



Mental Health and Wellbeing Resources

Resources referenced by Dr Ed Burns

- <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
- <https://www.mentalhealth.org.uk/publications/how-to-mental-health>
- <https://www.rcpsych.ac.uk/mental-health>
- <https://www.nhs.uk/apps-library/category/mental-health/>

Priory Online content

Priory creates a lot of online content to support people in understanding more about mental health that may be of particular value amid the Covid-19 lockdown period. Please do follow us on Twitter and LinkedIn as we also promote materials around the various mental health awareness calendar events.

<https://www.priorygroup.com/blog>

Visuals

<https://www.priorygroup.com/blog/benefits-of-giving-up-alcohol-for-a-month>

<https://www.priorygroup.com/blog/stress-zones-being-aware-of-your-stress-levels>

Blog Posts

<https://www.priorygroup.com/blog/how-do-i-talk-to-my-boss-about-my-mental-health>

<https://www.priorygroup.com/blog/ways-to-manage-your-workplace-anxiety>

<https://www.priorygroup.com/blog/drinking-alcohol-everyday-when-does-it-become-an-addiction>

<https://www.priorygroup.com/blog/steps-to-take-if-you-feel-too-depressed-to-work>

Covid videos

<https://www.priorygroup.com/blog/coronavirus-information-and-support-videos-on-mental-health-and-addictions>

Videos

- Cricketer Luke Sutton reunites with his therapist - [click here](#)
- Anne and Jodie's Story – [click here](#)

Priory Treatment Enquiries

Call 0800 086 1086 or <https://www.priorygroup.com/make-an-enquiry>

Priory also offer a new online therapy service <https://www.priorygroup.com/priory-connect>

Further reading resources

- Department of Health and Social Care publication, Published 2 February 2011- [No Health Without Mental Health: a cross-government mental health outcomes strategy for people of all ages](#)
- Department of Health and Social Care publication, Published 2 February 2011- Published 26 October 2017, last updated 30 November 2017 [Thriving at Work: the Stevenson/Farmer review of mental health and employers](#)
- CIPD's annual survey on Health and well-being at work https://www.cipd.co.uk/Images/health-and-well-being-2020-report_tcm18-73967.pdf
- The Institute of Alcohol Studies report on alcohol consumption during Covid lockdown <http://www.ias.org.uk/uploads/pdf/IAS%20reports/sb28062020.pdf>