

## [Online resources / coping at home with COVID19](#)

### **Mind - Short information on 'Coronavirus and Wellbeing'**

[www.mind.org.uk/information-support/coronavirus/](http://www.mind.org.uk/information-support/coronavirus/)

### **Kooth**

<https://www.kooth.com/>

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. Kooth gives children and young people between 11 and 26 access to professional help when they need it; providing support from qualified counsellors seven days per week, until 10pm.

### **Good Thinking**

[www.good-thinking.uk](http://www.good-thinking.uk)

Good Thinking is an intuitive, easy to use online service which will help you find tools and information to help yourself feel better. From the basics of reading tips from other users on getting a better night's sleep, right through to completing a clinically approved self-assessment, there is something to support you no matter who you are or what your circumstances may be. Good Thinking can also help by connecting you with people in a similar situation to you. The service is free to everyone with a London postcode.

### **Anxiety UK**

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Infoline: 03444 775 774

Text service: 07537 416905

Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

Anxiety UK is a user-led organisation supporting people with anxiety, stress, and anxiety-based depression by providing information, confidential advice, and support. They offer a number of services, including a digital online therapy service (counselling and CBT).

 Be Mindful **Be Mindful**

<https://www.bemindfulonline.com/good-thinking/>



Online mindfulness-based cognitive therapy (MBCT) course for reducing stress, anxiety and depression, improving sleep and maintaining and chancing general wellbeing for a more wakeful, healthier, happier life.





Free for Londoners.

### **Free Mindfulness Exercises**

<https://mindfulnessexercises.com/free-mindfulness-exercises/>

## **Mental Health Apps**

	<p><b>Beat Panic</b> Overcome panic attacks and anxiety wherever you happen to be £0.99</p>
	<p><b>Bluelce</b> Helps young people manage their emotions and reduce urges to self-harm Free</p>
	<p><b>Calm Harm</b> Reduce urges to self-harm and manage emotions in a more positive way Free</p>
	<p><b>Catch It</b> Learn to manage negative thoughts and look at problems differently Free</p>
	<p><b>Chill Panda (Being tested in the NHS)</b> Use breathing techniques to help you relax more, worry less and feel better Free</p>
	<p><b>Cove (Being tested in the NHS)</b> Create music to reflect emotions like joy, sadness and anger to help express how you feel Free</p>
	<p><b>eQuoo: Emotional Fitness Game</b> Use adventure games designed by psychologists to help you increase your emotional fitness Free, with in-app purchases</p>
	<p><b>Feeling Good: positive mindset</b> Use audio tracks to help relax your body and mind and build your confidence Free, with in-app purchases</p>
	<p><b>My Possible Self: The Mental Health App</b> Learn how to manage fear, anxiety and stress and tackle unhelpful thinking Free, with in-app purchases</p>
	<p><b>SilverCloud</b> An eight-week course to help you manage stress, anxiety and depression at your own pace Free</p>
	<p><b>Stress &amp; Anxiety Companion</b> Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts. Free, with in-app purchases</p>

	<p><b>Student Health App</b>  Reduce your worries, feel more confident and get the health information you need as a student  Free</p>
	<p><b>Thrive</b>  Use games to track your mood and teach yourself methods to take control of stress and anxiety  Free</p>
	<p><b>WorryTree</b>  Notice, record and manage your worries using cognitive behavioural therapy techniques.  Free</p>
 MyCognitionPRO	<p><b>MyCognition Pro</b>  Approved by NHS  Builds mental resilience, reduces stress and anxiety and other symptoms, need to train for at least 15 minutes per day.  Free</p>