










SELF HELP APPS TO TRY

APP	DESCRIPTION
 Calm Harm	To help manage and understand self-harm
 Headspace	To help calm and still your mind
 Mindshift Coping with Anxiety	To help manage and understand anxiety
 Panic Attack Aid	To help manage and understand panic attacks
 SAM – Self Help for Anxiety Management	To help manage and understand anxiety
 Freedom	To allow you to block social media apps and websites to reclaim focus
 Stop, Breathe and Think	Guided meditations to help you relax, reduce anxiety and give you space
 Relax with Andrew Johnson	Guided meditations to help you relax and sleep
 Student Health	Support for students mental health and wellbeing during their studies

Websites + Online Resources

TinyBuddha (tinybuddha.com)	Daily, bite-sized doses of inspiration & motivation; self-improvement education
10PercentHappier (tenpercent.com)	Feeling happier & more productive; tips on starting a meditation practice
Positively Positive (positivelypositive.com)	Helping you live a happier, more positive life
VeryWell Mind (verywellmind.com)	Trusted mental health information; ‘Know More, Live Brighter’

Self Help Online Resources

Name of Organisation	Description	Website
BEAT	Support & advice about eating disorders	https://www.beateatingdisorders.org.uk/
The Mix	Mental health & wellbeing information, support & advice for under 25s	https://www.themix.org.uk/
Moodjuice	To help people think about emotional problems & work towards solving them	http://www.moodjuice.scot.nhs.uk/
Moodzone	Tips and advice to boost mental health & self-help tools	https://www.nhs.uk/conditions/stress-anxiety-depression/
Students Against Depression	Information and resources by health professionals plus tips and advice from students who have experienced depression themselves	https://www.studentsagainstdepression.org/
Young Minds	Support and information for young people worried about their mental health and wellbeing	https://youngminds.org.uk/

Podcast Resources

Anxiety/Self-Help	<ul style="list-style-type: none"> • The Hard-core Self-Help Podcast • Not Another Anxiety Show
Eating Disorders	<ul style="list-style-type: none"> • The Eating Disorder Recovery Podcast • The Recovery Warrior Show • FoodPsych with Christy Harrison
Grief	<ul style="list-style-type: none"> • Terrible, Thanks for Asking • Grief Out Loud
Creating Habits, Making Life Changes	<ul style="list-style-type: none"> • What It Takes; Tiny Leaps, Big Changes • The Habit Coach with Ashdin Doctor
Relationships, Positive Psychology	<ul style="list-style-type: none"> • Where Should We Begin (Esther Perel) • Happier with Gretchen Rubin • ON Purpose with Jay Shetty