Well-Being Resources

**Introduction**

This document has been compiled as a source of support during Covid19. This list will not be exhaustive and there has been no deliberate inclusion or exclusion of resources. The Government has produced guidance on mental health and wellbeing during the Covid19 pandemic and this can be found here:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

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# Free resources for all

HALT

<https://www.guysandstthomaseducation.com/wp-content/uploads/2017/06/handout-take-a-break-flyer-final.pdf>

* Hungry, Angry, Late or Tired – ensure you’re taking adequate breaks

Sleepio

<https://www.sleepio.com/work/nhs/?utm_source=NHSAppsLibrary#/welcome?_k=krzw1i>

* Sleepio is a clinically evidenced sleep improvement programme which uses cognitive behavioural techniques to improve sleep.
* Sleepio is available for free via the NHS apps library

Daylight

<https://trydaylight.com/access>

* Daylight is an app for anxiety and worry

Second Victim Support website

<http://secondvictim.co.uk/>

* A collection of short case stories and resources for healthcare professionals involved in a significant incident

Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

* Mental wellbeing advice to support those staying at home

Mind Anxiety Self Care

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety/>

* Mind is a mental health charity which provides advice for those experiencing feelings of anxiety and panic

IAPT (Improving access to psychological therapies)

<http://iaptsheffield.shsc.nhs.uk/>

* Sheffield IAPT provides self help resources via their webpage
* They also provide access to psychological support online and through self referral

Medisafe

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

* A medication reminder app which can support people to look after their physical health
* Particularly important if working shifts or struggling to keep track while at home

Self Help Online Resource bank

[www.ntw.nhs.uk/selfhelp](http://www.ntw.nhs.uk/selfhelp)

Northumberland, Tyne and Wear NHS Foundation Trust offer free self-help resources for the following:

* Controlling anger
* Depression and low mood
* Sleeping problems
* Stress
* Depression and low mood: a guide for partners
* Domestic violence
* Eating disorders
* Food for thought
* Health anxiety
* Panic
* Self-Harm
* Obsessions and compulsions
* Hearing voices and disturbing beliefs
* Post-traumatic stress disorder
* Postnatal depression

Virtual Hopebox

<https://psyberguide.org/apps/virtual-hope-box/>

* Multi-media coping skill app designed for individuals with depression (particularly military service members), free to access
* Includes distraction techniques, inspirational quotes, relaxation clips and anxiety management

SAM app

<https://sam-app.org.uk/>

* Anxiety management app, free to access

Super better

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

* A game-based application developed to build resilience by boosting physical and emotional wellbeing
* It allows you to input and track personal goals

10% Happier

<https://www.tenpercent.com/mindfulness-meditation-the-basics/>

* Mindfulness meditation app and online podcast series
* Some free sessions available
* They have produced a Covid guide to support wellbeing

Cruise bereavement Services

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

0808 808 1677

* Cruise are a national Charity providing bereavement support
* They have a helpline and online information
* They have an information section around Covid 19

Mind Games and Puzzles

<https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/>

* Mind is a mental health charity which has produced games to act as a distraction from worries

Alcoholics Anonymous

<https://www.alcoholics-anonymous.org.uk/>

* Free helpline support available for those struggling with alcohol intake

# Free resources for those with an NHS email address

Headspace

<https://help.headspace.com/hc/en-us/articles/360044971154-Headspace-for-the-NHS>

* Daily mindfulness app
* 10-minute guided meditations
* Free until December 2020 for those with an NHS email address

Unmind

<https://nhs.unmind.com/signup>

* Unmind is a workplace mental health platform.
* Free access for NHS workers during Covid 19

10% Happier

<https://www.tenpercent.com/care>

* Mindfulness meditation app and online podcast series
* Free access for healthcare workers via the above link

This document has been compiled as a resource for signposting support services.

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