



HEALTH INFORMATION WEEK - 2026

Day 4: Mental Health



Library &
Knowledge
Service

#HIW2026



The Wellbeing Team are here to help. Check out their Intranet pages to see their psychological help pages to find the resources they have available for you: <https://intranet.sthk.nhs.uk/extranet/circle/7e260b85e106462653f921e7049f4888>.



The **Wellbeing** Collection is available for all our library members and will help you to understand and look after your physical and mental health and wellbeing. It includes titles on long-term health conditions and disabilities, mental health issues, menopause, healthy eating, mindfulness, and general wellbeing.

Health stories are personal accounts by those working in health settings or living with conditions such as dementia or physical illnesses and disabilities. You can find out about our Reading Well Collections here:

- <https://library.merseywestlancs.nhs.uk/wellbeing-resources>



Your Public Library

Your local public library service also has Reading Well books and other resources to help with mental health:

- **Halton:** <https://library.haltonbc.info>
- **Knowsley:** <https://yourlibrary.knowsley.gov.uk>

- **Ormskirk:** <https://www.lancashire.gov.uk/libraries-and-archives/libraries/find-a-library/ormskirk-library/>
- **St Helens:** <https://www.sthelens.gov.uk/article/1929/Library-Services>
- **Southport:** <https://www.theatkinson.co.uk/visit-us/the-library/>



Other Organisations

- **Mental Health Foundation:** Provides mental health information and advice:
 - <https://www.mentalhealth.org.uk/>
- **MIND:** Offers advice and support to empower anyone experiencing a mental health problem, including content for children and young people:
 - <https://mind.org.uk/>
- **NHS: Better Health - Every Mind Matters:** Offers advice and practical tips to help people look after their mental health and wellbeing. Includes a section for young people:
 - <https://www.nhs.uk/every-mind-matters>
- **NHS: Mental Health:** Provides information and support for your mental health:
 - <https://www.nhs.uk/mental-health/>
- **Rethink Mental Illness:** Offers information and support via a network of local groups and services:
 - <https://www.rethink.org/>
- **Kind to Your Mind:** Website has been developed by Cheshire and Merseyside councils and the NHS to direct people living and working in Cheshire and Merseyside to a range of local services and resources that will help you be kind to your mind and body:
 - <https://kindtoyourmind.org/>



Children and Other People

- **On My Mind:** Information produced with young people to empower them to make informed choices about their mental health:
 - <https://www.annafreud.org/>
- **The Mix:** Support and information for under 25s on any challenges they may be facing:
 - <https://www.themix.org.uk/>
- **Young Minds:** Supports children and young people on their mental health:
 - <https://www.youngminds.org.uk/>
- **Stem4:** *Move Mood & ClearFear apps* app developed by teenage mental health charity stem4 to help you improve your mood & help manage the symptoms of anxiety:
 - <http://movemood.co.uk>
 - <http://www.clearfear.co.uk>



Podcasts

- **Anna Freud National Centre for Children and Families:** *Child in Mind* - A series of expert podcasts to help parents understand and manage child and family mental health problems:
 - <https://soundcloud.com/anna-freud-centre/sets/child-in-mind>
- **BBC: Access All:** *Disability News and Mental Health:*
 - <https://www.bbc.co.uk/programmes/p02r6yqz/episodes/downloads>
- **BBC Radio 4:** *All in the Mind:*
 - <https://www.bbc.co.uk/programmes/b006qxx9/episodes/downloads>
- **Mental Health Foundation:** *Let's Talk - Mental Health:*
 - <https://www.mentalhealth.org.uk/explore-mental-health/podcasts>
- **MIND:** *The Mind Podcase* - hear what it's really like to live with mental health problems:
 - <https://www.mind.org.uk/information-support/podcasts>

- **NHS:** *Mental Wellbeing* - Mental wellbeing audio guides
 - <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/>

For more information about Health Information Week, see the HIW website at:
<https://healthinfoweek.wixsite.com/healthinfoweek>

For more information about your NHS Library service, see our website at:
<https://library.merseywestlancs.nhs.uk>

NB: All links are correct at time of creating this resource list - 05 Dec 2025

