais course and a Wellbeing Social meet up, all taking advantage of the video software Zoom. Please be in touch with Wellbeing College, Bath for these resources, if you are a Bath resident.