

Dear Colleagues

I am pleased to share an update from [Good Thinking](#), London's digital mental wellbeing service, delivered in partnership with London's NHS, the Mayor of London, Public Health England, London Councils and Thrive LDN.

Good Thinking is free for Londoners to access and provides support to those who feel anxious, sleep deprived, stressed or sad.

The platform has recently been updated with specific resources to support the mental health and wellbeing of Londoners in response to coronavirus which can be found [here](#). This includes:

- [Guides to manage mental health](#)
- [Advice guides aimed at healthcare workers, parents and carers and children and young people](#)
- [Personal stories \(blogs and podcasts\)](#) – currently **5 blogs** and **12 podcasts** with a variety of people being interviewed
- [Useful links](#)

Further content is in development and will be added so it is worth revisiting the Good Thinking website.

Please consider following Good Thinking on social media:

Twitter - [@GoodThinkingUK](#)

LinkedIn - [@Good Thinking](#)

Instagram – [goodthinkinguk](#)

Further information about Good Thinking can be located in the email below.

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Dear Colleagues,

On behalf of Public Health England London, [Thrive LDN](#) is coordinating the London-wide public mental health response to COVID-19 to support the mental health and resilience of Londoners during and after the pandemic. This is summarised within their [toolkit](#) which is updated weekly. [Good Thinking](#), London's digital mental wellbeing support service, has formed a significant component of this response.

As the impact of COVID-19 has evolved, the Good Thinking team has been making changes to the service to offer a COVID-19 specific response to Londoners feeling anxious, stressed or struggling with other mental health concerns in response to the pandemic. In summary, Good Thinking has:

- Published a Good Thinking [coronavirus section](#) with a range of content for a variety of audiences including advice, support and signposting to trusted material. Additional content is added each week
- Worked with partners to help ease the burden on routine healthcare services by signposting Londoners to Good Thinking. The Mayor of London has been signposting to Good Thinking through social media and weekly recorded videos and the Greater London Authority has included Good Thinking as a

mental health resource on their [coronavirus webpages](#). The Covid-19 London lead for staff and wellbeing is writing to all HR Directors referencing Good Thinking as a key support site

- Updated its mental health [self assessments](#) to accommodate the effects of Covid-19
- Gathered intelligence including from those visiting the service to understand the specific concerns of Londoners to help inform the development of future content
- Explored additional apps to include within its current offer

Over the past three weeks, Good Thinking has received a 42% increase in new users and 34% increase in sessions when compared to usual times. Our coronavirus content is now the most popular content on the web platform.

Further information about Good Thinking is available on a [short video](#).

If you have not done so already, please consider following us on Twitter [@GoodThinkingUK](#) and [LinkedIn](#) and sharing our messages and content.

Please do not hesitate to contact us should you require any further information at Info@good-thinking.uk