# **Healthy Relationships - Resources**

**Video ‘It’s Not About The Nail’:**

[**https://www.youtube.com/watch?v=-4EDhdAHrOg**](https://www.youtube.com/watch?v=-4EDhdAHrOg)

**Video “ The Break up”:**

<https://www.youtube.com/watch?v=1wc_mZ86ypg>

**Signposting Links:**

[**Nurturing our relationships during the coronavirus pandemic**](https://www.mentalhealth.org.uk/coronavirus/nurturing-our-relationships-during-coronavirus-pandemic)

[**Domestic Abuse Information/Helpline**](https://mentalhealth.org.uk/coronavirus/abusive-relationships)

[**Domestic Abuse Support Poster**](https://slam-iapt.nhs.uk/wp-content/themes/slam/uploads/2020/04/MPS_Domestic-Violence-Poster-A4_BCU-Version-FINAL-2.docx)

[**Southwark Council**](https://www.southwark.gov.uk/health-and-wellbeing/public-health/for-the-public/coronavirus)