

**Say hello to London's unique new digital mental wellbeing service! Good Thinking is designed to support Londoners who are looking for personalised new ways to improve how they feel everyday.**

Everyone who lives and works in London is encouraged to visit **[www.good-thinking.uk](http://www.good-thinking.uk)** anytime night or day. Use the simple three-question wellbeing check-ups, or self-assessments, to find the latest on and offline products that support and boost good mental health. So far, over 100,000 Londoners have used Good Thinking to actively tackle anxiety, sleeplessness, stress and depression.

The internet is brimming with new apps and resources promising to improve your mental wellbeing. Much of it is free. Good Thinking will help guide you to those that most relate to your needs and which have been assessed by an NHS consultant psychiatrist.

Top 10 resources Good Thinking users visit:

- ▶ [Sleepio\\*](#)
- ▶ [Be Mindful\\*](#)
- ▶ [Big White Wall](#)
- ▶ [NHS Sleep and tiredness advice](#)
- ▶ [Anxiety UK](#)
- ▶ [The Campaign Against Living Miserably](#)
- ▶ [Rethink](#)
- ▶ [Kooth](#)
- ▶ [Mental Health Foundation](#)
- ▶ [The Mix](#)



\* free for Londoners via Good Thinking

[www.good-thinking.co.uk](http://www.good-thinking.co.uk)