

Latest news from Good Thinking

Feb 2021

Good Thinking is part of London's NHS working closely with Directors of Public Health and borough councils, providing free, 24/7, digital support to Londoners seeking mental health advice and help.

We offer round the clock support and self-care options that are easy to access, and simple to navigate. We're here to support all ages; parents of children, young Londoners, students, working age people right through to retirement and older Londoners.

Through our website, you can download or follow advice and tips to care for your own mental health and wellbeing at a time and place that suits you. We provide a range of tools and apps to help manage sleeplessness, anxiety, stress, low mood and other feelings. Good Thinking also provides help and guidance if you are concerned about somebody else's mental wellbeing.



We are funded by the NHS, Borough Councils, the GLA and work with health and care partnerships and are supported by the Mayor of London, London Councils, Directors of Public Health and Public Health England. We are working towards Thrive LDN's vision of helping all Londoners to live happier, healthier lives.

Our mission: We support individuals to look after their mental health and wellbeing in a way that works best for them. We encourage everyone to be proactive about their mental wellbeing and we provide tools and guidance to support this.

Get in touch with the team: info@good-thinking.uk

Expanding our range of services to meet the needs of Londoners

- In the past year, we've seen just over 264,000 visits by 192,000 Londoners. We are providing a range of [support and resources](#) to help address some of the challenges people are experiencing during the third lock-down. Our refreshed website makes it easier to find specific resources depending on what visitors are looking for.
- We have expanded our service beyond digital and have enhanced our connections with social prescribing (through training for link workers), [talking therapies \(IAPT\)](#) and primary care (through a direct link in the EMIS app library).

- We have published [workbooks](#) providing users with exercises on 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. We have added resources to support people to deal with panic and how to develop mindfulness strategies to cope during unsettling times.



- The Mayor of London has funded and supported our offer to children and young Londoners. We are launching a range of [Apps and online tools](#) to support young Londoners, parents and carers with their mental health and wellbeing in the context of the pandemic and general upheaval of this past year.
- Eight Apps focusing on Student Health, Resilience Building, Anxiety and Depression, How to Support a Friend with Difficulties, and Bereavement will be soon launched.

Communicating suitable content and resources to Londoners

- We published a range of articles, [blogs and podcasts](#) for [CYP](#) and [Parents](#). They have been the most accessed resources during COVID.
- We updated our messaging, social media campaigns to reach more people searching for help and support.
- New articles for young Londoners on [domestic abuse](#), [eating disorders](#), substance misuse, [bereavement](#) and more
- Digital Health Ambassadors are reviewing content and creating videos and blogs.
- We're prioritising our work to advance equalities and have embarked on major engagement with faith leaders and communities and we are developing content to suit the diverse groups and needs across London.
- We'll be sharing our newly designed leaflet with you all, to share, use and promote within your organisations, localities and communities – watch this space!

Recent targeted campaigns to improve wellbeing

- We launched a campaign in partnership with the GLA to signpost European Londoners to Good Thinking for [support with their wellbeing during](#) the BREXIT transition and in the context of travel restrictions and the impact of the pandemic on this demographic.

Supporting GPs to signpost to mental health and wellbeing support

GPs are continuing to 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.

Looking back and learning from the past year

The Good Thinking team is currently working on a Highlights report to support our planning for the year ahead. The past year has thrown up lots of new challenges and everyone has

had to adapt to a different way of working, thinking, learning and living. As a digital service we were well placed to ensure Londoners had access to support and help for their mental health but there is much we need to analyse and assess to ensure we continue to develop our service in a way that continues to respond to the needs of all Londoners. We will be sharing the report with you all in March.

Good Thinking widely cited and shared as a trusted mental wellbeing resource

Good Thinking is listed as a mental health resource on the [Greater London Authority coronavirus hub](#) and is being widely shared by local authority and NHS colleagues. Thanks to all the boroughs and NHS organisations promoting us on social media, please continue to do so.

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