

## Self-Help Resources for Wellbeing

A selection of online resources  
for staff, which can also be  
shared with 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

### My Possible Self

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



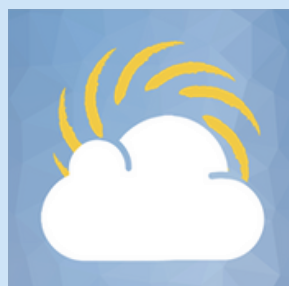
### WellMind

WellMind is a free app  
which helps users deal  
with stress, anxiety  
and depression. It  
includes information,  
tips and tools to  
improve mental health  
and boost wellbeing



### BrightSky

Bright Sky is a free  
to download,  
confidential  
mobile app  
providing support  
and information  
for anyone who  
may be in an abusive relationship or  
those concerned about someone  
they know



### Shiny Mind

ShinyMind is an  
evidence-based,  
proven mental  
health and well-  
being app, co-  
created with the  
NHS

ShinyMind gives people the power  
to shine, improve their wellbeing,  
build confidence and transform  
their lives





Qwell is a free mental wellbeing self-management tool. It features mood tracking, journaling, goal setting, signposting, and informational resources. Qwell was made with the help of healthcare professionals and evidence-based research

## Sorted: Mental Health



Sorted: Mental Health is a free app that can help support your mental health using music and guides you listen to

Sorted: Mental Health was made with the help of evidence based research

## MoodTools

MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery



MoodTools was designed in collaboration with multiple mental health professionals

## What's Up?



What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with depression, anxiety, anger, stress and more!



## Lungy

Lungy uses your smartphone to recognise and respond to your breathing, creating a real-time audiovisual experience that evolves with you

Developed by doctors- download free

## Combined Minds



Combined Minds is suitable for adults and children over 4 years old. Combined Minds provides activities for young people and their family to do together. You can track your progress in overcoming anxiety, depression, self-harm, eating disorders and overuse of digital devices

You can create a support network of family and friends on the app. Combined Minds was made with the help of a consultant clinical psychologist

# Library and Knowledge Services

## distrACT App



Find out about self harm and suicidal thoughts, discover self-help techniques and alternatives, know what to do in a crisis or emergency (no sign-up required)  
distrACT is a trusted free resource for any health and care provider in the UK – from NHS organisations to universities, local authorities, health charities, and the private mental health sector

## 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/>

## NHS Mental Wellbeing Audio Guides

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 low mood



[Mental wellbeing audio guides - NHS](#)



## Calm Harm

Worried about self-harm? Calm Harm is a free app that helps you manage or resist the urge to self-harm

Get started by setting your password so that it's completely private

## Self-Help Anxiety Management (SAM)

SAM is a non-profit, community-backed wellbeing app to help you monitor and manage your mental health, with self-help techniques to help with anxiety, depression, loneliness and coping



SAM is informed by clinical best practice and academic research



A selection of specified videos that are supported by The Recovery and Wellbeing Academy



[Resources | Recovery and Wellbeing Academy](#)

## Wellbeing Apps for Purchase

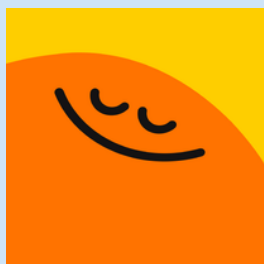
### Calm



Calm is an app designed to help you manage stress, sleep better, and live a happier, healthier life

Helps you build life-changing habits to support your mental health

### Headspace



Headspace is a science-backed app in mindfulness and meditation, providing unique tools and

resources to help reduce stress, build resilience, and aid better sleep

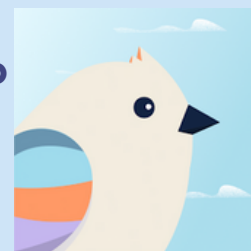
Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you

### Unmind



Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing

### Holly Health



Holly Health is a coaching app to help you manage your mental health and general wellbeing

You can create checklists, take part in challenges, learn about mindfulness and meditation, and read articles. Track your mood, habits and sleep in a health diary too

Disclaimer: 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