

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** 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

Top 10 resources

1 Sleepio*

Online programme that teaches proven techniques to fall asleep faster, stay through and wake up feeling refreshed.



3 NHS Sleep and tiredness advice

Comprehensive health information and advice using videos, articles and other resources.



5 The Campaign Against Living Miserably

Free helpline and web chat support service for men feeling down or depressed for any reason.



7 Mental Health Foundation

Website with useful tools and resources for all things related to mental health and wellbeing.



9 Living Life to the Full

Free online courses based on the principles of cognitive behaviour therapy to learn skills for coping with stress



2 Be Mindful*

Online mindfulness course to develop lifelong skills to help manage difficult emotions and better cope with life's stresses.



4 Anxiety UK

Support service for people living with anxiety; it provides information and support via an extensive range of services, including 1:1 therapy.



6 Rethink

Charity providing expert, accredited advice and information to anyone experiencing a mental health problem.



8 The Mix

Online support service providing free, confidential support and counselling for young people under 25.



10 SAM

Mobile phone app designed to help manage anxiety by building a personalised anxiety management toolki.

