

## **Audio Resources for Common Mental Health Problems**

Low confidence and assertiveness - [http://www.nhs.uk/Video/Pages/low-confidence-and-assertiveness-podcast.aspx?searchtype=Tag&searchterm=Mental+health\\_Moodzone&](http://www.nhs.uk/Video/Pages/low-confidence-and-assertiveness-podcast.aspx?searchtype=Tag&searchterm=Mental+health_Moodzone&searchterm=low-confidence-and-assertiveness)

Panic Attacks/coping with panic - [http://www.nhs.uk/Video/Pages/panic-attacks-podcast.aspx?searchtype=Tag&searchterm=Mental+health\\_Moodzone&](http://www.nhs.uk/Video/Pages/panic-attacks-podcast.aspx?searchtype=Tag&searchterm=Mental+health_Moodzone&searchterm=panic-attacks)

Sleep problems/improve your sleep - [http://www.nhs.uk/Video/Pages/sleep-problems-podcast.aspx?searchtype=Tag&searchterm=Mental+health\\_Moodzone&](http://www.nhs.uk/Video/Pages/sleep-problems-podcast.aspx?searchtype=Tag&searchterm=Mental+health_Moodzone&searchterm=sleep-problems)

Anxiety control training - [http://www.nhs.uk/Video/Pages/anxiety-control-training-podcast.aspx?searchtype=Tag&searchterm=Mental+health\\_Moodzone&](http://www.nhs.uk/Video/Pages/anxiety-control-training-podcast.aspx?searchtype=Tag&searchterm=Mental+health_Moodzone&searchterm=anxiety-control-training)

Fight Anxiety - [http://www.nhs.uk/Video/Pages/anxiety-podcast.aspx?searchtype=Tag&searchterm=Mental+health\\_Moodzone&](http://www.nhs.uk/Video/Pages/anxiety-podcast.aspx?searchtype=Tag&searchterm=Mental+health_Moodzone&searchterm=anxiety)

Tacking unhelpful thoughts/thinking - [http://www.nhs.uk/Video/Pages/unhelpful-thinking-podcast.aspx?searchtype=Tag&searchterm=Mental+health\\_Moodzone&](http://www.nhs.uk/Video/Pages/unhelpful-thinking-podcast.aspx?searchtype=Tag&searchterm=Mental+health_Moodzone&searchterm=unhelpful-thinking)

Low mood and depression - [http://www.nhs.uk/Video/Pages/low-mood-and-depression-podcast.aspx?searchtype=Tag&searchterm=Mental+health\\_Moodzone&](http://www.nhs.uk/Video/Pages/low-mood-and-depression-podcast.aspx?searchtype=Tag&searchterm=Mental+health_Moodzone&searchterm=low-mood-and-depression)