

## 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/learnabouthealth/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/>

### **Side By Side**

Online community run by Mind

<https://sidebyside.mind.org.uk/>

### **The Help Hub**

Book a free call or video call with a trained therapist or counsellor, for those who are struggling emotionally due to COVID-19

<https://www.thehelphub.co.uk/book-an-appointment/>

### **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 may involve a charge

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

### **Living Life to the Full**

Free online courses covering low mood, stress and resiliency

<https://littf.com/>

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### **E-couch**

Free interactive self-help program to improve mental wellbeing

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

