

Good Thinking: London's Digital Mental Health & Wellbeing Service

16th March 2022

Please note, this webinar will be recorded. We will start shortly
You are automatically muted and off video



What is Good Thinking?

What makes Good Thinking different?

How can Good Thinking help me?



But first... time for some introductions



Imran Choudhury

Director for Public Health at the London Borough of Sutton & SRO for GT



Jemma Gilbert, OBE

Director of Transformation at Healthy London Partnership



Jess Simpson (and Coco the dog)

Senior Programme Manager at Good Thinking



Richard Graham

Clinical Director at Good Thinking



Nicola Aspinall

Project Manager at Good Thinking

Now to find out a bit more about you!



What is GT?

We support individuals to look after their mental health and wellbeing in a way that works best for them. We encourage everyone to be proactive about their mental wellbeing and provide tools and guidance to support this.

I'm looking for support for...



Young people



Parents and carers



Employers and employees

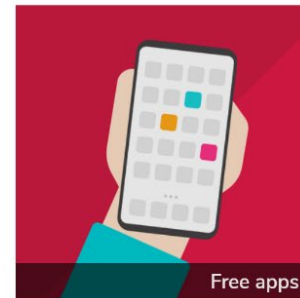


Faith and belief communities

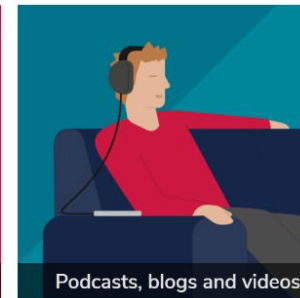


- We have been supporting Londoners with their **emotional wellbeing** and **mental health** since **2017**.
- Our website provides **advice, tips** and **downloadable resources** to care for your own mental health and wellbeing at a time and place that suits you.
- We provide a **range of tools** and apps to help manage sleeplessness, anxiety, stress, low mood and other feelings.

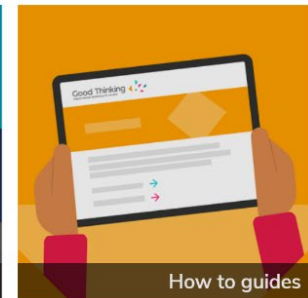
I want to find...



Free apps



Podcasts, blogs and videos



How to guides



Workbooks

What makes Good Thinking different?

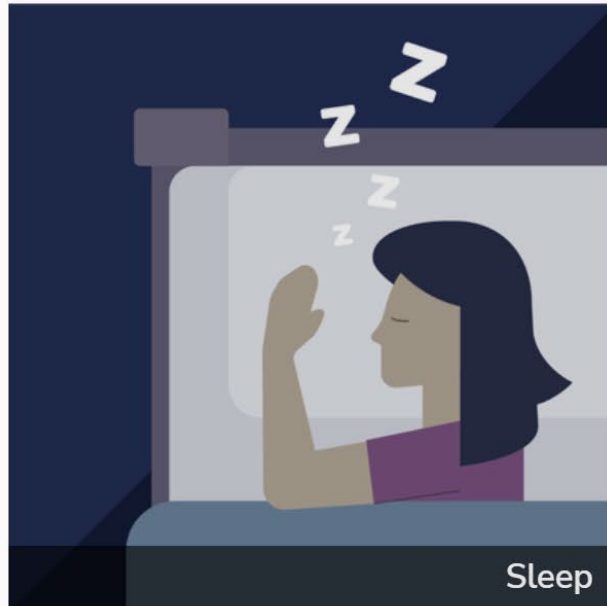
- ✓ All resources 100% NHS approved
- ✓ Tailored content to different communities
- ✓ Podcasts
- ✓ Articles
- ✓ Workbooks
- ✓ Videos

Some of our resources...

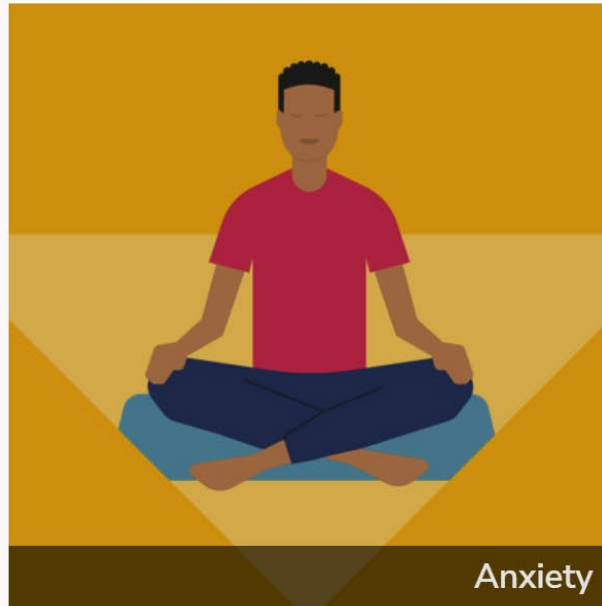


Resource Overview

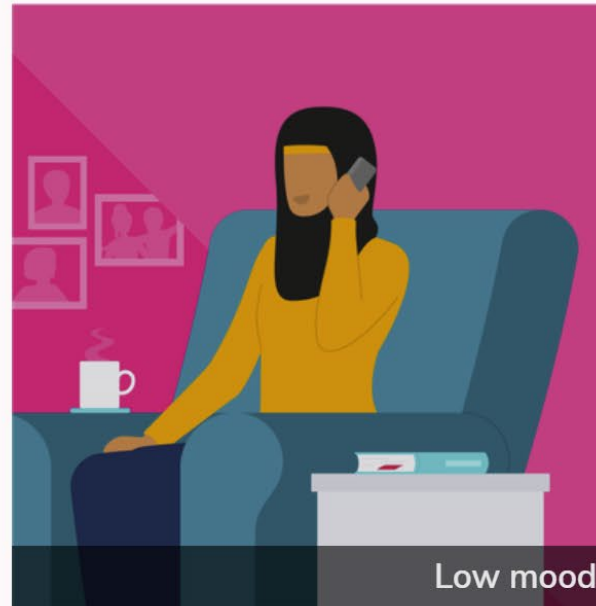
I want help with...



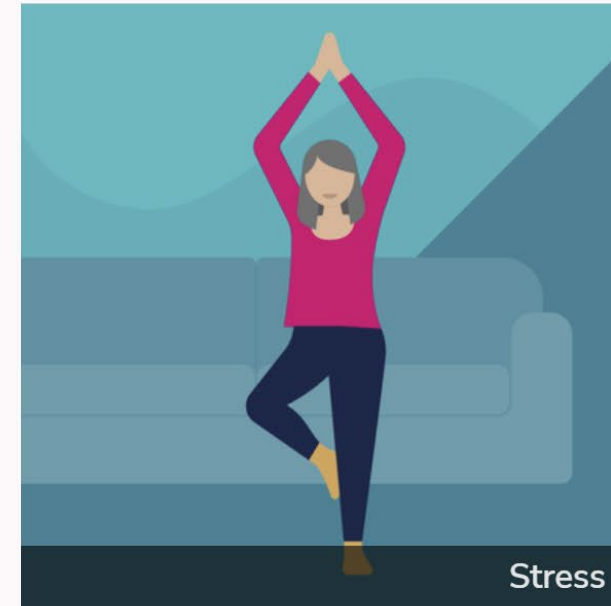
Self-assessment
Full workbook
Top tips poster
Apps



Self-assessment
Symptoms of anxiety
Apps
Podcasts



Self-assessment
Symptoms of mood disorders
Types of mood disorders



Self-assessment
Apps
Symptoms of stress
Types of stress

Apps

Good Thinking has a series of apps for both adults and CYP to help with mental health and wellbeing which, **when accessed via the Good Thinking website, are free to use**

Adult (18+) Apps

CYP (Under 18) Apps

Be Mindful

MyCognitionPRO

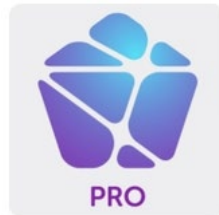
My Possible Self

tomo

Move Mood



If you're feeling stressed, Be Mindful takes you through an intensive course of mindfulness therapy to help you feel calmer and happier



To build resilience, MyCognitionPRO uses brain training exercises to help you lower stress and improve focus



My Possible Self helps you to understand stress better and guides you through ways to reduce it



tomo is expertly designed to support you with many of life's obstacles, including social anxiety and poor sleep.



Developed alongside young people, Move Mood uses Behavioural Activation Therapy to help boost mood

Coping with Trauma Resources

- Many people experience a traumatic event at some point in their life.
- Good Thinking has produced bespoke resources designed to help Londoners cope with trauma.
 1. Trauma Workbook
 2. Short films, produced in partnership with trauma expert Caroline Harrison, a Cognitive Behavioural Therapist at South London and Maudsley NHS Foundation Trust.
 3. Comms Toolkit to help campaigns and cascade messages



In this episode, we look at grounding across the five senses: using your sense of sight to keep you in the present.

Faith and Belief Communities

A suite of **bespoke**, tailor made **wellbeing** materials for **faith communities** across London. Based on the 5 ways to wellbeing, these guides are published and **translated** with supporting **videos** and **animations**.

The materials are **endorsed** by faith bodies e.g. Hindu Forum of Britain, Muslim Council of Britain, Buddhist society, London Jewish Forum.



Example 5 Ways Resource Collection

- Leaflet available in **6 languages** in addition to English
 - Bengali
 - Gujarati
 - Urdu
 - Hindi
 - Somali
 - Arabic
- Printable version of leaflet available on the website
- Full campaign toolkit to help you spread the word
- **7 videos** with influential members of London's Islamic community talking about wellbeing



Zara Mohammed, Secretary General of the Muslim Council of Britain, on the five ways to wellbeing & Islam



BRITISH ISLAMIC
MEDICAL ASSOCIATION

MCB

The Muslim Council of Britain

 **The British Board of
Scholars & Imams**

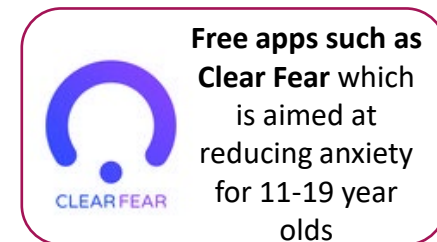
Bereavement



We are working with faith communities to develop **bespoke bereavement resources**:

- **Workbook/Guide for practitioners**, for staff and volunteers to enable understanding of how to provide culturally sensitive bereavement support.
- **Culturally competent bereavement resources** (Christianity, Judaism, Hinduism, Sikhism, Buddhism, Islam)

- Dedicated library of CYP resources for individuals as well as parents and carers
- Co-designed with young people through our relationship with **Partnership for Young London** and the **Digital Health Ambassadors**
- Selection of articles, apps & podcasts created especially for young people
- Topics covered include:
 - Moving to university
 - Eating disorders
 - Fake news
 - Bullying



This month, we will also be releasing our 5 ways to wellbeing for CYP!

How can GT help you?



Good Thinking's place in the health and care system



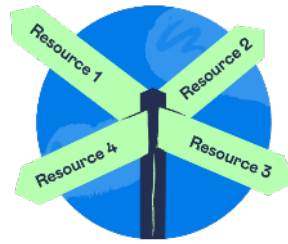
Seeking Support

Londoners can take Good Thinking's quiz and self-assessments to help ensure they get the right support. We also provide information about local services to ensure people are clear about their options.



Social Prescribing

Good Thinking provides materials to the London network of social prescribers. Content is updated and tailored to make sure it is relevant to what Londoners need.



Primary Care

The apps that Good Thinking hosts can be prescribed directly by GPs from EMIS. There are workbooks on a range of subjects that can be downloaded and given to patients.



Talking Therapies

Good Thinking offers routes for self-referral, and also provides resources to help people prepare for treatment, or to keep themselves well and avoid a future relapse.



Complex Needs

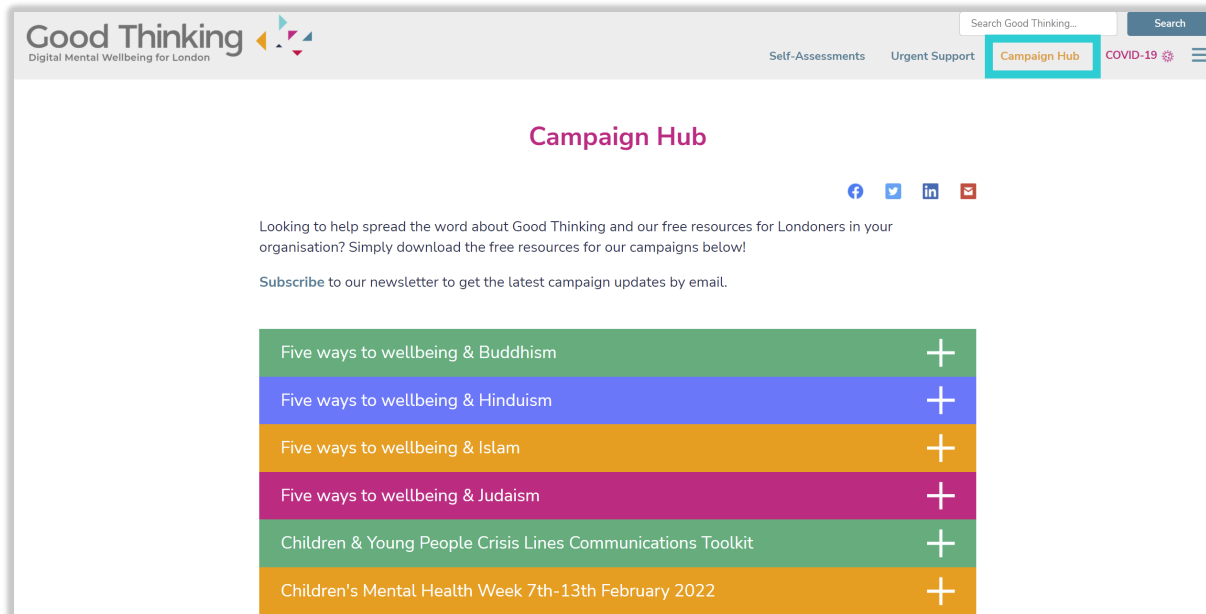
Resources are available on Good Thinking to help people with more complex needs, to track their wellness, and provide support to carers.



Crisis Support

Our urgent support information page links to all local NHS Crisis Teams. We also signpost people to helplines such as Samaritans, SHOUT

Support Overview



Dedicated **Campaign Hub** with full comms packages for key resources.

Will also include this webinar recording & GT briefing pack



A series of one pagers with links to the most helpful resources for mild to moderate mental illness

Q&A

For further updates please subscribe to our newsletter by contacting info@good-thinking.uk

We will also be uploading this webinar recording as well as our support materials to the campaign hub.

