A little support for a difficult day

Free, practical mental health resources for adults

Read in your own time. Choose what feels useful. You do not need to register or book an appointment.

Sleep difficulties

Make room for a gentler night.

Worry, anxiety and OCD

Find a manageable next step.

Low mood

Start with one small act of care.

Burnout

Find words for what needs to change.

Connection

Navigate social and relationship worries.

Asking for support

You do not need the perfect words.

Find a starting point

jonathanhaverkampf.com

Choose Find Help, or scan the code.

You are welcome to share links and blank copies. Please keep the website and source notes with them, and keep personal notes private.

General information for adults. Not a substitute for professional assessment, treatment or emergency care.

Immediate danger or unable to stay safe? Call 112 or 999 (Ireland, UK), 911 (US, Canada), 000 (Australia) or your local emergency number.

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