

General Self Help about managing your own mental health and sleep

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing>

<http://mentalhealthsupport.co.uk/ns/>

On line self-help programs you can access to help support your mental health and sleep

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

Useful Apps

Mind Shift Mind Shift is a mental health app designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. It can encourage you to take charge of your life, ride out intense emotions, and face challenging situations.



Self Help for Anxiety Management SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time, and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.



Happify, Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.



The **Headspace** app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and

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anxiety to sleep and focus. The app also has a handy “get some headspace” reminder to encourage you to keep practicing each day.



Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you’ve never tried meditation before or regularly practice, you’ll find the perfect program for you.



Smiling mind is a way to practice daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. This is really helpful during times of stress and is a fun and unique way to help you put a smile on your mind 😊



There are many other apps you could try which could be helpful; you may find your own that you like better. You can find a list of mental health apps recommended by the NHS here: <https://www.nhs.uk/apps-library/category/mental-health/>

There are also many organisations that can provide support which you might find helpful.

If you are in isolation yourself and affected by coronavirus

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

<https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/>

Make sure you use the supports available and recognise when you need to take a rest or get extra support. If you are struggling speak to your line manager in the first instance.

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