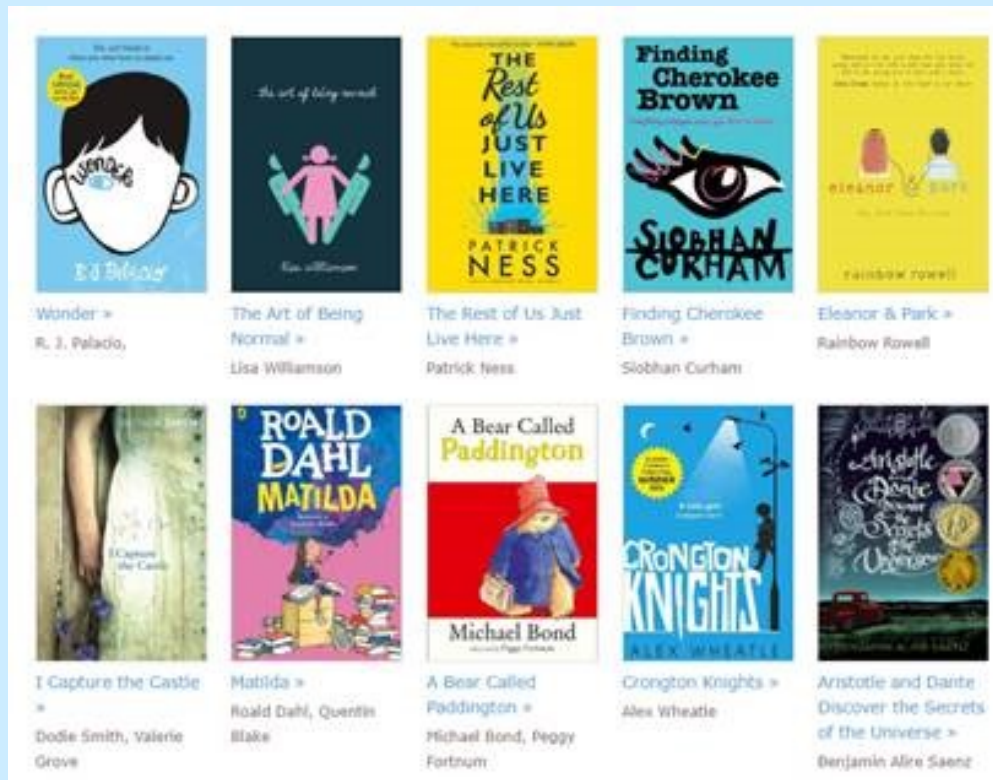


MENTAL HEALTH AND WELLBEING

Reading and Mental Health

There is a huge evidence base around the value of reading to support health and wellbeing. The website www.reading-well.org.uk can support you to understand and manage your health and wellbeing using helpful reading. The books are all chosen and endorsed by health experts, as well as by people living with the conditions covered and their relatives and carers.

These mood busting books were specifically chosen by young people. The website has a wealth of resources for both children and adults. Do take a look, happy reading!



Natalie Rosell Hughes

MindUp Lead