

Mental Wellbeing Series



Session 1: An introduction to mental health and wellbeing.

Session 2: How we feel

Session 3: What we do

Session 4: What we think

Session 5: What about church?

This is a series of five sessions for Connect Groups. It's been designed to help us take a look at our mental health and wellbeing, exploring how our current knowledge of psychology fits with faith in God and with our experience of life. We hope that it will give you a chance to reflect and start some good discussions.

Each session will introduce some practical strategies you can use to look after your mental health. We're all different, so some things will work for you, others might not, and that's ok. The idea is to give you a toolkit of resources, and you can pick out the things that you think will be helpful, try them out, and see what helps.

Sources of Support

If you are struggling with your mental health, please get professional help.

- We recommend talking to your GP.
- Students can also access support via University Student Support Services
- If you need immediate help and are unable to see a GP, you should go to A&E.

Here are some other useful contact numbers:



Psychological support for depression & anxiety: Online courses & therapy self-referral.
www.talkliverpool.nhs.uk/



24/7 helpline
116 123
jo@samaritans.org
www.samaritans.org



Helpline
0300 123 3393
www.mind.org.uk



Under 35s helpline
0800 068 4141
www.papyrus-uk.org



24/7 text service
Text SHOUT to 85258
www.giveusashout.org



Helpline & 24/7 text service
0808 189 5260
Text STUDENT to 85258
www.studentspace.org.uk



Helpline for men
0800 58 58 58
www.thecalmzone.net



24/7 text service
Text YM to 85258
www.youngminds.org.uk

Useful resources & information

These are good starting points if you would like to find out more about mental health and wellbeing. Some are from a Christian perspective, others provide general information & support.



Mind and Soul Foundation

Information and resources on Christian faith, mental health and wellbeing. www.mindandsoulfoundation.org



Mental Health Access Pack

Resources for churches about mental health problems, produced by Livability, Mind and Soul Foundation, and Premier Life. www.mentalhealthaccesspack.org



Sanctuary Mental Health

Resources on mental health and wellbeing, from a Christian perspective. www.sanctuarymentalhealth.org/uk



NHS Every Mind Matters

Expert advice and practical tips to help you look after your mental health and wellbeing. www.nhs.uk/every-mind-matters



Mind

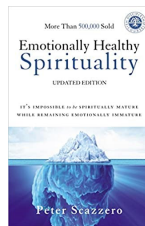
Information and advice about mental health problems. www.mind.org.uk

Books



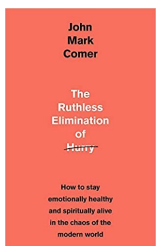
God's Plan for Your Wellbeing

Dave Smith
50 days of reflections on wellbeing



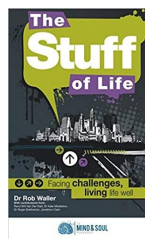
Emotionally Healthy Spirituality

Peter Scazzero



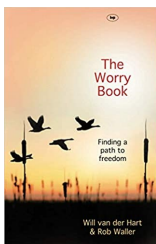
The Ruthless Elimination of Hurry

John Mark Comer
(also the podcast "Fight Hustle, End Hurry" with John Mark Comer and Jefferson Bethke)



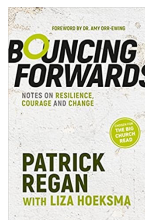
The Stuff of Life

Rob Waller, Will van der Hart & Kate Middleton
A short book on mental health and wellbeing for students and young people



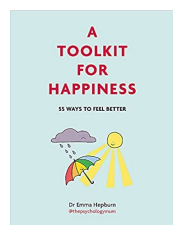
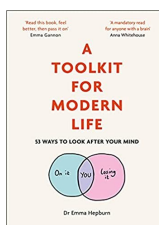
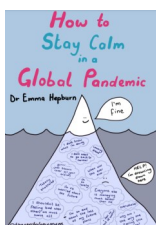
The Worry Book

Will van der Hart & Rob Waller



Bouncing Forwards & Honesty Over Silence

Patrick Regan



How to Stay Calm in a Global Pandemic Free ebook:

www.tinyurl.com/emmahhepburn

A Toolkit for Modern Life &

A Toolkit for Happiness

Emma Hepburn