

Library and Knowledge Services

Self-help Resources for Wellbeing

A selection of Online Resources for Patients

Disclaimer: any information provided is not an endorsement of how your condition or illness should be managed. You should always consult a suitably qualified doctor or healthcare professional for diagnosis and treatment of medical/mental health conditions

If you would like us to email this leaflet directly to you to make it easy to access the resources, or if you have any questions, please email Wendy Townsend at wendy.townsend@covwarkpt.nhs.uk

I had a black dog, his name was depression

At its worst, depression can be a frightening, debilitating condition. Millions of people around the world live with depression. Many of these individuals and their families are afraid to talk about their struggles, and don't know where to turn for help. In collaboration with WHO to mark World Mental Health Day, writer and illustrator Matthew Johnstone tells the story of overcoming the "black dog of depression".

<https://www.youtube.com/watch?v=XiC rniLQGYc>



Living with a black dog



Millions of people around the world live with depression. "Living with a black dog" is a guide for partners, carers and sufferers of depression. It advises those living with and caring for people with depression on what to do, what not to do, and where to go for help. "Living with a black dog" is a follow-up to "I had a black dog, his name was depression," which offers practical advice for coming to terms with and overcoming depression.

<https://www.youtube.com/watch?v=2V RRx7Mtep8>

NHS Self-Help Audio Guides



NHS Self Help Guides – Audio and Leaflets

The self help guides have been saved as Portable Document Format files (PDF's) and you will require a copy of the free Adobe Acrobat reader in order to view them. If you do not already have this program installed you can download it from the Adobe Website here: Adobe.com.

The Self Help Apps are available from the Apple App Store and Google Play. This gives you easy access to the full range of 23 self-help guides.

<https://web.ntw.nhs.uk/selfhelp/>



NHS - Relaxation Techniques

Audio files of relaxation techniques that can help relieve stress and gain a sense of well-being.

<https://www.cntw.nhs.uk/resource-library/relaxation-techniques/>



Don't Panic (Audio Self-Help Guides)

A series of six essential audio self help guides focusing on:

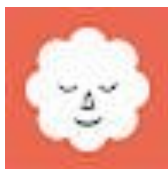
- Dealing with Panic Attacks
- Dealing with Stress
- Dealing with Anger
- Dealing with Social Anxiety
- Dealing with Negative Thinking
- Dealing with Worry

Go to www.tryaudioselfhelp.com
(if using Internet Explorer version 9 and above)

NHS Mental Wellbeing Audio Guides

On this page you can listen to a series of mental wellbeing audio guides to help you boost your mood. You can listen to them privately, in your own time, to help you through feelings such as anxiety or a low mood.

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>



Stop, Breathe & Think: Mindful Breathing Meditation

Feel more settled and calm by spending a few minutes focused on your breathing.

<https://www.youtube.com/watch?v=Cp7pnHCY94U>



Calm Sleep Stories: Stephen Fry's 'Blue Gold'

'Calm' has created a natural sleep aid, in the form of bedtime stories for grown-ups called Sleep Stories. These sleep-inducing tales mix soothing words, music, and sound-effects to help you wind down and drift off to dreamland.

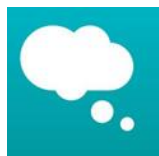
https://www.youtube.com/watch?v=5mGifCwig8I&list=RDCMUChSpME3QaSFAWK8Hpmg-Dyw&start_radio=1

Apps for Mental Wellbeing

All these apps are free to download and use
(Some may have in-app purchases)

NHS Organisations are not responsible or liable for any advice, services or products that you obtain through the use of the apps and digital tools listed on the NHS Apps Library.

Full Disclaimer via link <https://www.nhs.uk/apps-library/disclaimer/>

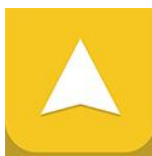


CATCH IT

Learn how to manage feelings like anxiety and depression with Catch It.

The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing. This app is currently under reassessment for Data Protection following changes introduced by GDPR.

<https://www.nhs.uk/apps-library/catch-it/>



Stress and Anxiety Companion

Helps you handle stress and anxiety on the go.

Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.

<https://www.nhs.uk/apps-library/stress-anxiety-companion/>



CALM HARM

Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's

private and password protected.

<https://www.nhs.uk/apps-library/calm-harm/>



My Possible Self

The mental health app clinically proven to reduce stress, anxiety and low mood.

<https://www.mypossibleself.com/>



COVE (APPLE ONLY)

Create music to capture your mood and express how you feel with the Cove app. Instead of words,

create music to reflect emotions like joy, sadness, calm and anger. This app is currently under reassessment for Data Protection following changes introduced by GDPR.

<https://www.nhs.uk/apps-library/cove/>



CHILL PANDA

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app

measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

This app has been updated and is currently under reassessment.

<https://www.nhs.uk/apps-library/chill-panda/>



EQUOO: Emotional Fitness Game

Use adventure games designed by psychologists to increase your

emotional fitness and learn new psychological skills. You'll also find tips on how to communicate more effectively and maintain your mental wellbeing. <https://www.nhs.uk/apps-library/equoo-emotional-fitness-game/>



Feeling Good: Positive Mindset

Relax your body and mind with a series of audio tracks designed to help you

build confidence, energy and a positive mindset.

<https://www.nhs.uk/apps-library/feeling-good-positive-mindset/>