

## Useful apps and links – Health & Wellbeing Resources

### **Resource support:**

Living with ADHD: <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder/adhd/living-with/>

ADHD UK: <https://adhduk.co.uk/>

ADHD Foundation: <https://www.adhdfoundation.org.uk/>

ADHD & Mental health - <https://www.mind.org.uk/information-support/tips-for-everydayliving/adhd-and-mental-health/>

AUTISM: <https://www.frankcommunications.org.uk/>

Support with Neurodiversity: <https://www.addvancedsolutions.co.uk/home.html>

### **Challenging negative thoughts**

- [Reframing unhelpful thoughts - Self-help CBT techniques - Every Mind Matters - NHS \(www.nhs.uk\)](#) – Reframing unhelpful thoughts
- [Challenging negative thinking - MindWell \(mindwell-leeds.org.uk\)](#) – Challenging negative thinking

### **Domestic abuse/ violence**

- <https://outofthefog.website/> - resources around Narcissism
- <https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>
- <https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>
- <https://mankind.org.uk/> - helping men escape domestic abuse
- <https://www.womensaid.org.uk/information-support/> - support for women
- <https://www.citizensadvice.org.uk/family/gender-violence/domestic-violence-andabuse-getting-help/> - support from CAB
- <https://www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse/> - Support from Victim support

### **Grief and loss**

- <https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/useful-contacts/> - Support from Mind
- <https://www.macmillan.org.uk/cancer-information-and-support/supportingsomeone/coping-with-bereavement/support-with-grief> - Macmillan cancer support
- <https://www.cruse.org.uk/> - Bereavement Support
- <https://www.thegoodgrieftrust.org/> - Help and support
- <https://www.winstonswish.org/> - Support for Children, teenagers and young people dealing with grief
- <https://www.cruse.org.uk/understanding-grief/grief-experiences/traumatic-loss/>
- <https://supportaftersuicide.org.uk/> - Support after Suicide
- <https://shiningalightonsuicide.org.uk/national-bereavement-support/>
- <https://uksobs.org/> - Support for survivors of bereavement by suicide

### **Health and Wellbeing Apps:**

- One you - Couch to 5K:  
<https://play.google.com/store/apps/details?id=com.phe.couchto5K>
- Newcastle, North-Tyneside and North-Thumberland NHS mental health services:  
<https://play.google.com/store/apps/details?id=pic2.uk.nhs.ntw>
- Buzz Manchester Self Help Guides:
- <https://buzzmanchester.co.uk/learnabouthealth/mentalhealthguides>

### **Health and Wellbeing Website Links**

- Healthier Families: <https://www.nhs.uk/healthier-families/>
- Mind – Mental Health & Wellbeing: <http://www.mind.org.uk/>
- NHS Choices: <https://www.nhs.uk/>
- British heart foundation: <https://www.bhf.org.uk/publications>
- Better Health- NHS: <https://www.nhs.uk/better-health/>
- Support with diabetes: <https://www.diabetes.org.uk/>
- Sleepio articles – Support with Sleep: <https://www.sleepio.com/articles/>
- Eating disorder: <https://www.beateatingdisorders.org.uk/>
- Being There – Support for life limiting illnesses: <https://beingthere.org.uk/>
- Nic Marks - The five ways to wellbeing:  
<https://www.youtube.com/watch?v=UYM0GSM33ws>

### **Health and Wellbeing Workbooks/ Self help guides:**

- Centre for clinical interventions:  
<http://www.cci.health.wa.gov.au/resources/consumers.cfm>
- Mental Health Foundation: <https://www.mentalhealth.org.uk/publications>
- Cycle of change: [Smart Recovery](#)

### **Health and Wellbeing YouTube Links**

- <https://www.youtube.com/watch?v=XiCrniLQGYc> - I had a Black Dog - depression
- <https://youtu.be/Z29ptSuoWRc> - Passengers On A Bus - an Acceptance & Commitment Therapy (ACT) Metaphor
- <https://youtu.be/VYht-guymF4> - The Unwelcome Party Guest - an Acceptance & Commitment Therapy (ACT) Metaphor

### **Mindfulness Apps:**

- Headspace:  
<https://play.google.com/store/apps/details?id=com.getsomeheadspace.android>
- Stop, breath and think:  
<https://play.google.com/store/apps/details?id=org.stopbreathethink.app>
- Synctuition - <https://synctuition.com/>

### **Substance Reduction/Cessation Apps**

- NHS Quit Smoking:  
[https://play.google.com/store/apps/details?id=com.doh.smokefree&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.doh.smokefree&hl=en_GB)
- Talk to Frank – Substance Misuse Support: <http://www.talktofrank.com/>

## **Trauma related resources**

- <https://www.mind.org.uk/information-support/types-of-mentalhealthproblems/trauma/abouttrauma/> - Introduction to trauma
- <https://napac.org.uk/> - NAPAC (the National Association for People Abused in Childhood) offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect.
- <https://www.headway.org.uk/> - Headway is the UK-wide charity that works to improve life after brain injury by providing vital support and information services.
- <https://youtu.be/XHgLYI9KZ-A> - ACES - Adverse Childhood Experiences
- <https://www.youtube.com/watch?v=xYBUY1kZpf8&t=17s> - Childhood Trauma and the Brain | UK Trauma Council
- [https://www.youtube.com/watch?v=ZLF\\_SEy6sdc&t=17s](https://www.youtube.com/watch?v=ZLF_SEy6sdc&t=17s) - Trauma and the Brain
- <https://www.youtube.com/watch?v=4-tcKYx24aA&t=24s> - Trauma and the Brain 2
- <https://www.youtube.com/watch?v=yb1yBva3Xas> - Brain Model of PTSD - Psychoeducation [https://www.youtube.com/watch?v=b\\_n9gegR7C4](https://www.youtube.com/watch?v=b_n9gegR7C4) - The psychology of post-traumatic stress disorder

## **Welfare Rights/ Debt Support**

- Citizens Advice Bureau – Welfare Rights Support: <https://www.citizensadvice.org.uk>
- Step Change Debt Charity: <https://www.stepchange.org/>
- Christians Against Poverty: <https://capuk.org/>