

Online Resources for Wellbeing

1. Your Mental Health <http://www.yourmentalhealth.ie/Get-involved/LittleThings-campaign/?gclid=CNaBo8Kpss8CFYu6GwodhhABbw>
2. Action for Happiness <http://www.actionforhappiness.org/>
3. A Lust for Life <http://www.alustforlife.com/>
4. Headspace <https://www.headspace.com/>
5. Jigsaw <http://archive.headstrong.ie/jigsaw/>
6. Soul pancake <http://soulpancake.com/>
7. Spun Out <http://spunout.ie/>
8. Reach Out <http://ie.reachout.com/>
9. Mood Gym <https://moodgym.anu.edu.au/welcome>
10. My Foggy Brain <https://myfoggybrain.com/>
11. Croi <https://www.croi.ie/health-info/dietary-tips-advice>
12. Irish Health <http://www.irishhealth.com/>
13. Rainbows <http://www.rainbowsireland.ie/>