

Patient Resources: Mental Health

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Exercise, pain and mental health

<https://puresportsmed.com/blog/posts/the-mind-body-connection-exercise-pain-and-mental-health>

CBT self-help and therapy resources (Get Self Help)

www.getselfhelp.co.uk

Self-help guides(NHS)

www.ntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/

Guided Meditation (Oxford Mindfulness)

www.youtube.com/watch?v=CVW_IE1nsKE

My Compass (Free)

A personalised self-help tool for your mental health (Black Dog Institute)

<https://www.mycompass.org.au/>

Beyond Blue (Free)

Provides information and support to help achieve best possible mental health (BeyondBlue)

<https://www.beyondblue.org.au/>

Young Minds

A guide to younger people's mental health (Young Minds)

<https://youngminds.org.uk>

Kooth

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 (XenZone)

www.kooth.com

Online Mindfulness Courses (Wellmind Media)

www.bemindfulonline.com

CalmHarmApp:

An app that helps to resist or manage the urge to self-harm

Anxiety, Depression and Low Mood

Anxiety (Patient.info)

<https://patient.info/health/anxiety>

Depression (Patient.info)

<https://patient.info/health/depression-leaflet>

Diet and Low mood and depression

<https://puresportsmed.com/blog/posts/4-root-causes-of-low-mood-and-depression>

Beating the Blues (Not free):

Beating the Blues® is an effective treatment for people feeling stressed, depressed, anxious or just down in the dumps. Based on Cognitive Behavioural Therapy, the course is made up of 8 online sessions which last approximately an hour and help you to understand the link between how you think and how this influences your feelings and behaviours (365 HealthandWellbeing)

<http://www.beatingtheblues.co.uk>

MoodGYM (Not free):

Moodgym is an online self-help program designed to help users prevent and manage symptoms of depression and anxiety. It is like an interactive, online self-help book which teaches skills based on cognitive behaviour therapy (e-hub Health Pty Ltd)

<https://moodgym.com.au/>

Living life to the full (Free):

Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more (Living Life to the Full)

[https://littf.com/Moodjuice\(Free\)](https://littf.com/Moodjuice(Free))

A collection of resources on a wide range of mental health and lifestyle issues(Choose Life Falkirk and Adult Clinical Psychology Service, NHS Forth Valley)

<https://www.moodjuice.scot.nhs.uk/>

SAM App (Self-help for Anxiety):

SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection

Stress

Exercise and stress

<https://puresportsmed.com/blog/posts/exercises-to-help-relieve-stress>

The physiological effects of stress and how to manage them

<https://puresportsmed.com/blog/posts/stress-the-physiological-effects-and-how-to-manage-them>

Soft tissue and therapy and stress

<https://puresportsmed.com/blog/posts/soft-tissue-therapy-and-stress>

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<https://littf.com/Moodjuice> (Free)

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How stress affects the brain:

<https://www.youtube.com/watch?v=WuyPuH9ojCE>

Robert Sapolsky lecture on Stress:

<https://www.youtube.com/watch?v=D9H9qTdserM>

Headspace App:

A guide to health and happiness. It's the simple way to let go of stress and get better

<https://www.headspace.com>

Sleep

Importance of sleep

<https://puresportsmed.com/blog/posts/sleep-is-a-legal-performance-enhancing-drug>

The good sleep guide(CSP)

<https://www.csp.org.uk/publications/good-sleep-guide>

Bed buyers guide (Sleep Council)

https://www.sleepcouncil.org.uk/wp-content/uploads/2015/02/bed_buyers_guide.pdf

Sleep information (Versus Arthritis)

<https://www.versusarthritis.org/media/1274/sleep-and-arthritis-information-booklet.pdf>