Online Mental Health Self-Care Resources

**Get Self-Help**

<https://www.getselfhelp.co.uk/>

A good resource for coping with specific problems (Click on Problem box on home page). Contains free resources and videos.

**Focusing**

<https://focusingresources.com/gbe-signup-page/>

Sign up for a free 5 day e-course on Focusing, a practice to deepen self-awareness and compassion of internal feelings.

**Self-Compassion**

<https://self-compassion.org/>

Dr. Neff’s website contains practices and guided medication for self-compassion