**NW SuppoRTT**

**Well-being Apps and on-line resources**

**Apps**

Stop, breathe and think - Including daily meditation

CALM – meditation sessions

Colorfly – colouring by numbers

Silvercloud – health and fitness

Headspace – mindfulness, stress and anxiety

**On-line resources**

<https://www.welldoctors.org>

 Well and Resilient Doctors (WARD) – well-being and peer support

<https://www.insighthealthcare.org/our-services/well-being-at-work/>

 Well-being at work

<http://www.foundationforpositivementalhealth.com>

 Positive mental health training

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

 Mood assessment

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

 Mindfulness