TEMPLATE WELLBEING PAGE FOR INTRANET

**Your wellbeing is important**

Every day there can be challenges at home or at work that affect how we feel and hamper our wellbeing. Over time, even small problems start to test our coping skills. Feeling anxious, low, stressed or even unable to sleep can badly impact on you and the people around you.In [insert your organisation/London borough], we can now use [‘Good Thinking’](http://www.good-thinking.uk/), any time night or day, when life starts taking a toll.

Good Thinking is a unique digital wellbeing service designed to support Londoners who are looking for personalised new ways to improve how they feel every day. It offers safe, proactive, early intervention tools to help with the four most common wellbeing concerns: anxiety, depression, stress, sleep.

You are encouraged to visit [www.good-thinking.uk](http://www.good-thinking.uk) any time day or night. There are simple three-question wellbeing check-ups about anxiety, stress, sleep and feeling low, you can click to from the homepage. Depending on your answers, Good Thinking will recommend five of its most appropriate resources you can explore on your own. There are over 120 resources available including mobile apps, websites, downloadable guides and more information about health services to consider. Most resources are free, some have a small charge, and some are made free if you access them via Good Thinking. Everything you do on Good Thinking is anonymous and all resources have been reviewed by a Consultant Psychiatrist.

Good Thinking began its test phase in November 2017 and is now being widely promoted across London. It is made possible by London’s boroughs, the NHS, and Public Health England. It has based its approach on substantial user testing and an evaluation is underway. We encourage you to try it and give your feedback at [https://www.good-thinking.uk/feedback](https://www.good-thinking.uk/feedback/) to help ensure it is responding to your needs.