

HEALTH INFORMATION WEEK - 2026



Day 4: Mental Health



#HIW2026



The Wellbeing Team are here to help. Check out their Intranet pages to see their psychological help pages to find the resources they have available for you: <https://intranet.sthk.nhs.uk/extranet/circle/7e260b85e106462653f921e7049f488>.



The **Reading Well** Book Collection is available for all our library members and includes self-help books on stress, anxiety, depression, mental wellbeing and mindfulness. You can find out about our Reading Well Collections here:

- **STHK:** <https://www.knowledge-nw.nhs.uk/reading-well-collection>
- **S&O:** <https://www.sonhslks.com/wellbeing-collection.html>



Your Public Library

Your local public library service also has Reading Well books and other resources to help with mental health:

- **Halton:** <https://library.haltonbc.info>
- **Knowsley:** <https://yourlibrary.knowsley.gov.uk>
- **Ormskirk:** <https://www.lancashire.gov.uk/libraries-and-archives/libraries/find-a-library/ormskirk-library/>
- **St Helens:** <https://www.sthelens.gov.uk/article/1929/Library-Services>
- **Southport:** <https://www.theatkinson.co.uk/visit-us/the-library/>



Other Organisations

- **Mental Health Foundation:** Provides mental health information and advice:
 - <https://www.mentalhealth.org.uk/>
- **MIND:** Offers advice and support to empower anyone experiencing a mental health problem, including content for children and young people:
 - <https://mind.org.uk/>
- **NHS: Better Health - Every Mind Matters:** Offers advice and practical tips to help people look after their mental health and wellbeing. Includes a section for young people:
 - <https://www.nhs.uk/every-mind-matters>
- **NHS: Mental Health:** Provides information and support for your mental health:
 - <https://www.nhs.uk/mental-health/>
- **Rethink Mental Illness:** Offers information and support via a network of local groups and services:
 - <https://www.rethink.org/>
- **Kind to Your Mind:** Website has been developed by Cheshire and Merseyside councils and the NHS to direct people living and working in Cheshire and Merseyside to a range of local services and resources that will help you be kind to your mind and body:
 - <https://kindtoyourmind.org/>



Children and Other People

- **On My Mind:** Information produced with young people to empower them to make informed choices about their mental health:
 - <https://www.annafreud.org/>
- **The Mix:** Support and information for under 25s on any challenges they may be facing:
 - <https://www.themix.org.uk/>
- **Young Minds:** Supports children and young people on their mental health:
 - <https://www.youngminds.org.uk/>

- **Stem4** Move Mood & ClearFear apps app developed by teenage mental health charity stem4 to help you improve your mood & help manage the symptoms of anxiety:
 - <http://movemood.co.uk>
 - <http://www.clearfear.co.uk>



- **Anna Freud National Centre for Children and Families:** *Child in Mind* - A series of expert podcasts to help parents understand and manage child and family mental health problems:
 - <https://soundcloud.com/anna-freud-centre/sets/child-in-mind>
- **BBC: Access All:** *Disability News and Mental Health*:
 - <https://www.bbc.co.uk/programmes/p02r6yqw/episodes/downloads>
- **BBC Radio 4:** *All in the Mind*:
 - <https://www.bbc.co.uk/programmes/b006qxx9/episodes/downloads>
- **Mental Health Foundation:** *Let's Talk - Mental Health*:
 - <https://www.mentalhealth.org.uk/explore-mental-health/podcasts>
- **MIND:** *The Mind Podcase* - hear what it's really like to live with mental health problems:
 - <https://www.mind.org.uk/information-support/podcasts>
- **NHS:** *Mental Wellbeing* - Mental wellbeing audio guides
 - <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/>

For more information about Health Information Week, see the HIW website at:
<https://healthinfoweek.wixsite.com/healthinfoweek>

For more information about your NHS Library service, see our website at:
<https://library.merseywestlancs.nhs.uk>

NB: All links are correct at time of creating this resource list - 05 Dec 2025

