

Websites and Applications:

If you are comfortable with technology and have a phone or computer. This list contains useful links and applications that can support recovery.

This list is intended to provide supportive relevant information only. It does not provide medical advice and it is not a substitute for a medical consultation. For less urgent health needs, contact your GP or local pharmacist in the usual way. If you have an urgent medical need you should call 111. If a life is at risk, call 999.

APPS:



Diary Mood Tracker – Daylio

(Free to install. Contains adverts and in-app purchases)

Daylio enables you to keep a private diary without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive.

WellMind

(Free to use)



Wellmind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.

SAM: Self-help for Anxiety Management

(Free to use)



[SAM](#) is an app to help you understand and manage anxiety. The app has been developed in collaboration with a research team from [UWE, Bristol](#).

SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.

The "Social cloud" feature will enable you to share your experiences with the SAM community while protecting your identity.



Stay Alive (Free to use)

This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

Cove



Being Tested in the NHS

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. You can store your music in a personal journal, or send them to someone and let the music do the talking



Calm Harm

(Free to use)

Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.

What does it do?

The four categories of tasks target the main reasons for why people self-harm. Distract helps to combat the urge by learning self-control; Comfort helps to care rather than harm; Express gets those feelings out in a different way and Release provides safe alternatives to self-injury.

Wrap – Wellness Recovery Plan

(Cost - £3.03)



WRAP® is universal - it is for anyone, any time, and for any of life's challenges.

WRAP® involves listing your personal resources (Wellness Tools), and then using these resources to develop Action Plans to use in specific situations which are determined by you.

The Wellness Recovery Action Plan® (WRAP) is an evidence-based system that is used world-wide by people who are dealing with mental health and other kinds of health challenges, and by people who want to attain the highest possible level of wellness. It was developed by a group of people who have a lived experience of mental health difficulties; people who were searching for ways to resolve issues that had been troubling them for a long time.

WRAP includes:

- Developing a Wellness Toolbox
- Daily Maintenance Plan
- Triggers and an Action Plan
- Early Warning Signs and An Action Plan
- When Things Are Breaking Down and an Action Plan
- Crisis Plan
- Post Crisis Plan

WEBSITES:



<https://www.rethink.org/>

Rethink - Our goal is a better life for everyone affected by mental illness

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

Mind - The Mental Health Charity



MOODJUICE <http://www.moodjuice.scot.nhs.uk/>

Mood Juice - This site is designed to help you think about emotional problems and work towards solving them.

<http://www.rcpsych.ac.uk/expertadvice.aspx>

Royal College of Psychiatrists - Mental Health Information for all



time to change

let's end mental health discrimination

<https://www.time-to-change.org.uk/>

Time to Change