



# Mental wellbeing – further information and advice

## General wellbeing

[Rethink](#)

[Mental Health First Aid England](#)

[Scotland's Mental Health](#)

[Mental Health Foundation](#)

[Samaritans](#)

[Mind](#)

## Employment & mental wellbeing

[Mindful Employer](#)

[Remploy](#)

**FIGHT  
FOR EVERY  
HEARTBEAT**  
[bhf.org.uk](http://bhf.org.uk)

The British Heart Foundation neither endorses nor guarantees the suitability of any organisation.

Individuals should contact their doctor for specific advice on any medical problems.