

Post-Webinar Resource Sheet

for: Built Environments and our Mental Health

Thank you again for joining Thrive Talking Webinar!

Please read through this post-webinar handout to learn more about the resources available!

Why is this topic important?

- Suicide awareness saves lives by reducing stigma.
- Built environments affect mental health and connection.
- Good design can reduce isolation and promote wellbeing.

Resources:

Podcasts/Talks:

“Suicide Prevention Awareness” – Hosted by the American Foundation for Suicide Prevention

“The Happiness Lab” – Dr Laurie Santos explores the science of wellbeing and how to boost mental health.

Organisations:

<https://www.samaritans.org/>

<https://www.mind.org.uk/>

<https://www.papyrus-uk.org/>



Books:

- “The Upward Spiral” Alex Korb
- “Happy City: Transforming Our Lives Through Urban Design” Charles Montgomery
- “Design for Mental Health” Jenny Roe & Layla McCay

Support & Helplines:

- Samaritans (UK): [samaritans.org](https://www.samaritans.org/) | ☎ 116 123 – Free, 24/7 emotional support.
- SHOUT Mental Health Text Line: giveusashout.org | 📱 Text “SHOUT” to 85258

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