**Wellbeing Apps, Websites…**

In addition to your specialty school, local trust or the lead employer, you may find the following apps and websites of use to you.

|  |
| --- |
| Key |
| Website Logo PNG, Web Site Logos Free Download - Free Transparent ... | Available  online |  | iOS app available | Android, logo, logos, logotype, operating, system icon | Android app available |

|  |  |  |  |
| --- | --- | --- | --- |
| **In Alphabetical Order…** | **Available On:** | | |
| BMA  <https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-for-doctors-and-medical-students> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| [Buddhify](http://buddhify.com/)  <http://buddhify.com/> |  |  | Android, logo, logos, logotype, operating, system icon |
| Calm  <https://www.calm.com/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  | Android, logo, logos, logotype, operating, system icon |
| Daylight - Worry Less  <https://onboarding.trydaylight.com/daylight/access/100> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  | Android, logo, logos, logotype, operating, system icon |
| Every Mind Matters  <https://www.nhs.uk/oneyou/every-mind-matters/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| GM Resilience Hub  <https://www.penninecare.nhs.uk/mcrhub> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| Gratitude Journal  <https://happytapper.com/gratitude-journal> |  |  |  |
| Gratitude Journal 365  <https://365gratitudejournal.com/> |  |  | Android, logo, logos, logotype, operating, system icon |
| [Headspace](https://www.headspace.com/)  <https://www.headspace.com/nhs> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  | Android, logo, logos, logotype, operating, system icon |
| Hub of Hope (support available in all areas)  [www.hubofhope.co.uk](http://www.hubofhope.co.uk) | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| Intensive Care Society  <https://www.ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| Lead Employer (StHaK) Services  <https://sharedservices.sthk.nhs.uk/health-work-and-wellbeing/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| Medical Protection Society  <https://www.medicalprotection.org/uk> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| Medical Protection Society - ICAS Counselling Service  (Quote your Medical Protection membership number to book a free session) | 0808 189 4385 or from overseas on +44 3300 241 021 | | |
| [Meditation Timer and Log](http://meditationapp.wixsite.com/download-app)  <http://meditationapp.wixsite.com/download-app> |  |  | Android, logo, logos, logotype, operating, system icon |
| Mental Health Foundation  <https://www.mentalhealth.org.uk/coronavirus/mental-health-tips/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| Mind  <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| MindEd Covid-19 Resilience Hub  <http://covid.minded.org.uk/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| Moodmint  <https://tinyurl.com/uvzooeh> |  |  |  |
| National Health Supporters  <https://www.nationalhealthsupporters.co.uk/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| NHS Employers  <https://www.nhsemployers.org/covid19/health-safety-and-wellbeing/mental-wellbeing> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| NHS Every Mind Matters  <https://www.nhs.uk/every-mind-matters/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| Our NHS People  <https://people.nhs.uk/help/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| North West Leadership Academy  <https://nwacademy.nhs.uk/discover> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| Practitioner Health Programme  <https://www.practitionerhealth.nhs.uk/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| Practitioner Health Facebook Daily Drop-in Sessions  <https://www.facebook.com/891230764332360/posts/2724027214386030/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| Royal College of Psychiatrists  <https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/covid-19-and-mental-health> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| Samaritans  <https://www.samaritans.org> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |
| [Self-Help for Anxiety Management](http://sam-app.org.uk/)  <http://sam-app.org.uk/> |  |  | Android, logo, logos, logotype, operating, system icon |
| Silvercloud  <https://nhs.silvercloudhealth.com/signup/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  | Android, logo, logos, logotype, operating, system icon |
| [Simply Being](https://itunes.apple.com/gb/app/simply-being-guided-meditation/id347418999?mt=8)  <https://www.meditationoasis.com/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  | Android, logo, logos, logotype, operating, system icon |
| [Sleep Easily Meditation](https://itunes.apple.com/gb/app/sleep-easily-by-shazzie-guided/id458059886?mt=8)  [https:\\shazzie.com/free-sleep-app-for-everyone/](https://shazzie.com/free-sleep-app-for-everyone/) | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  | Android, logo, logos, logotype, operating, system icon |
| Sleepio  <https://onboarding.sleepio.com/sleepio/access/77#1/1> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  | Android, logo, logos, logotype, operating, system icon |
| [Smiling Mind](http://smilingmind.com.au/)  <http://smilingmind.com.au/> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  | Android, logo, logos, logotype, operating, system icon |
| [Stop Panic & Anxiety Self Help](https://play.google.com/store/apps/details?id=com.excelatlife.panic&hl=en_GB)  <https://www.excelatlife.com/apps.html> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  | Android, logo, logos, logotype, operating, system icon |
| Unmind  <https://nhs.unmind.com/signup> | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  | Android, logo, logos, logotype, operating, system icon |
| [What’s Up?](https://itunes.apple.com/gb/app/whats-up-a-mental-health-app/id968251160?mt=8)  <https://www.thewhatsupapp.co.uk/> |  |  | Android, logo, logos, logotype, operating, system icon |
| Zero Suicide Alliance  [www.zerosuicidealliance.com](http://www.zerosuicidealliance.com) | Website Logo PNG, Web Site Logos Free Download - Free Transparent ... |  |  |

**…and Webinars**

Emotional Impact and Responding to COVID-19. A free programme of support for NHS Staff by Nine Wellbeing Consultancy

1: [Podcast](https://hwpwb2-my.sharepoint.com/personal/info_hwpwb_com/_layouts/15/stream.aspx?id=%2Fpersonal%2Finfo%5Fhwpwb%5Fcom%2FDocuments%2FNineTeaching%2FNineTeaching%5FCovid%5F19%5F2%5Fmixdown%2Emp3&ga=1&referrer=StreamWebApp%2EWeb&referrerScenario=AddressBarCopied%2Eview%2Ef1061482%2D9e7b%2D4c3e%2Db3c8%2Ddc969ad34566)

2: [Slides](https://hwpwb2-my.sharepoint.com/:v:/g/personal/info_hwpwb_com/EXh5jfyXJvJLmPLc-oLIrNEBTdyiR9NHIafezybpwxAwgw?e=nizKU7) (lower quality for streaming)

3: [Slides](https://hwpwb2-my.sharepoint.com/:v:/g/personal/info_hwpwb_com/EWWYVvF4l0pEvoPGUNcM-eoB7T70RiAyG-2LSYGuo4iJ7A?e=dfsAN8) (higher quality 1080p for downloading for use on other platforms)

4: [Manual](https://hwpwb2-my.sharepoint.com/:b:/g/personal/info_hwpwb_com/EWCBKhFgzTJPovK99vf-lFgBwYfIM0I1FiK6N69JiAs08Q?e=Y2CKuG)