

Appendix Two – An overview on Good Thinking

www.good-thinking.uk is London's unique new digital mental wellbeing service that provides support for four of the most common mental health concerns i.e. anxiety, stress, low mood and sleep deprivation.

Users are signposted to an individually customised range of on-line and off-line services. Plans for developing the site further are in progress, including adding components that support Londoners misusing alcohol and strengthening the links to local IAPT services.



Good Thinking London's digital mental well-being service

www.good-thinking.uk



Good Thinking Promotional Materials

anxious

Feeling anxious about tomorrow?

www.good-thinking.uk



feeling low

Under your own dark cloud?

www.good-thinking.uk



can't sleep

Finding yourself counting sheep?

www.good-thinking.uk



stressed

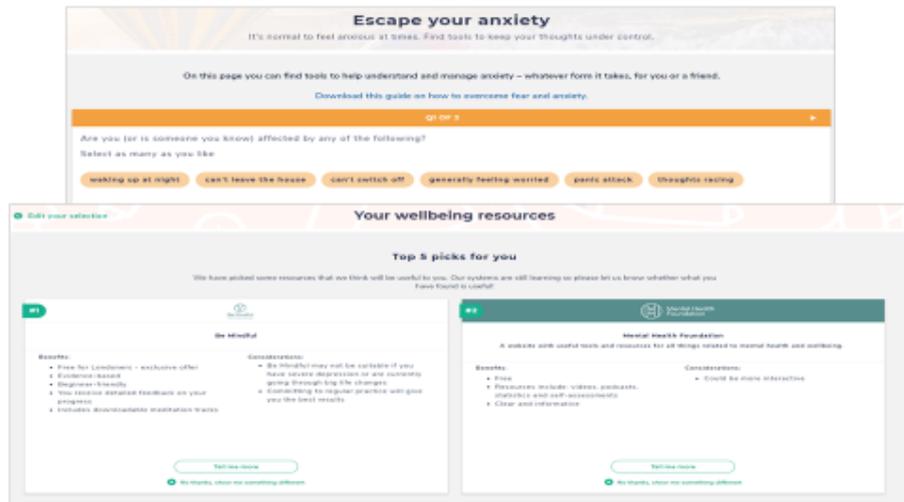
Feeling the need to let off steam?

www.good-thinking.uk



How does Good Thinking work?

Personalised support is offered via simple three question wellbeing quizzes.
A more extensive self-assessment is also available.
Suggests five on and offline products to support and boost good mental health.



Top 10 Good Thinking resources users go to

* free for Londoners via Good Thinking

1 Sleepio*

Online programme that teaches proven techniques to fall asleep faster, stay through and wake up feeling refreshed.



2 Be Mindful*

Online mindfulness course to develop lifelong skills to help manage difficult emotions and better cope with life's stresses.



3 NHS Sleep and tiredness advice

Comprehensive health information and advice using videos, articles and other resources.



4 Anxiety UK

Support service for people living with anxiety; it provides information and support via an extensive range of services, including 1:1 therapy.



5 The Campaign Against Living Miserably

Free helpline and web chat support service for men feeling down or depressed for any reason.



6 Bethink

Charity providing expert, accredited advice and information to anyone experiencing a mental health problem.



7 Mental Health Foundation

Website with useful tools and resources for all things related to mental health and wellbeing.



8 The Mix

Online support service providing free, confidential support and counselling for young people under 25.



9 Living Life to the Full

Free online courses based on the principles of cognitive behaviour therapy to learn skills for coping with stress.



10 SAM

Mobile phone app designed to help manage anxiety by building a personalised anxiety management toolkit.

