# **Community Well-Being Information Group - Resource Pack 14**

## **Hello and welcome to our 14th Resource Pack**

## This week’s newsletter focuses on students returning to university, information on courses available to promote your wellbeing, and support for carers.

These resources have been pulled together by the Community Wellbeing Information Group, convened by the Mental Health and Learning Disability Division. Our growing Directory of Resources can be found on the [intranet](http://howis.wales.nhs.uk/sitesplus/866/page/78091) and [internet](https://abuhb.nhs.wales/coronavirus/mental-health-and-well-being/) pages.

**Resources for Young People and Children**

With guidance and regulations regularly changing in response to the coronavirus this is a difficult and confusing time for young people returning to University. Below are a range of resources identifying the support available.



# **Managing your Wellbeing**

Here is some information on two online course available to help anyone who is feeling anxious and depressed.

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# **Gwent Test, Trace and Protect Service - Supporting You to Stay Safe**

We understand that staying at home for up to 14 days can

be a challenge but in doing so you are helping to control the

COVID-19 pandemic and Keep Wales Safe.

    

# **Support for Carers**

Jointly is a mobile and online application created by carers for carers. It is designed to make caring a little easier, less stressful and more organised. It combines group messaging with other useful features including to-do and medication lists, calendar and more! Use it with others or on your own.

<https://api.jointlyapp.com/>