

COVID-19 mental health and wellbeing resources

Please find below a directory of free online resources and apps:

Apps:

NHS apps library <https://www.nhs.uk/apps-library/> and select the 'Mental health' filter.

This is a list of mental health apps that are recommended by the NHS. Some offer techniques and advice like 'Calm Halm' (which helps with thoughts of self-harm) and 'Catch it' (which helps with managing depression and anxiety). Some are for online support and communities such as 'Big White Wall'. There are also apps which encourage creative ways to look after your mental health, such as 'Cove: music for your mental health'. Most of the apps in the library are free.

My possible self <https://www.good-thinking.uk/resources/my-possible-self/> or search for 'MyPossibleSelf' in the app store.

This is a mental health app which offers modules and activities to help with stress, anxiety and low mood.

MyCognitionPro <https://www.good-thinking.uk/resources/mycognition/> or search for 'MyCognition PRO' in the app store.

This is an NHS accredited cognitive fitness programme that when used 15 minutes per day optimises cognitive health e.g memorising, focusing and making accurate decisions.

Online courses/resources:

Recovery College <https://lms.recoverycollegeonline.co.uk/course/index.php>

The online recovery college offers mental health and wellbeing courses **There is currently a course available called 'Coping during the pandemic'** It includes modules on how to manage your mental health at this time, manage isolation and social distancing, self-care, and how to support children and young people.

FutureLearn <https://www.futurelearn.com/search?q=wellbeing>

This is an online education resource with a range of wellbeing courses. Many of the courses are free.

Good Thinking www.good-thinking.uk

This is an NHS approved online wellbeing service. It offers tools and resources to help with sleep problems, stress, anxiety and depression.

Mindfulness and relaxation:

Headspace <https://www.headspace.com/code> or search 'Headspace' on the app store

This is a well-established meditation and mindfulness app with hundreds of meditations, sleep sounds and more. In partnership with TFL all customers can get two months of free access until 30/8/20 – use code THETUBE.

The free mindfulness project <http://www.freemindfulness.org/covid19>

A mindfulness website which has created a library of links in response to Covid-19.

Palouse mindfulness <https://palousemindfulness.com/>

This is an online mindfulness-based stress reduction course.

Self compassion.org <https://self-compassion.org/category/exercises/>

This site offers compassion-based guided meditations and exercises.

MS Trust <https://www.mstrust.org.uk/a-z/relaxation>

This is a multiple sclerosis charity website, however the link above provides tips for relaxation, some audio guides and relaxation videos for anyone to use.

Sleep:

Sleepio <https://www.sleepio.com/>

This is a free online sleep improvement programme which delivers tailored and engaging advice 24 hours a day.

Self-care:

<https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/> This link offers 45 suggestions and exercises to practice self-care.

https://www.theguardian.com/world/2020/mar/17/pause-reflect-and-stay-home-how-to-look-after-yourself-and-others-in-self-isolation?CMP=Share_iOSApp_Other An article from the Guardian 'Pause, reflect and stay home': how to look after yourself and others in self-isolation.

<https://happiful.com/tag/wellbeing/> An online magazine with a dedicated wellbeing section. This link has articles specifically relating to COVID-19.

Yoga:

Yoga with Adriene <https://www.youtube.com/user/yogawithadriene>

Hundreds of free online yoga videos, including yoga for back pain, chronic pain, stress and tension relief.