








# Apps & Websites to support Mental Health & Wellbeing

NHS Ayrshire & Arran's Public Mental Health & Wellbeing Network has prepared guidance on some examples of Apps and websites to support mental health and wellbeing; we do not endorse or recommend particular resources, and encourage you to carefully explore resources before you use them. All the Apps are free to download but some do have in app purchases so we urge you to be cautious when exploring some of the features. (June 2020)

| Younger Children  |   |  |
|---|---|--|
| Apps  | <b>HospiChill</b><br> Designed originally to help children relax and stay calm in preparation for hospital visits. The app has lots of visualisation and relaxation tools to help children whenever they are feeling worried or stressed.  |  |
|   | <b>Stop, Breathe &amp; Think Kids</b><br> A mindful games App for children, to help them discover and develop their superpowers of sleep, being calm, learning to breathe or to resolve conflicts. Parents can support children to check into how they are feeling using fun emojis and try recommended mindful missions and meditations tuned to their emotions.                |  |
|   | <b>Smiling Mind</b><br> This is a free Mindfulness App with a wide range of meditations and relaxation tracks for all ages from young children to adults. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about looking after the mind. The App also has programmes for sport, the classroom and the workplace.                           |  |
|   | Teenagers & Adolescents   |  |
|   | <b>Exam Stress</b><br> This App is for people who suffer from exam anxiety or from feeling stressed during their studies. The app is developed by the Student Counselling Service, who on a daily basis helps students all over the country with psychological and social problems. It derives from many years of experience in helping students to manage their exam anxiety. |  |
|   | <b>Safespot</b><br> Safespot is a Scottish mental health App and website for young people. SafeSpot gives you your own personalized coping plan, useful strategies and tools to help manage mental health and deal with any challenges that life may throw at you  |  |
| <b>Smiling Mind</b><br> This is a free Mindfulness App with a wide range of meditations and relaxation tracks for all ages from young children to adults. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about looking after the mind. The App also has programmes for sport, the classroom and the workplace. |   |  |
| <b>Calm Harm</b><br> This App provides advice and information that helps to resist or manage the urge to self harm. There are a range of activities to choose from plus other features that help you learn to identify and manage emotions with positive impact. The App can be personalised and made private.                                       |   |  |

## Adults, Teenagers & Adolescents

### NHS Ayrshire & Arran Mental Health App



**Free NHS app** with lots of simple information and self help tools to help us **ALL** to look after our mental health and wellbeing. Also contains useful signposting to resources and additional support. Search the App store for the 'NHS Ayrshire & Arran container app' then select mental health.

### WellMind



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

### Moodfit



This App allows you to create and track a set of daily goals to help improve mental wellbeing. It also helps you to understand the link between mood and other factors like sleep and exercise, with customised daily goals. Additional features include gratitude, breathing exercises and mindfulness which can all reduce the effects of stress, anxiety and depression.

### Smiling Mind



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### Happy Feed- Apple store only



This is a Gratitude Journal. At the end of each day, you record three things that you are grateful for, with the option of uploading photos too. This trains your brain to focus on positive moments. You can look back over your positive moments and photos. Over time, it helps you to appreciate more and feel more positive.

### Gratitude Journal- Google Play only



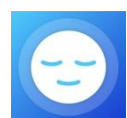
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### Relax with Andrew Johnson Lite



The App has a simple relaxation exercise that can help you to unwind and de stress.

### MindShift CBT



An App that can help you cope with anxiety. Mind Shift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. It has a range of strategies to deal with everyday anxiety, as well as specific tools to help you face challenging situations.

Apps

### NHS Inform

NHS inform is Scotland's national health information service helping the people in Scotland to make informed decisions about their own health and the health of the people they care for. There is information on a range of mental health and wellbeing topics.

Available at <https://www.nhsinform.scot>

Websites

### **NHS Ayrshire & Arran: Better Health- Mental Health and Wellbeing**

This website provides a range of information on how to look after our mental health and wellbeing. There are also links to self help tools and resources to help cope with common problems including low mood, anxiety and stress.

Available at <https://www.nhsaaa.net/better-health/> -click 'mental health and wellbeing' icon on web page

### **NHS UK**

Practical information, interactive tools and videos from the NHS to help you look after your mental health and avoid common problems like depression, anxiety and stress.

Available at <https://www.nhs.uk/Conditions/stress-anxiety-depression>

### **The Mental Health Foundation**

The Mental Health Foundation is a UK charity promoting good mental health for all. This website has a range of information, resources and self help tools.

Available at <https://www.mentalhealth.org.uk/Scotland>

### **Hands On**

This NHS Fife CAMHS toolkit is a resource for parents, carers and people working children and young people. It gives help and practical advice for supporting children and young people's mental health & wellbeing.

Available at: <http://www.handsonscotland.co.uk>

### **Aye Mind**

Aims to improve the mental health and wellbeing of young people by making better use of the internet, social media and mobile technologies. They are working with young people aged 13 to 21 to create and share a wide range of resources. They are also making a digital toolkit for all who work with young people too, to boost their ability to promote youth wellbeing.

Available at: <http://ayemind.com/>

### **Age Scotland**

Age Scotland is the leading charity representing older people in Scotland. They have produced a suite of guides covering different aspects of mental health and keeping well in later life.

Available at:

<https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/mental-health-and-wellbeing/>

### **Choose Life**

Prevention of suicide, and provision of information and support for individuals who are feeling suicidal or worried about someone else.

Available at: <http://www.chooselife.net/>

The topics covered by the above websites include:

- Domestic/ Physical Abuse
- Anxiety & Depression
- Bereavement
- Bullying & Cyber Bullying
- Body Image & Eating disorders
- Carers
- Drugs and Alcohol
- Childhood Sexual Abuse and Rape
- LGBT
- Self Harm

## **Helplines**

### **NHS 24**

Contact free on: **111**

Visit Website: <https://www.nhs24.scot/>

### **Breathing Space**

Contact free on: **0800 83 85 87**

Visit Website: <https://breathingspace.scot/>

### **Samaritans**

Contact free on: **116 123**

Visit Website: <http://www.samaritans.org/>

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|--|----------------------|--|--|
|  | <b>CRUSE</b>         |  |  |
|  | Bereavement Scotland | Contact free on: <b>0845 600 2227</b>  | Visit Website: <a href="http://www.crusescotland.org.uk">http://www.crusescotland.org.uk</a> |
|  | <b>Parentline</b>    | Contact free on: <b>08000 28 22 33</b> | Visit Website: <a href="http://www.children1st.org.uk">http://www.children1st.org.uk</a>     |
|  | <b>Childline</b>     | Contact free on: <b>0800 1111</b>      | Visit Website: <a href="https://childline.org.uk/">https://childline.org.uk/</a>             |
|  | <b>Young Minds</b>   |  |  |
|  | 24/7 Crisis Support  | TEXT: <b>YP to 85258</b>               | Visit Website: <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>           |

*If you have followed the advice and tried the self help tools on the above Apps and Websites and feel that you need additional support we would encourage you to talk to a trusted individual for example a friend, family member or GP.*