

MENTAL HEALTH & EMOTIONAL WELLBEING

Mental Health Foundation Please find below links for the following booklets which you may find helpful.

If you would like a paper copy please let me know and I can print them off for you. apurkiss@standrews-inf.co.uk

[Publications | Mental Health Foundation](#)

[Our best mental health tips - backed by research | Mental Health Foundation](#)

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[MHF-how-to-sleep-better.pdf](#)

[How-to-exercise.pdf](#)

[How-to-mindfulness.pdf](#)

[How-to-MH-in-later-life.pdf](#)

[How-to-support-mental-health-at-work.pdf](#)

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