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1h

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Happiness, wellbeing and mental health



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Having good mental health can help you feel better, sleep better and support you in doing the things you want to do. It can also help you have more positive relationships with those around you.

Five Ways to Wellbeing

The [Five Ways to Wellbeing](#) can make you feel happier, more positive and able to get the most from life.



Hertfordshire Adult Mental Health Strategy

The Health and Wellbeing board has released the [Hertfordshire Adult Mental Health Strategy](#). The objectives for the next five years are:

- Listening and responding to service users and carers
- Early and fair access to diagnosis, treatment and support
- Valuing Mental and physical health equally
- Preventing and responding to Crisis
- From Recovery to Independence

A [summary](#) of the strategy can be found on the Hertfordshire County Council [website](#) along with an [easy read](#) version too.

- [Number 10 Health and Wellbeing Centre](#)
- [Hertfordshire Wellbeing College](#)
- [Kooth online support for 11 to 25-](#)

year-olds

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