



Back to school, back to work

London is a thriving and diverse city but we know living in such a large city can be challenging. At any one time 1 in 6 Londoners could be experiencing a common mental health condition like stress, anxiety, poor sleep, or low mood. Especially now that Londoners are thinking about going back into the office or going back to school.

Good Thinking can help, with an extensive range of NHS-approved tools and resources free for all Londoners. All our resources on Good Thinking have been reviewed and approved by a clinical specialist. This includes the apps, blogs, podcasts, workbooks, etc.

In this edition, we share our latest resources on:

- Back to school
- Digital mental health support for young people
- Mental health in the workplace
- Five ways to good mental wellbeing and faith communities
- ThriveLDN bereavement webinars and Coming soon to Good Thinking

Back to school

As children and young people go back to school or college this month, there might be mixed emotions for everyone involved.

For parents, they might still be worried about the risk of coronavirus (COVID-19), especially if they have vulnerable family members or if they're in a high risk group. For a young person, they may be feeling anxious about the virus, their studies, or reconnecting with friends and other issues. For education professionals, they have played a crucial role during the COVID-19 pandemic by providing online lessons and keeping the classrooms open for vulnerable young people and the children of key workers, and now the autumn term will look very different.

Good Thinking have produced resources with advice to help Londoners transition back to school:

- [For parents and carers](#)
 - [For young people](#)
 - [For education professionals](#)
-

Digital mental health support for young people

Did you know 75% of children and young people experiencing a mental health problem aren't getting the help they need?

Good Thinking is working with [Stem4](#), a mental health charity for teens, to help young people manage the challenges faced by having a mental health condition. With the recent exam results season being an especially stressful time for students and their parents, we have a range of advice and resources that can be shared:

- [Guide on how to dealing with the stress of school grades](#)
- [Guide on how to deal with anxiety, stress and imposter syndrome](#)
- [Podcast episode with Mhairi Underwood - Head of Student Voice and Diversity at The Student Room](#)
- [Clear Fear](#) - Free app for teens to support them with anxiety
- [Combined minds](#) - Free app for families and friends to help support teens with their mental wellbeing

For more information about Stem4, check out our [latest podcast episode](#) with Dr Nihara Krause, Founder and CEO of Stem4 and our [Good Thinking Guide to Stem4 Mental Health Apps](#).

Mental health in the workplace

Did you know?

80% of people feel their mental health has declined as a result of working from home during COVID-19.

68% of workers worry that sharing their mental health concerns would negatively impact their job.

What can you do to support your employees and their mental wellbeing?

1. Check out the Good Thinking [employer toolkit](#), you'll find in-depth advice and resources that you can use as part of their employee wellbeing programme and other useful resources.

2. Signpost your team and staff to [Good Thinking](#), which promotes self-care for the four most common mental health disorders (anxiety, sleep problems, low mood and stress).
 3. Share our free Good Thinking tools and resources (e.g. [apps](#), [workbooks](#), [how-to guides](#)) with your teams and on your internal communications activity.
-

Five ways to good mental wellbeing & faith communities

Through community-led design, testing and evaluation, we have been developing culturally appropriate versions of Five ways to good mental wellbeing with faith leaders from the six major world religions.

In May, we have launched the [Five ways to good mental wellbeing & Islam](#), in English and in translated versions. This month, we have launched the [Five ways to good mental wellbeing & Judaism](#), designed in collaboration with Jami, in consultation with Rabbi Miriam Berger and Rabbi Daniel Epstein, with the support of The London Jewish Forum, Maccabi GB and the London Borough of Barnet.

A communication toolkit has been created for each version so you can help us spread the word by sharing the leaflets, videos and animations in your communication channels:

- [Five ways to good mental wellbeing and Islam Toolkit](#)
 - [Five ways to good mental wellbeing and Judaism Toolkit](#)
-

Thrive LDN bereavement webinars & Coming soon to Good Thinking

As we recover from the pandemic, some people may feel they are coping and then be hit by unmanageable waves of grief some considerable time after their loss. If you or colleagues are supporting those who are bereaved or in a frontline or community role, you may find it hard to find the right words or know what to say.

[Thrive LDN](#) is working in partnership with [Cruse Bereavement Care UK](#) to deliver five one-hour webinars on Bereavement and Loss Awareness during September and October 2021. By joining one of the webinars, you can better understand how bereavement impacts individuals, families, organisations and communities – and the support available. The webinars are free-to-attend

and have been designed to boost the knowledge and confidence of people who encounter bereaved people in the course of their jobs or voluntary roles.

Register for the free webinars via Thrive LDN's

website: www.thriveldn.co.uk/resources/bereavement-webinars/

Coming soon to Good Thinking:

- World Mental Health Day communications toolkit
- Sleep workbook
- Trauma workbook
- Five ways to good wellbeing and Buddhism
- Five ways to good wellbeing and Hinduism

Looking for something else?

Visit the [Good Thinking website](#), listen to [our podcast](#) or contact the Good Thinking team at info@good-thinking.uk.



Want to change how you receive these emails?

You can [update your details](#) or [unsubscribe from this list](#)

Copyright © 2019 GoodThinking, All rights reserved.

You are receiving this email because you registered to receive Good Thinking e-news via our website.

Our mailing address is:
Healthy London Partnership
Clifton House, 75 Worship Street
London
EC2A 2DU
United Kingdom