You have quite probably heard of Joe Wicks...the man leading nearly 800,000 people a day in workout sessions! He is doing an amazing job with keeping people physically healthy...but what about our mental health? Well, there's a load of great resources and organisations out there who can support us and help us improve and maintain good mental health. The picture attached is a brief snapshot of just six! Here's a bit more detail about those six:

Andover MIND - Staff are on hand Monday to Friday 9.30am - 5pm. Leave us a message outside these hours and they'll be in touch. They offer a well-being service, where they offer advice, information and support to help you manage your mental well-being. Get in touch if you are feeling anxious or distressed.

Phone: 01264 332297

Email: mind@andovermind.org.uk

They are also providing a Carer Support and Dementia Advice. Here they providing advice, information and support to carers and people with dementia and memory problems. Contact them if you have any concerns.

Phone: 01264 332297 (option 3) Email: enquiries@andovermind.org.uk

joinlift.com - Lift was designed to help support individuals struggling with depression or anxiety - young and old - with tools, education and community to assist them in finding deeper levels of healing. Their mission is to help spark a happy uprising of people hungry for more lasting and sustainable healing in their lives. There's daily mood trackers to help you recognise patterns/triggers as well as ways of being in an online community with others to help find support.

www.mindandsoulfoundation.org - Their core leadership team of a psychologist, a priest and a psychiatrist have developed high-quality, integrated resources and bring a powerful message that BOTH are important

They say that, "We believe in a God who loves us AND cares about our emotional and mental health. Our faith and emotions are often kept separate. Mental health is rarely discussed in churches and Christian spirituality is seen as having little to offer the world of psychology. We want to bridge that gap.

To Educate: Sharing the best of Christian theology and scientific advances.

To Equip: Helping people meet with God and recover from emotional distress.

To Encourage: Engaging with the local church and mental health services

CAMHS - Child and Adolescent Mental Health Services. This is a very well known organisation which often works closely with schools. Their resource page (www.camhs-resources.co.uk) is particularly good and offers lots of support for children and young people, as well as parents/those who work with them.

Grief.com has loads and loads of useful resources, videos, blogs and recommended books to help people deal with l different kinds of grief.

Chandler's Ford Chaplaincy - www.cfchaplaincy.org.uk - Although the Chandler's Ford Chaplains can't carry our visits at the moment they can be contacted and can arrange for you to speak to a Chaplain. To do that, phone the office on 07906 686183, send an email to chaplain@CFchaplaincy.org.uk. or visit the website.