

Resources to Support Wellbeing for Young Adults (16-25)

The Mix website for information and resources

[Mental Health - The Mix](#)

The Mix provides information and resources on issues such as mental health, homelessness and coping during lockdown.

Wellbeing Suffolk

[Courses and Online Webinars - Wellbeing Suffolk - Wellbeing Suffolk](#)
(wellbeingandsuffolk.co.uk)

Wellbeing Suffolk provides online courses and webinars on topics such as; mindfulness, living well with physical health problems, and improving sleep.

Young Minds drug and alcohol use

[Drugs and alcohol \(youngminds.org.uk\)](#)

The Young Minds website provides information, advice on the link between mental health and drugs and alcohol, as well as providing support numbers.

Turning Point

[Young People | Suffolk Wellbeing Cloud](#)
(turning-point.co.uk)

Provides information and access to support around drugs and alcohol for young people

Recovery College online courses

[Get involved- Norfolk and Suffolk NHS Foundation Trust \(nsft.nhs.uk\)](#)

The NSFT Recovery College provides podcasts and online courses for those aged 16 and over on topics such as mental health and living meaningfully.

Parent tips on supporting young people in university

[Supporting your child at university during the COVID-19 pandemic](#)
(youngminds.org.uk)

Information from Young Minds on how parents and carers can support young people within university throughout the covid-19 pandemic.

Resources for mental health difficulties

[CCI - Self Help Resources for Mental Health Problems](#)

This link provides easy to read workbooks for adults covering a variety of wellbeing issues including; anxiety, low mood, self-esteem, tolerating distress and assertiveness