

MENTAL HEALTH

SELF-HELP AND HANDY TIPS

General well-being advice



- [For stress](#)
- [Less stress in 60 seconds](#)
- [How to overcome fear and anxiety.](#)
- [Depression self-help guide](#)
- [5 ways to better well-being](#)
- [Top 10 tips for staying active](#)
- [Tips for everyday living](#)
- [How can I help myself?](#)

'How to' Guides

- [How to look after your mental health – 10 tips](#)
- [How to look after your mental health using exercise](#)
- [How to look after your mental health using mindfulness](#)
- [How to sleep better](#)



Mental health in the workplace

- [How to be mentally healthy at work \(SAMH\)](#)
- [How to be mentally healthy at work \(Mind\)](#)
- [Looking after your mental health at work](#)