



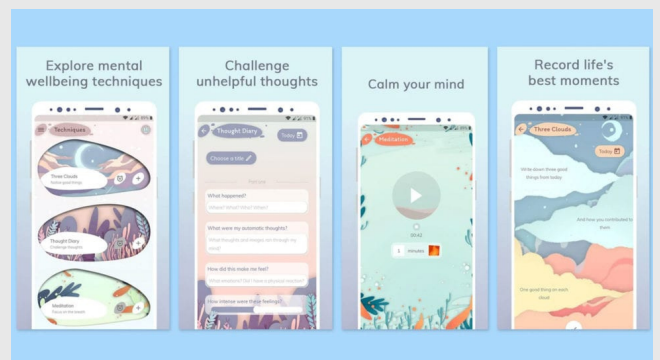
# Online Support for Emotional Well-Being

Due to the current COVID-19 situation, stress and anxiety have been a big issue for many with mental health diagnoses on the rise. Some haven't yet been able to process both the personal and societal changes that have occurred as a result of the pandemic and with face to face assistance becoming less available for the foreseeable future, online materials and phone apps are becoming a vital source of support for a large number of people. Below are a few of the mental well-being apps that are available:

## Phone Apps

### MoodSpace

(MoodSpace is a simple interactive app designed for users to input their thoughts and feelings. It has a mood diary, a calm app, space for planning your day, a 'see your progress' page, and guided meditation. The app is well designed featuring calm and peaceful colours. It has excellent ratings and all features are currently free.



### CALM

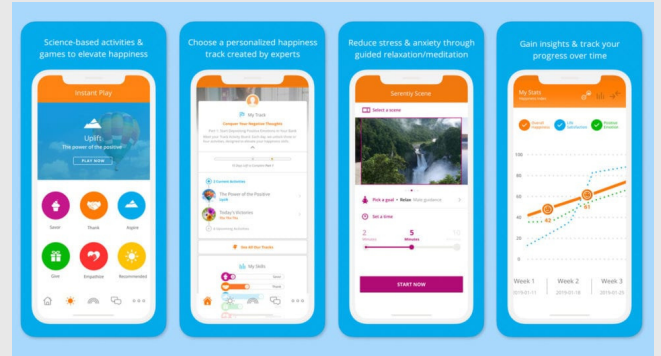
With over 50 million downloads, CALM is currently rated as #1 app for sleep & meditation. The app features music designed to promote rest and relaxation alongside a number of other features including video lessons on mindful movement and gentle stretching, audio programs taught by world-renowned mindfulness experts and nature scenes & sounds to enjoy while relaxing, sleeping, working or studying.





## Happify

(Happify is an app designed to provide effective tools and programs to help users take control of their feelings and thoughts. The app has been developed by scientists and experts who have applied evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioral therapy to benefit the thinking and mental-wellbeing of users.



## Breathe2Relax

Breathe2Relax is a relaxation app which trains users on the “belly breathing” technique that aims to benefit overall mental health. A password is required to access the app, which could create a barrier for users who desire immediate access. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.

## Happy Not Perfect

Happy Not Perfect is an app designed to promote healthy thinking in a fresh and fun manner. Similarly to CALM it has free features but once you have completed the basic exercises you must subscribe to access further features. It has meditation techniques and sessions on confidence, self-esteem, stress and relaxation. The introductory session is free but once completed the app has a monthly fee of £9.94.

## SAM (Self-help Anxiety Management)

.SAM is an application to help users understand and manage their anxiety. The app features a social cloud facility is useful for users who desire social interaction and peer support. (Available on iOS and Android)



# Organizations you can speak to over the phone (or via website):

## **Mind**

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

## **Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## **OCD Action**

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

## **Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org)

## **Samaritans**

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

## **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum) | | Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

## **HopeLine UK**

0800 068 4141

[www.papyrus-uk.org](http://www.papyrus-uk.org) for practical advice on suicide prevention