

# MENTAL WELLBEING RESOURCES

## Local Resources



**'Time to Talk'**  
Based in West  
Berkshire  
Age 11-25

Link: [t2twb.org](http://t2twb.org)



**Coping with Covid-19**

Link: [Click here](#)



Click [here](#) for your copy



## Apps

Here are a few to get you started...



**Ieso**

Connect confidentially and securely with mental health therapists using instant messaging



**Beat Panic**

Overcome panic attacks and anxiety wherever you happen to be



**Be Mindful**

An online course to help reduce stress and anxiety using mindfulness-based cognitive therapy



**Thrive**

Use games to track your mood and teach yourself methods to take control of stress and anxiety

**List of other available apps: [Click Here](#)**



**Parents and Carers resources. [Click here](#)**



**'No.5  
Counselling'**  
Based in Reading  
Age 11-25  
Link: [no5.org.uk](http://no5.org.uk)

## Other helpful websites

- **Charlie Waller memorial trust**  
[cwmt.org.uk](http://cwmt.org.uk)
- **Young Minds**  
[youngminds.org.uk](http://youngminds.org.uk)
- **Mental health fact sheet**  
[centreformentalhealth.org.uk](http://centreformentalhealth.org.uk)
- **Mind**  
[mind.org.uk](http://mind.org.uk)