

SELF-HELP RESOURCES

buzz

A range of self-help guides on mental health topics including low mood and depression, anxiety, sleep problems

<https://buzzmanchester.co.uk/information/mentalhealthguides>

Centre for Clinical Interventions

Self-help resources for a range of mental health problems

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Get Self Help

Self-help resources based on CBT techniques

<https://www.getselfhelp.co.uk/>

Elefriends

Supportive online community run by Mind

<https://www.elefriends.org.uk/>

NHS

Mental Wellbeing audio guides

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

One You

List of recommended apps which are free to download

<https://www.nhs.uk/oneyou/apps/>

Headspace

Guided meditations to help with relaxation. There is a Headspace app available but this has a charge

<https://www.youtube.com/user/Getsomeheadspace/>

E-couch

Free interactive self-help program to improve mental wellbeing

<https://ecouch.anu.edu.au/welcome>

Living Life to the Full

Free online courses covering low mood, stress and resiliency

<https://littf.com/>