# Mental health & Wellbeing



**A mental health emergency should be taken as seriously as a physical one. Please take a look at the Urgent Support.**

Living Life to the Full - free online courses covering low mood, stress and resilience. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier,

stay calm, tackle upsetting thinking and more. Our courses are free for individuals using them in their own lives.

Sane Ukraine - free online trauma and resilience sessions. About the odd but normal things you are experiencing, what you can do to stay sane in these extremely challenging circumstances and connect in small groups where you can speak with your people in your language.

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