A picture containing logo

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<https://www.mind.org.uk/about-us/what-we-do/>

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

We won't give up until everyone experiencing a mental health problem gets support and respect.

<https://youtu.be/OPxHTZRwXX8>

Logo

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<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Logo, company name

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<https://www.fitnessblender.com/>

We believe fitness should be accessible to everyone, everywhere, regardless of income or access to a gym. With hundreds of professional workouts, healthy recipes and informative articles, as well as one of the most positive communities on the web, you’ll have everything you need to reach your personal fitness goals – for free!

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<https://www.nhs.uk/change4life>

Change4Life aims to ensure parents have the essential support and tools they need to make healthier choices for their families.

We know that modern life can mean we are a lot busier, less active, and more reliant on convenience and fast food than we used to be.

But that's where Change4Life comes in, helping families with fun ideas to help kids stay healthy, whether with easy recipes for busy weeknights, great sugar swaps, Disney-inspired games to get kids moving or help in understanding food labels.

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<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

Logo, company name

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<https://www.mindful.org/meditation/mindfulness-getting-started/>

You have questions about mindfulness and meditation. Mindful has the answers.



<https://www.gov.uk/government/get-involved/take-part/volunteer>

Find out how to volunteer in your local community and give your time to help others.

Learn a new skill

<https://www.derbyshire.gov.uk/site-elements/documents/pdf/education/adult-education/course-listings/summer-2021-qualifications-and-skills-courses.pdf>

A wide range of qualifications and courses in centres and online.

Citizen’s advice

<https://matlock.cylex-uk.co.uk/company/citizens-advice-derbyshire-districts-14665148.html>

**Citizens Advice** service's work involves providing **advice** on issues such as debt management and welfare benefits, housing, immigration and asylum, employment, consumer complaints and landlord-tenant disputes. **Citizens Advice** calculated that in 2016 it helped 2.7 million people with 6.3 million problems.

**NSPCC**

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

A website that offers help to parents with difficult situation, from divorce and separation, parenting and mental health.