

## Level 2 Award in Understanding Mental Wellbeing

### Suggested Reading and Useful Websites

At a tipping point? Workplace mental health and wellbeing – **Deloitte Centre for Health Solutions**, 2017 - <https://www2.deloitte.com/content/dam/Deloitte/uk/Documents/public-sector/deloitte-uk-workplace-mental-health-n-wellbeing.pdf>

Building Resilient Communities – **Mental Health Foundation**, 2013 - <https://www.mentalhealth.org.uk/publications/building-resilient-communities>

Concepts of mental and social wellbeing – **Faculty of Public Health Public Mental Health Special Interest Group** - <https://www.fph.org.uk/policy-campaigns/special-interest-groups/special-interest-groups-list/public-mental-health-special-interest-group/>

Get active for mental wellbeing – **National Health Service** - <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-benefits-of-exercise/>

Five Ways to Wellbeing – **New Economics Foundation** - <https://neweconomics.org/2008/10/five-ways-to-wellbeing-the-evidence>

Health on the High Street – **Royal Society for Public Health**, 2015 - <https://www.rsph.org.uk/our-work/campaigns/health-on-the-high-street/2015.html>

How to improve and maintain your mental wellbeing – **MIND** - [www.mind.org.uk](http://www.mind.org.uk)

Mental Health Promotion: Paradigms and Practice – K Tudor 1996, London Routledge

Mental health, resilience and inequalities – L Friedli 2009, World Health Organisation

Mental Wellbeing and Nutrition Podcast – **Mental Health Foundation** - <https://www.mentalhealth.org.uk/podcasts-and-videos/wellbeing-and-nutrition>

Mental Well-Being Impact Assessment – **National MWIA Collaboration (England)**, 2011. Downloadable from Q - <https://q.health.org.uk/document/mental-wellbeing-impact-assessment-a-toolkit-for-wellbeing/>

No Health Without Mental Health – **HM Government**, 2011 - <https://www.gov.uk/government/publications/no-health-without-mental-health-a-cross-government-outcomes-strategy>

Risks to mental health: An overview of vulnerabilities and risk factors – **WHO** 2012 - [https://www.who.int/mental\\_health/mhgap/risks\\_to\\_mental\\_health\\_EN\\_27\\_08\\_12.pdf](https://www.who.int/mental_health/mhgap/risks_to_mental_health_EN_27_08_12.pdf)

#StatusOfMind – **Royal Society for Public Health**, 2017 - <https://www.rsph.org.uk/our-work/campaigns/status-of-mind.html>

Strong communities, wellbeing and resilience – **The King's Fund** - <https://www.kingsfund.org.uk/projects/improving-publics-health/strong-communities-wellbeing-and-resilience>

Ten Keys to Happier Living – **Action for Happiness** - <https://www.actionforhappiness.org/10-keys>

Waking up to the health benefits of sleep – **Royal Society for Public Health**, 2016 - <https://www.rsph.org.uk/our-work/policy/wellbeing/sleep.html>

Your mental health – podcasts, case studies and statistics – **Mental Health Foundation** - <https://www.mentalhealth.org.uk/your-mental-health>