

Mental health and self-help support online

- **HPFT website** for self help information:
- <https://www.hpft.nhs.uk/services/community-services/wellbeing-service/self-help/>
- **Northumberland, Tyne and Wear** <https://web.ntw.nhs.uk/selfhelp/> NHS self help information for a range of different mental health problems
- **MoodGYM** www.moodgym.anu.edu.au Based on Cognitive Behavioural Therapy (CBT) this is an interactive website that aims to reduce depression and anxiety symptoms and consists of five modules to work through.
- **GET Self Help** www.getselfhelp.co.uk A range of Cognitive Behavioural resources including information leaflets and workbooks.
- **CCI** - www.cci.health.wa.gov.au The website provides a number of modular workbooks covering topics such as depression, anxiety and assertiveness.
- **Frantic World** <http://franticworld.com/free-meditations-from-mindfulness/> free mindfulness clips.
- **Living Life to the Full** www.lltff.com A life skills course based on Cognitive Behaviour Therapy (CBT) covering areas such as tackling difficult situations and building confidence.
- **No panic** <https://nopanics.org.uk/resources/> helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders, includes an information and resources page.
- **Mind** <https://www.mind.org.uk/> For information, advice, support services for all mental health problems
- **Moodscope** www.moodscope.com This website aims to help people with low mood and depression to manage their moods by tracking their moods and using a buddy support system.
- Free videos on acceptance and commitment therapy (ACT)
<https://thehappinesstrap.com/free-resources/>
- Download “trap app” from your app store and use the code TOGETHER on the subscription page for 3 months’ worth of access to an online programme doing acceptance and commitment therapy. Code valid until June.

Meditation and relaxation

- **Progressive Muscle Relaxation – Female Voice** (Newcastle Hospitals – NHS) <https://www.youtube.com/watch?v=912eRrbes2g>
- **Progressive Muscle Relaxation – Male Voice** (Newcastle Hospitals – NHS) <https://www.youtube.com/watch?v=vUQoflmFQpw>

- Ten Percent Happier Live: We'll be streaming live at tenpercent.com/live at 7pm every weekday
- North London Buddhist Centre: <https://thebuddhistcentre.com/northlondon?display=latest>
- <https://soundcloud.com/north-london-buddhist>
- Tara Brach: <https://www.tarabrach.com/guided-meditations/>
- Metta Bhavana <https://soundcloud.com/north-london-buddhist/karunagita-metta-bhavana-lead-through-200314>
- Calm - includes sleep stories etc [https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult times_nonsubs_031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult-times_nonsubs_031720)
- Oxford Mindfulness Centre <https://oxfordmindfulness.us15.list-manage.com/track/click?u=f399062b5eb8f49c3056f837b&id=2e496e77ee&e=8be9746691>
- London buddhist centre resources_- <https://thebuddhistcentre.com/stories/toolkit/>
- The ACT Companion App free for the next few months: <http://www.actcompanion.com/>
- Headspace app, some mindfulness sessions free.

Free exercise and workout videos

Fitness blender <https://www.fitnessblender.com/>

Joe wicks the body coach 9am 30min sessions , aimed to replace pe lessons at school

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>