

Wellbeing Resources

Be Kind to Your Mind from Future Learn:

In times of crisis, it's never been more important to take care of our mental wellbeing and look out for others. To help, we now have brand new courses available to join free, made by experts at top universities and institutions to help you:

- Understand the [Psychological impact of lockdown on our Wellbeing and Mental Health](#) on Maudsley Learning and Tavistock & Portman NHS Foundation Trust's course (the UK's premier mental health training organisation)
- [Help Young People Manage Low Mood and Depression](#) with the University of Reading
- [Manage Mental Health and Stress](#) on Coventry University's course.

On our blog, we've gathered some ideas on how to [Stay Healthy During Lockdown](#) and be kind to your mind during times of upheaval.

For more resources to help, head to our collection of courses to [Support Your Mental Health In Lockdown](#).

Be a Best Mate

This year, Mental Health Awareness Week is all about kindness, but it can be difficult to break down what 'being kind' really means. Which is why CALM is using Mental Health Awareness Week to encourage everyone to make a commitment to ourselves, to our mates, to our colleagues and family. Not just when we're finding things tough, but when we're happy, sad, angry or something in between.

www.thecalmzone.net/heres-how-to-be-a-best-mate-this-mental-health-awareness-week.