* **Samaritans**

***Well Being Support at Home***

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](http://www.samaritans.org) or call 116123 (UK).

* **Helpful Apps**

**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.

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| **cid:8d8e2f48-c004-4153-b219-a6279d7027a6@eurprd08.prod.outlook.comBreath works** – Guided meditations  for mindfulness, helps to live well with  pain, illness and stress | **cid:14429608-198f-4dff-8a4a-dc0d57f97bba@eurprd08.prod.outlook.comEasy Meals –** is a great way  to eat Foods that are healthier  for you, you’ll find delicious,  easy meal ideas. |
| cid:498729a5-8386-40ca-9671-29ef36ec4d58@eurprd08.prod.outlook.com**Breathe** – Stop Breathe Think,  Meditation & mindfulness to help you feel strong, connected and inspired through life’s ups and downs. | **cid:0c2238dc-61ab-4682-bbae-63994d28a101@eurprd08.prod.outlook.comDays Off –** Easy way to track  the days You drink alcohol  and the days you don’t. |
| **cid:6d716d1a-55b1-407d-a04d-8e5b43929a9e@eurprd08.prod.outlook.comSmart Recipes** – the easy way of helping you and your family eat tasty, healthy meals. | cid:61bd263e-5ee6-4c1b-b475-1cfb5b95f383@eurprd08.prod.outlook.com**NHS Weight Loss Plan –**  Easy to follow NHS Choices  12 week diet and exercise  plan. |
| **cid:0e4051d6-9c94-49be-8eeb-1cab44249481@eurprd08.prod.outlook.comActive 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. | cid:c4637224-c597-4ced-befd-da1805517e1a@eurprd08.prod.outlook.com**Couch to 5K –** gradually  Builds you up with a mix  of running and walking from  couch potato 5k hero in just  9 weeks |
| cid:0161ffda-e8d6-4214-9455-092c97d6c92d@eurprd08.prod.outlook.com**Student Health App –** Access to over  Pages packed with reliable health  Information,first aid, mental health, love & sex alcohol & Drugs & many  More. |

**‘*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-subs**
* **Type 1 Diabetes www.medic.video/w-type1**
* **Diabetes Math 1 www.medic.video/cy-type1-subs**
* **Type 1 Teen www.medic.video/w-t1teen**
* **Type 2 Diabetes www.medic.video/w-type2**
* **Diabetes Math 2 www.medic.video/cy-type2-subs**
* **Gestational Diabetes www.medic.video/w-gest**
* **Diabetes yn ystod Beichiogrwydd www.medic.video/cy-gest-subs**
* **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**](http://www.medic.video/b-pain)
* **Wellbeing** [**www.medic.video/w-well**](http://www.medic.video/b-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**](mailto:patient@pocketmedic.org)**.**

* **Living Life To The Full**

[](http://www.bing.com/images/search?q=advice&view=detailv2&&id=4E019EC4C5FBD28381282D1C05F1B5428F7ED730&selectedIndex=9&ccid=Ax2wXaWP&simid=608037172735968815&thid=OIP.M031db05da58f1b9bde0ca27563109d94o0)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](http://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.

Visit [www.llttf.com](http://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](http://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/](http://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**

[http://tse1.mm.bing.net/th?&id=OIP.M3953b13b9f49a502cdca88aa90bae28bH0&w=300&h=300&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=facebook+logo&view=detailv2&&id=A38B224984B174DB98A8DB73C528874834888DAD&selectedIndex=2&ccid=OVOxO59J&simid=608028763187447903&thid=OIP.M3953b13b9f49a502cdca88aa90bae28bH0)[](http://www.bing.com/images/search?q=facebook+logo&view=detailv2&&id=7C9E077E8199E87D9251E981869DC9EFB22FA06C&selectedIndex=9&ccid=/N5Yjudm&simid=608023763831227892&thid=OIP.Mfcde588ee766fcfa1f1f7dcf28b5eed2o0)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](http://www.palousemindfulness.com) and also on