

Health & Wellbeing Resources

[Transitions Guide to Mental Health & Wellbeing Resources](#)

[Together Wellbeing Directory](#)

[Telephone Support](#)

[Young Devon Wellbeing Toolkit](#)

[Food Deliveries/Free Food April 2020](#)

[Covid-19 Voluntary Services in Devon](#)

Self-help worksheets and resources:

<https://www.psychologytools.com/downloads/cbt-worksheets-and-therapy-resources/>

<https://positivepsychology.com/cbt-cognitive-behavioral-therapy-techniques-worksheets/>

<https://www.nhs.uk/apps-library/category/mental-health/>

<https://www.therapistaid.com/therapy-worksheets>

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