# Links to online wellbeing resources

Below are link to online sources that provide both guidance and information around wellbeing along with emotional and mental health.

**N.B, click on the blur coloured text to access the linked to websites.**

* [CALM (Campaign Against Living Miserably)](https://www.thecalmzone.net/help/get-help/) – Support and advice for men
* [Every mind matters (anxiety)](https://www.nhs.uk/oneyou/every-mind-matters/anxiety/) – this NHS page provides advice, guidance and coping strategies in relation to anxiety
* [Every mind matters (stress)](https://www.nhs.uk/oneyou/every-mind-matters/stress/) – this NHS page helps by providing information on how and tips on how to cope and deal with stress
* [Mental Health Foundation](https://www.mentalhealth.org.uk/publications/overcome-fear-anxiety) – advice and guidance on how to overcome fear and anxiety
* [Mind](https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/#.We9B47uWzcs) – provides guidance on how you can access treatment and support if you’re experiencing anxiety and panic attacks
* [The Mix](https://www.themix.org.uk/get-support) – mental health support for under-25s
* [MoodJuice](https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-gu) – NHS anxiety self help guide
* [The Stress Management Society](https://www.stress.org.uk/) – the website goes over what stress is, how it may affect you, the different types and provides a ten-step solution to stress
* [Student Mental Health - NHS](https://www.nhs.uk/conditions/stress-anxiety-depression/student-mental-health/) – advice and further resources for students
* [Student Minds](https://www.studentminds.org.uk/resources.html) – this websites resources contain detailed information on different challenges that University life may bring.
* [Student Minds (Exam Stress)](https://www.studentminds.org.uk/examstress.html) – this webpage provides support and guidance on what stress is and how to deal with it
* [Think positive](https://www.thinkpositive.scot/resources/mental-health-quick-info/support-and-links/) – this NUS Scotland student mental health project aims to provide ways of supporting students who are experiencing mental ill health and promote well being across Colleges and Universities
* [University Mental health, stress and anxiety](https://www.uhi.ac.uk/en/students/support/health-and-wellbeing/mental-health/) – this web page provides ‘signs of stress’ identifiers and directs students to applicable resources which may help
* [Wellbeing Scotland](https://www.wellbeingscotland.org/) - view this website to learn more about the wide range of holistic services this voluntary organisation offer.