

## Latest news about how we are supporting Londoners

Good Thinking is a critical part of the public mental health response to COVID-19 in London. It provides free, 24/7, digital support to Londoners seeking mental health and well-being advice and help. As a service for individuals, it offers round the clock support and self-care options that are easy to access, and simple to navigate.

At the onset of lockdown in March, Good Thinking responded by developing a variety of COVID-19 content tailored to the needs of Londoners. This included articles and podcasts on addressing well-being issues as well as downloadable workbooks for self-care and new apps. The website has recently had a major redesign with an improved user interface, graphics and navigation.

### New and exciting resources now available on our website



#### Home-based workbooks

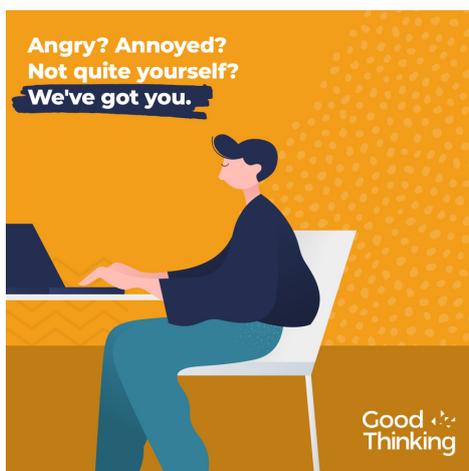
We have published [workbooks](#) which provide users with exercises on mental wellbeing to do at home. These are based on self-management and range from behavioural strategies for dealing with depression to adopting helpful thinking for managing anxiety. They have been well received particularly by GPs who can signpost people to them as an alternative to medication or talking therapies.



#### Free guided meditations

Free access to Wellmind Health's NHS-approved meditation library, [Meditainment](#), which hosts 20 guided meditations.

Free lifetime access is available to all Londoners who register before 31st December 2020.



#### Employers Toolkit

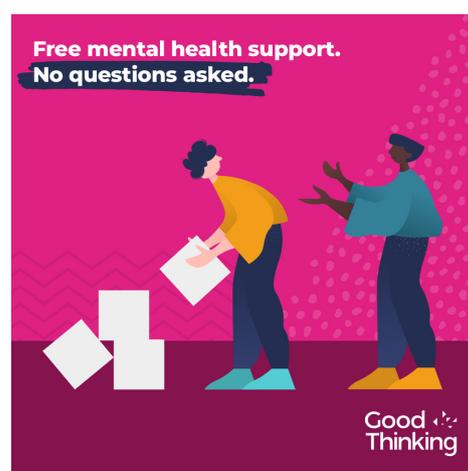
We've published [employers toolkit](#) Promoted through GLA Healthy Workplace Award (1200+ businesses across London) and to mental health providers and schools.

#### Six ways to improve your wellbeing

Tips and advice for migrants' mental health and wellbeing in 27 languages

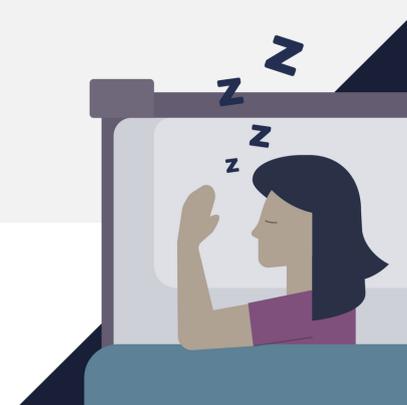
#### Doctors of the World advice

We've added a page signposting Doctors of the World and ThriveLDN [wellbeing guidance](#), available in 27 languages. We are exploring translating more content to ensure wider accessibility of our services, as well as co-developing content with specific communities.



#### Student Toolkit

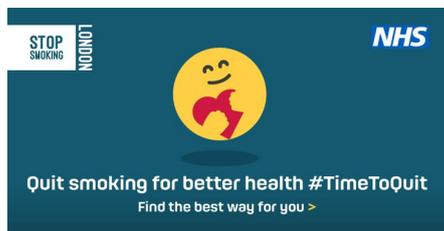
Recently published [student toolkit](#) following World Mental Health Day developed with and promoted to health and education partners.



#### Trauma Workbook for Young People

More workbooks are being developed and designed by experts to support Londoners deal and cope with trauma and sleep. A trauma workbook suitable for young people is being co-produced with the GLA's Violence Reduction Unit.

# Recent targeted campaigns to improve wellbeing



## Stop Smoking

Partners at [Stop Smoking London](#) have been promoting Good Thinking links and we have had great feedback from their networks.

**“The meditations are amazing, they are right up my street and I love them. These resources you have just sent me are invaluable.”**



## Supporting GPs to signpost to mental health and wellbeing support

GPs can now prescribe apps for patients through the EMIS Clinical System App Library.

Free-to-use mental health apps and resources for a range of ages can be sent via SMS text or email.

For the latest on Good Thinking, follow us or listen in to our latest Podcasts



or subscribe to our user newsletter



## Supporting European Londoners

A joint campaign with the Mayor of London to support the wellbeing of European Londoners throughout Brexit will be launched soon.



## Cut back on Alcohol

Our Good Thinking [Alcohol page](#) also links to the One You alcohol service which many visitors to the site are accessing.

## Interactive map on Good Thinking to help people find local psychological therapy services



The [Talking Therapies](#) page on Good Thinking has been changed to reflect updated messaging. Information is provided and visitors to the site can navigate to their local psychological therapies service (IAPT) using the map.

## Almost half a million Londoners have visited Good Thinking

During the COVID period, there was a significant increase in users of Good Thinking. From a baseline average of around 250 - 350 new users per day, usage increased to 2500 to 3500 new users per day, a 10 fold increase prompted by high population need and by an extensive communications campaign in conjunction with [Thrive London](#).

Since we launched in Oct 2017, we have had close to 500,000 people accessing the website over 621,000 times seeking support for their mental health and wellbeing.