

Wellbeing and Resilience Building Resources

Five Ways to Wellbeing: five steps, developed and researched by the New Economics Foundation, to promote positive wellbeing.

Website: <http://www.neweconomics.org/projects/entry/five-ways-to-well-being>

Mind Guide: <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

Action For Happiness helps people take practical action to improve wellbeing and create a happier and more caring society.

Website: www.actionforhappiness.org

CALM: Campaign Against Living Miserably – a helpline and website for men aiming to combat depression and reduce male suicide.

Website: www.thecalmzone.net

Big White Wall: A safe online community of people who are anxious, down or not coping who support and help each other by sharing what's troubling them, guided by trained professionals.

Website: www.bigwhitewall.com

Apps for Wellbeing and Resilience

Student Health App and distrACT: Self-help apps from expert self-care focusing on student mental health and self-harm, respectively.

distrACT: <https://www.expertselfcare.com/health-apps/distract/>

Student: <https://www.expertselfcare.com/health-apps/student-health-app/>

Insight Timer: free library of guided meditations, promoting wellbeing and mindfulness.

Website: <https://insighttimer.com/>

Stop Panic and Anxiety: free self-help app for sufferers of panic disorder. Offers information on CBT and guided coaching to ease panic attacks.

Website: <https://www.excelatlife.com/apps.htm#panicapp>

Headspace: library of guided meditations for mindfulness and sleep. Available through a free trial, with limited free resources thereafter. **Website:** www.headspace.com

Bliss gratitude journal creates a recurring schedule of exercises from positive psychology to complete, to improve wellbeing. **Website:** www.bliss31.com

SAM app: self-help and anxiety management app developed by UWE. Offers anxiety management tips and practical exercises, as well as a feature for self-monitoring.
Website: sam-app.org.uk

Mood Tools: self-help app for depression and low mood. Features include thought diary, symptom severity tracking, and guidance to create a safety plan.
Website: moodtools.org

TalkLife: an online peer support network, accessible by free app. **Website:** talklife.co

Self- help resources

Get Self Help: website providing free CBT self-help and therapy resources, including worksheets and self-help mp3s. **Website:** www.getselfhelp.co.uk

Psychology Tools: online resource for therapists. Worksheets can be accessed for a fee, but a comprehensive self-help section is available for free.
Website: www.psychologytools.com

NHS Self-Help Leaflets basic award winning CBT self-help workbooks, available free from the NHS in leaflet, audio, video, and video + BSL forms.
Website: www.ntw.nhs.uk/pic/selfhelp

Centre for Clinical Interventions free in depth CBT self-help workbooks on a number of topics, ranging from body dysmorphia to procrastination.
Website: <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

NHS Every Mind Matters: NHS website with information, advice, and practical tips around mental health. Includes a short quiz to create a simple plan of self-care suggestions, ideas for more in-depth support, and guidance for helping others.
Website: <https://www.nhs.uk/oneyou/every-mind-matters>