**GOOD THINKING COMMS TOOLKIT**

**Mental wellbeing and Christianity**

**Using this document**

This toolkit contains information about the [Good Thinking](http://www.good-thinking.uk) mental wellbeing resources co-created with members of the Christian community, including the [Five ways to good mental wellbeing and Christianity](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_0ff2633bf1.pdf?updated_at=2023-10-04T11:51:16.814Z) guide. It will support you in raising awareness of the free, NHS-approved resources available through the Good Thinking service to help support positive mental health and wellbeing in your community.

If you have any questions, please contact the Good Thinking team at:

[info@good-thinking.uk](mailto:info@good-thinking.uk)

**The toolkit contains:**

1. **An introduction to the Good Thinking service**
2. **A link to the** **Good Thinking** [**Christianity resources webpage**](https://www.good-thinking.uk/faith-and-belief-communities/christianity)**, where you’ll find:**

* Links to the [Five ways to good mental wellbeing and Christianity](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_0ff2633bf1.pdf?updated_at=2023-10-04T11:51:16.814Z) booklet for you to share online or print as needed (various translated versions of the guide are available)
* A link to the [Christianity and bereavement](https://www.good-thinking.uk/christianity-and-bereavement) booklet
* A link to the [Christianity and mental health fact check](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Fact_check_Christianity_and_mental_health_7600f45e65.pdf?updated_at=2022-11-02T17:54:41.201Z)
* Videos produced by members of the Christian community offering tips and advice to help with stress, anxiety and low mood that are in line with the Christian tradition

1. **A newsletter/bulletin/intranet article for you to use to raise awareness of the resources with your community**
2. **Social media content (including copy, graphics, videos and animation) for you to use to promote the toolkit to your community via WhatsApp and on your X (formerly Twitter), Instagram, LinkedIn and Facebook pages. You can also tag us using: @GoodThinkingUK**
3. **Printable Good Thinking resources for communal areas**

* Links to printable [posters](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/JC_0423_Good_Thinking_Poster_A4_AW_01_763d8bef5e.pdf) and [flyers](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Good_Thinking_Leaflet_ed155edd51.pdf), and information about how to request professionally printed flyers and A3 posters directly from the Good Thinking team

**1. The Good Thinking service**

**What is Good Thinking and how do we support Londoners?**

Good Thinking is a digital service that helps Londoners look after their mental health and wellbeing in a way that works for them. We provide personalised advice, support and resources to help people struggling with:

* Stress
* Anxiety
* Low mood
* Sleep
* Other mental health concerns, such as trauma, bereavement and eating disorders

Our service is:

* Free of charge
* NHS-approved
* Available 24/7 on any device
* Completely anonymous

**What resources are available through Good Thinking?**

Good Thinking provides a range of resources to help Londoners improve their mental wellbeing, including:

* Free apps (NHS-approved and independently assessed)
* Quick quizzes which give tailored support recommendations
* Printable workbooks and guides
* Advice articles with tips to boost mental health
* Blogs and personal stories
* Podcasts
* Videos and webinars

**Why is it important that Good Thinking services are personalised?**

Londoners have told Good Thinking that there is no ‘one size fits all’ solution when it comes to their mental health – they want information and support that reflects how they live and what their values are.

So, Good Thinking has been working with a variety of organisations, faith communities, academics, charities, and many others to create tailored, impactful content. Everyone’s mental health is different – we are here to help Londoners find their own path to improve their wellbeing.

**2. Good Thinking Christianity resources**

Good Thinking have a range of resources tailored for the Christian community available at [www.good-thinking.uk/christianity](http://www.good-thinking.uk/christianity).

**You’ll find:**

* Good Thinking’s [Five ways to good mental wellbeing and Christianity](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_0ff2633bf1.pdf?updated_at=2023-10-04T11:51:16.814Z) booklet for you to share online or print as needed (translated versions of the guide are available [Ethiopian (Tigrinya)](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_TIGRINYA_3123d8af22.pdf), [French](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_FRENCH_350e4776fb.pdf), [Italian](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_ITALIAN_6a93a414af.pdf), [Polish](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_POLISH_4070bd17ec.pdf), [Russian](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_RUSSIAN_21b2c3daef.pdf), [Spanish](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_SPANISH_c91c965323.pdf) and [Turkish](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_TURKISH_d70908de8e.pdf)).
* A link to the [Christianity and bereavement](https://www.good-thinking.uk/christianity-and-bereavement) booklet; a guide to help Christians across London who have lost a loved one as well as health and care professionals who are supporting terminally ill patients of the Christian faith.
* A link to the [Christianity and mental health fact check](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Fact_check_Christianity_and_mental_health_7600f45e65.pdf?updated_at=2022-11-02T17:54:41.201Z); three common misconceptions about mental health that may be held by Christians are fact checked using evidence from the Bible.
* Videos produced by members of the Christian community offering tips and advice to help with stress, anxiety and low mood that are in line with the Christian tradition.

1. **Newsletter/bulletin copy**

**Good Thinking – digital mental health support for London’s Christian community**

Good Thinking, London’s free, NHS-approved digital mental health and wellbeing service, has collaborated with members of London’s Christian community to create mental wellbeing resources that align with the beliefs and teachings of Christianity.

**Five ways to good mental wellbeing and Christianity**

Developed in collaboration with Christians across the capital and endorsed by [The Church of England](https://www.churchofengland.org/), [The Catholic Church in England and Wales](https://www.cbcew.org.uk/), [the Evangelical Alliance](https://www.eauk.org/) and [Churches Together](https://cte.org.uk/), Good Thinking’s [five ways to wellbeing guide](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_0ff2633bf1.pdf?updated_at=2023-10-04T11:51:16.814Z) provides advice on looking after your mental health and wellbeing in line with the Christian tradition:

1. Connect with God and other people
2. Be physically active
3. Learn something new each day
4. Give to others
5. Pay attention to the present moment

**Explore the full range of resources**

Visit [Good Thinking](https://www.good-thinking.uk/faith-and-belief-communities/christianity) to download the guide (translations in eight languages and a printable version of the booklet are also available) and explore the full range of resources tailored for the Christian community including a guide to [Christianity and bereavement](https://www.good-thinking.uk/christianity-and-bereavement), a [mental health fact check](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Fact_check_Christianity_and_mental_health_7600f45e65.pdf?updated_at=2022-11-02T17:54:41.201Z) and videos offering tips and advice to help with stress, anxiety and low mood.

For more information about the service and to access free NHS-approved support and resources, visit [Good Thinking](https://www.good-thinking.uk).

**-Ends-**

1. **Social media content**

Please show your support on social media, encouraging people to visit the Good Thinking website for support.

**Facebook** [goodthinkinguk](https://www.facebook.com/goodthinkinguk)

**LinkedIn**  [goodthinkinguk](https://www.linkedin.com/company/goodthinkinguk)

**Instagram** [www.instagram.com/goodthinkinguk](http://www.instagram.com/goodthinkinguk)

**X (Twitter)**  [@GoodThinkingUK](https://twitter.com/goodthinkinguk)

Please find below some example posts that can be posted on your social channels. Remember to tag us in when you can **@GoodThinkingUK** 😊

**Suggested content for social media**

|  |  |
| --- | --- |
| **Copy for X (formerly Twitter)** | **Graphic -** [Download graphics here](https://drive.google.com/drive/folders/1w_KwXMPQtkUbsb1PPhOva5bZUhDz_deu?usp=sharing) |
| Londoners want support that reflects their lifestyles and values.  @GoodThinkingUK have a range of resources co-created with members of the #Christian community to help you manage your mental wellbeing in line with Christian beliefs and traditions.  👉 <https://www.good-thinking.uk/faith-and-belief-communities/christianity> | [Download graphics here](https://drive.google.com/drive/folders/1w_KwXMPQtkUbsb1PPhOva5bZUhDz_deu?usp=sharing) |
| Explore @GoodThinkingUK’s Five Ways to Wellbeing and Christianity guide!  Co-created with members of the #Christian community to help you manage your #MentalHealth and wellbeing in line with Christian beliefs and traditions:  👉 <https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_0ff2633bf1.pdf?updated_at=2023-10-04T11:51:16.814Z> |  |
| #MentalHealth isn’t one size fits all.  @GoodThinkingUK have a range of resources co-created with members of the #Christian community to help you manage your mental wellbeing in line with Christian beliefs and traditions.  👉 <https://www.good-thinking.uk/faith-and-belief-communities/christianity> |  |

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| **Copy for Instagram** | **Graphic -** [Download graphics here](https://drive.google.com/drive/folders/1w_KwXMPQtkUbsb1PPhOva5bZUhDz_deu?usp=sharing) |
| Londoners want support that reflects their lifestyles and values.  @goodthinkinguk have a range of resources co-created with members of the #Christian community to help you manage your mental wellbeing in line with Christian beliefs and traditions.  👉 [good-thinking.uk/faith-and-belief-communities/christianity](https://www.good-thinking.uk/faith-and-belief-communities/christianity) | [Download graphics here](https://drive.google.com/drive/folders/1w_KwXMPQtkUbsb1PPhOva5bZUhDz_deu?usp=sharing) |
| Explore @goodthinkinguk’s Five Ways to Wellbeing and Christianity guide!  Co-created with members of the #Christian community to help you manage your #MentalHealth and wellbeing in line with Christian beliefs and traditions.  Copy and paste the link below into your browser: <https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_0ff2633bf1.pdf?updated_at=2023-10-04T11:51:16.814Z> |  |
| #MentalHealth isn’t one size fits all.  @goodthinkinguk have a range of resources co-created with members of the #Christian community to help you manage your mental wellbeing in line with Christian beliefs and traditions.  👉 [good-thinking.uk/faith-and-belief-communities/christianity](https://www.good-thinking.uk/faith-and-belief-communities/christianity) |  |

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| **Copy for Facebook / LinkedIn** | **Graphic -** [Download graphics here](https://drive.google.com/drive/folders/1w_KwXMPQtkUbsb1PPhOva5bZUhDz_deu?usp=sharing) |
| Londoners want support that reflects their lifestyles and values.  @goodthinkinguk have a range of resources co-created with members of the #Christian community to help you manage your mental wellbeing in line with Christian beliefs and traditions.  👉 <https://www.good-thinking.uk/faith-and-belief-communities/christianity> | [Download graphics here](https://drive.google.com/drive/folders/1w_KwXMPQtkUbsb1PPhOva5bZUhDz_deu?usp=sharing) |
| Explore @goodthinkinguk’s Five Ways to Wellbeing and Christianity guide!  Co-created with members of the #Christian community to help you manage your #MentalHealth and wellbeing in line with Christian beliefs and traditions:  👉 <https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_0ff2633bf1.pdf?updated_at=2023-10-04T11:51:16.814Z> |  |
| #MentalHealth isn’t one size fits all.  @goodthinkinguk have a range of resources co-created with members of the #Christian community to help you manage your mental wellbeing in line with Christian beliefs and traditions.  👉 <https://www.good-thinking.uk/faith-and-belief-communities/christianity> |  |

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| **Copy for individual 5 ways to wellbeing** | **Graphic** |
| Staying physically active can improve stress, anxiety and help you sleep better.  @goodthinkinguk’s 5 Ways to Wellbeing and #Christianity offers advice on staying active in line with #Christian beliefs and traditions.  👉 <https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_0ff2633bf1.pdf?updated_at=2023-10-04T11:51:16.814Z> | [Download graphics here](https://drive.google.com/drive/folders/1w_KwXMPQtkUbsb1PPhOva5bZUhDz_deu?usp=sharing) |
| Connecting with God, and with other people can help you to achieve a more positive mindset.  Take a look at @goodthinkinguk’s 5 Ways to Wellbeing and #Christianity for more useful tips:  👉 <https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_0ff2633bf1.pdf?updated_at=2023-10-04T11:51:16.814Z> |  |
| Learning a new skill helps your mind stay active, boosting your self-confidence and helping you to gain a sense of purpose for better #MentalHealth.  Take a look at @goodthinkinguk’s 5 Ways to Wellbeing and #Christianity for more useful tips:  👉 <https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_0ff2633bf1.pdf?updated_at=2023-10-04T11:51:16.814Z> |  |
| Generosity is at the heart of #Christian faith. Giving to others can boost both your self-esteem and your mental wellbeing.  Take a look at @goodthinkinguk’s 5 Ways to Wellbeing and #Christianity for more useful tips:  👉 <https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_0ff2633bf1.pdf?updated_at=2023-10-04T11:51:16.814Z> |  |
| Mindfulness can help to bring about a sense of peace and appreciation, generating a more positive mindset and improving #MentalHealth and wellbeing.  Explore @goodthinkinguk’s 5 Ways to Wellbeing and #Christianity for more useful tips:  👉 <https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Five_Ways_Wellbeing_Christian_v6_0ff2633bf1.pdf?updated_at=2023-10-04T11:51:16.814Z> |  |

**Content for WhatsApp**

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| **Copy** |
| In the Christian tradition, mental health is a very important aspect in a person’s well-being, as it is essential to living a healthy and balanced life.  We have created the Five Ways to Wellbeing and Christianity to give you some tips on how to maintain your wellbeing, please share this link:  <https://www.good-thinking.uk/christianity/> |
| For those of us who may be facing mental health challenges or coping with stress and anxiety, taking a balanced approach of both spirituality and practicality can help us to face these challenges head on and manage them more effectively.  We have created the Five Ways to Wellbeing and Christianity to provide some tips on how to maintain that balance, please share this link:  <https://www.good-thinking.uk/christianity/>  èPlease share widely |
| If you’re facing any kind of mental health concerns, don’t be afraid to seek professional help. There’s no harm or shame in doing this - there’s always someone who can help just around the corner.  For more information, visit <https://www.good-thinking.uk/christianity/>    èPlease share widely |
| **NHS 5 Ways to Wellbeing – a Christian Perspective**  ✅Developed by Good Thinking working with the Christian community  ✅Lots of excellent resources; short inspiring videos, animations and translated resources too  <https://www.good-thinking.uk/christianity/>    èPlease share widely |

**Videos – Five ways to good mental wellbeing and Christianity**

We’ve uploaded several short videos to YouTube to help promote Five Ways to Wellbeing and Christianity. Produced by members of the Christian community, the videos talk about common concerns that people may face in relation to their mental health and wellbeing, such as anxiety, low mood and stress. The videos also offer techniques that may help to overcome these concerns that are in line with the Christian tradition.

Please share these videos across your social media channels with members of your community. The video links are below:

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| --- | --- |
| **Video link** | **Description** |
| <https://youtu.be/EBP4SM_Ba9M> | Sarah Farrow, King’s College London Chaplain, shares why it’s important to connect with others. |
| <https://youtu.be/biKiCqm0eV8> | Reverend Jim Craig, King’s College London Chaplain, talks about the importance of making time for yourself. |
| <https://youtu.be/gobu_SdNRJU> | Nicola Pickstone shares how nature can improve your mental wellbeing. |
| <https://youtu.be/QrFD2xbUF6U> | Bishop Bartholomew Orji and Reverend Nan Kyei-Baffour share why earning is important for your wellbeing. |
| <https://youtu.be/Z2HJOq1C-lc> | Reverend Philip Wright, Chaplain at West Ham United Football Club, talks about the importance of maintaining good physical health for mental wellbeing. |
| <https://youtu.be/S4wHqqrACCg> | Alfred Banya, Deacon in the Roman Catholic Church, shares how faith can support mental wellbeing. |
| <https://youtu.be/FhJRjFb0h50> | Simon Hughes, Chancellor of South Bank University and former MP, shares the importance of connecting with God and other people. |

**Animations and assets for social media**

### We’ve developed a range of animations that you can use to support us in promoting the Five ways to good mental wellbeing and Christianity. These include:

* Mp4 video files (available in both portrait and landscape layouts);

These are available to download [here](https://drive.google.com/drive/folders/1h7d3BMZM4D4PXjc68r5rPbzA1FWp_2Ag?usp=sharing).

1. **Printable Good Thinking resources**

Good Thinking have a range of printable posters, flyers and guides available to download via the [Campaign Hub](https://www.good-thinking.uk/campaign-hub).

If you would like to request professionally printed postcard flyers and/or A3 posters please contact [info@good-thinking.uk](mailto:info@good-thinking.uk) detailing the number required and postal address.

**Flyer:**

* [Good Thinking flyer](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/Good_Thinking_Leaflet_ed155edd51.pdf)

**Posters:**

* [Good Thinking poster 1 (A4)](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/JC_0423_Good_Thinking_Poster_A4_AW_01_763d8bef5e.pdf)
* [Good Thinking poster 2 (A4)](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/JC_0423_Good_Thinking_Poster_A4_AW_02_39da00f16b.pdf)
* [Good Thinking poster 3 (A4)](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/JC_0423_Good_Thinking_Poster_A4_AW_03_32ed9e7f26.pdf)
* [Good Thinking poster 4 (A4)](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/JC_0423_Good_Thinking_Poster_A4_AW_04_f2699fe195.pdf)
* [Good Thinking poster 1 (A3)](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/JC_0423_Good_Thinking_Poster_A3_AW_01_4ff8015948.pdf)
* [Good Thinking poster 2 (A3)](https://goodthinking-strapi.s3.eu-west-2.amazonaws.com/JC_0423_Good_Thinking_Poster_A3_AW_02_9e00c7773d.pdf)

**Your support in sharing the Good Thinking service is greatly appreciated.**

**Please feel free to share this toolkit amongst your colleagues and networks as far and wide as possible.**