**Information, self-help and self-advocacy websites and apps**

**Websites**

**See Me Scotland** - <http://www.seemescotland.org.uk> - the anti-stigma campaign in Scotland.

**Young Minds** - <http://www.youngminds.org.uk> - an organisation based in England looking at a lot of the issues young people with mental health problems face. Contains insightful personal blogs and articles.

**The Mental Health Foundation** - <http://www.mentalhealth.org.uk> - UK mental health research, policy and service improvement charity.

**Breathing Space** - <http://www.breathingspacescotland.co.uk> - You can call 0800 838587 open 6pm-2am Monday – Thursday and from 6pm Fri - Monday 6am.

**Samaritans** - <http://www.samaritans.org> - call 116 123, email jo@samaritans.org or text: 07725 90 90 90 - 24 hours a day.

**The Scottish Association for Mental Health** - <http://www.samh.org.uk>  - Scottish charity providing help, information and support around mental ill health and campaigning on behalf of people with mental health problems

**Self Harm.co.uk** - <http://selfharm.co.uk> lots of information, advice and personal stories around self harm, particularly focused on young people.

**Life Signs** -  <http://www.lifesigns.org.uk/> user generated and interactive website around self harm, contains a great deal of information and support.

**Beat** - <http://www.b-eat.co.uk> - the UK's eating disorder organisation supporting people affected by eating disorders, their family members and friends, and campaigning on their behalf.

**Men Get Eating Disorders Too** - <http://mengetedstoo.co.uk> a national charity representing and supporting the needs of men with eating disorders.

**Anxiety UK** - <http://www.anxietyuk.org.uk>  - national charity for those affected by anxiety disorders.

**Mood Gym** - <https://moodgym.anu.edu.au> - an Australian Cognitive Behavioural Therapy (CBT) website which is free to use and interactive.

**Get Self Help** - <http://www.getselfhelp.co.uk> - lots of Cognitive Behavioural Therapy (CBT) and other supportive resources for a range of mental health problems.

**Reach Out** – <http://reachout.com> -a comprehensive portal for young people that enables them to find information, use apps, and find help with mental health and wellbeing. Originally in Australia the model has been exported to Ireland and the USA, content is available here.

**OCD-UK** - <http://www.ocduk.org> - service user led charity supporting children and adults affected by Obsessive Compulsive Disorder.

**Bipolar Scotland** - <http://www.bipolarscotland.org.uk> - information and support for those with bipolar disorder and those who care for and about them.

**Support in Mind** - <http://www.supportinmindscotland.org.uk> - was the National Schizophrenia Fellowship (Scotland) and provides services, information and support for those affected by schizophrenia and their carers.

**Hearing Voices Network** - <http://www.hearing-voices.org> - provides information as well as local groups and projects. This is for anyone who hears voices, sees visions or has any other unusual perceptions.

**Scottish Recovery Network** - <http://www.scottishrecovery.net> - lots of information and stories of recovery from mental ill health.

**Living Life to the** **Full** - <http://www.llttf.com/> - free online Cognitive Behavioural Therapy (CBT) course.

**Youth Health Talk** – <http://youthhealthtalk.org> - a website of young people’s experiences to get advice and support from other young people in the same situation.

**Innovation Labs** - <http://www.innovationlabs.org.uk> - a list of all the apps and websites produced or currently being designed to improve mental health. They are created through a process of coproduction between young people, health professionals and digital experts.

**Re-capture**- <http://re-captureproject.com/> - online and offline gallery of personal stories of recovery from eating disorders. Entries combine words and a photograph to create powerful images of hope.

**The Butterfly Project** - <http://butterfly-project.tumblr.com> - online campaign to encourage alternatives to self-harm.

**1 Million Reasons to Live** - <http://1000000reasons.tumblr.com> - started as a suicide prevention Tumblr, where users can submit a “reason to live” and look at others reasons, with the aim of inspiring hope and as a distraction from negative thoughts.

**Moodscope** -<https://www.moodscope.com> **-** measure your mood each day by flipping 20 cards with emotions such as “nervous” and “alert” to a score from 0-3 depending on how strongly you feel it. Moodscope turns your scores into a percentage and tracks on a graph you can add notes to and see what triggers both good and bad days. You can have your scores emailed to a friend or family member.

**Doc Ready** – <http://docready.org> - useful resource developed by young people, a website which allows people to create a plan for a visit to a GP to discuss their mental health, also containing information and advice.

**Scotland’s Mental Health First Aid** - <http://www.smhfa.com> - the Scotland’s Mental Health First Aid information website.

**Choose Life -** <http://www.chooselife.net> – information on suicide prevention and Scotland’s suicide prevention strategy, includes ASIST and SafeTalk training.

**ASH Scotland** - <http://www.ashscotland.org.uk> - independent Scottish charity taking action to reduce the harm caused by tobacco.

**Apps**

**R2Q Ready to Quit smoking -** <https://play.google.com/store/apps/details?id=com.r2q.app> <https://itunes.apple.com/gb/app/r2q-ready-to-quit-smoking/id893239396?mt=8> – very popular smoking cessation app developed by NHS Greater Glasgow and Clyde

**NHS Smokefree -** <https://play.google.com/store/apps/details?id=com.doh.smokefree&hl=en_GB> <https://itunes.apple.com/gb/app/smokefree/id687298065?mt=8> – four week smoking cessation programme in an app with support, advice, information and encouragement personalised to your needs

**Buddhify** - <http://buddhify.com> - popular app, you select what you are currently doing (walking, trying to sleep, using the internet, on a train etc.) and a guided meditation to match. It also has a community feel, telling you how many people have followed the meditations that day for example. The app costs £1.99 and is widely used due to the number and variety of meditations.

**Headspace** - <http://www.getsomeheadspace.com> - free ten day mindfulness programme (which you keep so can use the ten days any time) and paid if you want more.

**Smiling Mind** - <http://smilingmind.com.au> - meditation for every age, in four categories - age 7–11, 12–15, 16–22 and adult.

**SAM – Self-help for Anxiety Management** - <http://sam-app.org.uk> - helps people to understand what causes their anxiety, monitor their anxious thoughts and behaviours over time and manage their anxiety through self-help exercises and private reflection. Also enables sharing of experiences with the SAM community while protecting your identity.

**Five Ways to Wellbeing** –  <http://apps.nhs.uk/app/five-ways-to-wellbeing> - aims to help people feel happier and healthier by encouraging them to do simple things under the headings of connect, be active, take notice, keep learning and give. It allows people to reflect on their wellbeing, set activities to help improve their wellbeing and track their progress.

**Stop Breathe and Think** - <http://stopbreathethink.org/> This app allows you to “check in” and log your current mood and physical state, and then suggests guided meditations linked to your result. It also creates a log of your check ins and meditations

**Flowy** –[http://www.flowygame.com](http://www.flowygame.com/) -Flowy is a game that digitally delivers breathing retraining, the oldest technique known to reduce anxiety. It is currently in the testing stages so you can download and use it and provide feedback to improve it. It is designed to limit the symptoms of panic and anxiety attacks.

**Breathe2Relax** - <http://t2health.dcoe.mil/apps/breathe2relax> - Teaches diaphragmatic breathing to help you relax through coaching you with timers and images, as well as providing information on stress and relaxing.

**Mind Of My Own (MOMO)** - <http://mindofmyown.org.uk> - self advocacy app young people to use in advance of or at any meetings with social care services, health professions, and teachers etc. It goes through a series of questions and creates a document that can be shared with professionals to enhance communication between them and young people they are supporting.