

Health and Wellbeing Information

Please see below for some national and local health and wellbeing information. You can also find helpful information on the following Brighton and Hove City Council pages:

<https://new.brighton-hove.gov.uk/supporting-your-wellbeing>

<https://new.brighton-hove.gov.uk/health-and-wellbeing/support-improve-your-health/sign-support-healthy-lifestyles-team>

Smoking

NHS – quit smoking page

<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

Healthy Lifestyles Team Stop Smoking Support

<https://www.brighton-hove.gov.uk/content/a-z/a-z-pages/stop-smoking-services>

Physical Activity

NHS – Live well exercise

<https://www.nhs.uk/live-well/exercise/10-minute-home-cardio-workout/>

Brighton and Hove City Council – health and wellbeing

<https://new.brighton-hove.gov.uk/health-and-wellbeing/support-be-active/how-stay-active-home>

Mental Health

Mind charity – coronavirus and your wellbeing

<https://www.mindcharity.co.uk/news/coronavirus-and-your-wellbeing/>

Alcohol

Alcohol Change – coronavirus information

<https://alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub>

Change Grow Live - recovery service

<https://www.changegrowlive.org/brighton-hove-recovery-service/info>

Food

WHO – food and nutrition during self-quarantine

<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/food-and-nutrition-tips-during-self-quarantine>

Cancer

Cancer research UK – coronavirus and cancer

<https://scienceblog.cancerresearchuk.org/2020/03/19/coronavirus-and-cancer-latest-updates/?>

Albion in the Community – Speak Up Against Cancer

<https://www.albioninthecommunity.org.uk/health-3/speak-up-against-cancer/>