

Library Resource List for Wellbeing and Mental Health



This is a selection of the books that **Crawley Library as part of Crawley College and West Sussex Libraries** have, which can be borrowed or reserved **free of charge**.

Crawley Library

Shelved at

- From Wellbeing to Welldoing – Osborne, Andy (2024) 370.1523
- Mindfulness for Students – Cottrell, S (2018) 371.3
- Self-care Bible -Newcombe, R (2023) 613
- It's OK not to be OK – Chamberlain, C (2019) 158.1
- Nature Therapy – Dambron, R (2024) 615.8515
- Mental Health Microgains: 50 small actions that will make a big difference to your wellbeing – Cotterill, Emma (2024) 616.89
- The 4 ways to wellbeing – Elliott, Nicola (2024) 155.9
- Self Care for Students – Young, Frankie (2023) 378.197
- Mental health & Wellbeing – Lobban, D (2022) 362.2 (also available via Issues online)
- Mindfulness: be mindful and live in the moment 2nd ed – Hasson, G (2024) 158.13



Online Resources

Useful search terms: wellbeing, resilience, mental health, student mental health

All our resources are available through the Library Resources pages on CCG Online. Direct access in college or anywhere else using your **college email and password**.



eBooks



- Wellbeing and Resilience for Nursing, Health and Social Care Students – Chowthi-Williams, A (2023)
- Mindfulness for Students – Cottrell, S (2018)



- 18 Wellbeing Hacks for Students – Harvey-Craig, A (2020)
- Live Well, Learn Well- Mann, A (2020)
- The Power of Stretching: Simple Practices to promote Wellbeing - Doto, B (2020)
- Yoga for Mental health – Mason, H (2018)
- Mental health and Wellbeing Handbook for Schools – Erasmus, C (2019)



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Searchable magazine articles for A Levels, suitable for T Levels.
Search for “wellbeing” “resilience” “student mental health”



Provides full-text access to scholarly journals from around the world.



Provides full-text articles on a range of subject suitable for FE Level courses.



Provides full-text articles on a range of subjects suitable for HE Level courses.



Statistics and market research on global marketing, retail, employment and health.

Search .. in search



Statistics and articles on contemporary social issues. Search .. in search box

Topics include: Teen Self-Care, Mental health and Wellbeing, Anxiety, Sleep, Body Image



Recorded TV programmes available to watch at college or via the internet.

Playlist: Social media & mental health

- The Truth about Improving your Mental health
- Losing It
- Richard Dimpleby lecture with Gareth Southgate
- Growing up gay
- Jesy nelson “Odd one Out”
- Inside my Mind



An online library of lectures from universities.

Search for “ “

Useful Websites:

MIND Teen Wellbeing - <https://www.mind.org.uk/for-young-people/looking-after-yourself/looking-after-your-wellbeing/>

Young Minds - <https://www.youngminds.org.uk/young-person/>

NHS Wellbeing <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

NHS Scotland <https://www.nhsinform.scot/healthy-living/mental-wellbeing/>

Mental Health Foundation <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

BBC Wellbeing <https://www.bbc.co.uk/topics/c3gv154y89wt>

[BBC Sounds Wellbeing podcasts](#)