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Supporting Good Mental Health, published at the start of the lockdown, will inform themes for the Radio 4 Daily Service from Monday June 15 to Friday June 26.

The guide provides Bible quotations and reflections on a number of areas including living in isolation, loneliness and worry. It gives simple Christian meditation techniques and tips that could help people feeling isolated or anxious, as well as those who may be grieving.

The first reflection, released today will have the theme How Are You? and will be led by the Bishop of Llandaff, June Osborne, with Tuesday's reflection on the theme of loneliness, to be led by Canon Rachel Mann.

Content shared by the Church of England as part of last month's Mental Health Awareness Week was seen more than 2.1 million times. This includes the reflections and a [special weekly online service broadcast](#), with a contribution from HRH The Duke of Cambridge. This online service reached and engaged a young audience, with more than 25 per cent watching on YouTube under the age of 34.

Revd Professor Christopher Cook, Director of the Centre for Spirituality, Theology and Health at Durham University, who authored *Supporting Good Mental Health*, said: "These reflections, each linked to a biblical passage, and accompanied by simple, practical steps to facilitate reflection and prayer, were written to support good mental health.

"I am delighted that they have been appreciated so widely amidst the challenges presented by COVID-19. I hope that they will help people to draw on spiritual resources to address present challenges of isolation, loss, anxiety and uncertainty."

More information

- To listen to the BBC Daily Service [visit the Radio 4 website](#). Daily Service is broadcast on weekdays at 9.45 and also available on playback through the BBC Sounds app.
- Read the [Church's mental health reflections](#) and details of other support that is available.