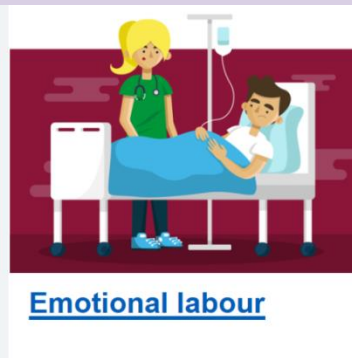
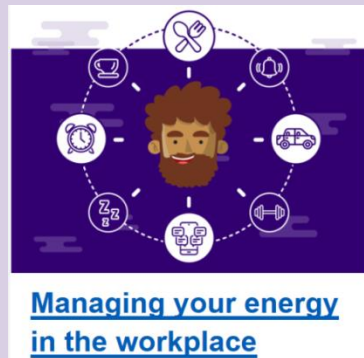


NHS PEOPLE:

Practical ideas

NHS People offers practical advice and materials in the form of guides, articles and links; like how to get a good nights sleep, financial advice, guide to resilience and how we can support others and ourselves. Visit <https://people.nhs.uk/> for further information or use the QR Code using your camera/APP on your phone.



A wide range of well-being APPs are available to support your mental health and well-being. Some of these include Daylight which offers meditation techniques, Headspace is around mindfulness, Sleepio for support around sleeping well. These and others can be found on the www.people.nhs.uk internet page.



daylight