

❖ Samaritans

Is a confidential organisation available 24/7 and open every day. It started 60 years ago and has over 20,000 trained volunteers available to help people with anxiety, in distress or feeling suicidal. They provide support for yourself or if you're worried about a friend they will help. Visit the website www.samaritans.org or call 116123 (UK).

❖ Helpful Apps



Breath works – Guided meditations for mindfulness, helps to live well with pain, illness and stress



Breathe – Stop Breathe Think, Meditation & mindfulness to help you feel strong, connected and inspired through life's ups and downs.



Smart Recipes – the easy way of helping you and your family eat tasty, healthy meals.



Active 10 – to help you quickly and simply do more brisk walking in bursts of 10 minutes, To increase your health and to help lower your risk of serious illness.



Student Health App – Access to over Pages packed with reliable health Information, first aid, mental health, love & sex alcohol & Drugs & many More.



Easy Meals – is a great way to eat Foods that are healthier for you, you Find delicious, easy meal ideas.



Days Off – Easy way to track the days You drink alcohol and the days you Don't.



NHS Weight Loss Plan – Easy to Follow NHS Choices 12 week Diet And exercise plan.



Couch to 5K – gradually builds you With a mix of running and walking From couch potato to 5k hero in Just 9 weeks

Disclaimer

The information contained in this leaflet is for advice only. This is not an exhaustive list. Whilst every effort has been made to ensure the information provided is up to date the service has no control over the nature, content and availability of the sites provided and therefore cannot be held responsible or liable for any errors or omissions.

WELL BEING SUPPORT AT HOME

Is Your Health Affected By?

Support Is Available From:

COVID 19 AND ISOLATION

NHS / EPP Cymru websites

Stress

Internet / Telephone

Anxiety

Your local health team

Depression

Pocketmedic

'Supporting you to stay strong'

❖ Pocket Medic

Using your own internet device (computer, tablet or phone) you can access a series of free 5 minute videos created by NHS health professionals and patients to help you understand the conditions listed below. To watch these films please type the following into your web address box (not the search box) at the top of your screen.

- **Prediabetes** www.medic.video/w-pre
- **Cyn diabetes** www.medic.video/cy-pre-sub
- **Type 1 Diabetes** www.medic.video/w-type1
- **Diabetes Math 1** www.medic.video/cy-type1-sub
- **Type 1 Teen** www.medic.video/w-t1teen
- **Type 2 Diabetes** www.medic.video/w-type2
- **Diabetes Math 2** www.medic.video/cy-type2-sub
- **Gestational Diabetes** www.medic.video/w-gest
- **Diabetes yn ystod Beichiogrwydd** www.medic.video/cy-gest-sub
- **BAME T2 Community Intro** www.medic.video/w-bame
- **COPD** www.medic.video/w-copd
- **Exercise with Lung Disease** www.medic.video/w-exercise
- **Chronic Pain** www.medic.video/w-pain
- **Wellbeing** www.medic.video/w-well
- **Life after Cancer** www.medic.video/w-cancer
- **Lymphoedema** www.medic.video/w-lymph
- **Lymffoedema** www.medic.video/cy-lymph
- **Social Prescribing** www.medic.video/w-social
- **End of Life Care** www.medic.video/w-endoflifecare

If you have any difficulties accessing the films or have any comments, please email the team at patient@pocketmedic.org.

❖ Living Life To The Full

This online life skills course aims to provide you with some high quality and practical training life skills. Including feelings, activity levels, using medication effectively, getting active again. Also all elements of healthy living: sleep, diet and exercise. It has been designed as a modular based course allowing you to access as much or as little as you like.

Visit www.llttf.com and click on 'LLTTfull' to access.

"10 things you can do to feel happier straight away"

An introduction by Dr Chris Williams about LLTTF 'Living Life To The Full' and talking through the 10 strategies to feeling happier.

ADVICE

Visit www.llttf.com and click on "10 things you can do to feel happier straight away".

❖ Mood Gym

Is a free interactive programme enabling you to learn cognitive behavioural therapy skills for coping with and preventing depression.

To access visit www.moodgym.com.au and register.

❖ E-Couch

Is a website that provides information on emotional problems, what causes them and how to prevent and treat them. Including exercises and strategies to improve understanding yourself and others and ways of improving your life. Go to <https://ecouch.anu.edu.au/welcome> and register for free.

❖ Mood Juice

This site is designed to help you think about emotional problems and work towards solving them. It helps you think about life skills, healthy living, relationships, feelings, behaviours, and finding meaning.

Visit www.moodjuice.scot.nhs.uk/ and click to enter the site.

❖ C.A.L.L

Community Advice and Listening Line is a confidential mental health helpline in Wales. Offering emotional support for people worried about their own or a relative's mental health. You can call them on 0800 132 737 or text 'help' to 81066.

❖ Palouse Mindfulness

A free Online Mindfulness-Based Stress Reduction (MBSR) course spread over 8 weeks. This highly interactive course would need full commitment. Created by a fully certified MBSR instructor. It is available on www.palousemindfulness.com and also on 

