

Our Services

Our goal is to help people manage, or recover from their conditions and lead healthy, fulfilling lives.

We offer 13 **Community Mental Health Teams (CMHT)** across Dorset (including Bournemouth and Poole), to support adults of all ages. If you or a loved one would like to see your local CMHT and have not used the service before, please ask your GP to make a referral.

Our **Child and Adolescent Mental Health (CAMHS)** service offers assessments and treatment to children and young people aged up to the age of 18. We provide these services across Dorset (including Bournemouth and Poole). If you are a young person and are concerned about your mental health, talking to someone you know may be a good place, and together we can help you arrange an appointment with CAMHS.



**Dorset HealthCare
University**
NHS Foundation Trust

Self-Help Applications

Applications to help
improve your wellbeing



The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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Dorset HealthCare University NHS Foundation Trust

Sentinel House
4-6 Nuffield Road
Poole, Dorset
BH17 0RB
☎ 01202 277000

🐦 @DorsetHealth
🌐 www.dorsethealthcare.nhs.uk

**Information
for patients,
relatives and carers**

**Excellence
Compassion
Expertise**

Self help applications

This document introduces you to some applications accessible through your smart phone that can help to improve your wellbeing.

Each 'app' will provide a brief explanation so that you can then decide which ones you might like to try.

These are all available through your app store (google play, iTunes)

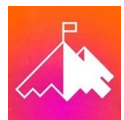
All applications listed are **free of charge**



De-stress.ify: In as little as 10 minutes per day, learn life-changing skills for dealing with thoughts, emotions and beliefs that induce stress or anxiety.



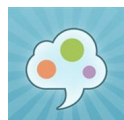
Stop panic and anxiety: Calming exercises and lots of self-help material to tackle panic attacks.



Mood Mission: Discover new and better ways of coping with low mood and anxiety. The more you use it, the more personalised it becomes.



Mind shift: Pocket coaching tool designed to help you cope with anxiety through relaxation.



SAM (Self-help for anxiety management) Self-Help for Anxiety Management, designed to help you get control of your emotions.



Fear Tools – anxiety aid: Fear Tools is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery.



Anxious minds: Anxious minds are a charity that was set up by sufferers of anxiety and depression, to provide free support to all sufferers of anxiety and depression.



Black Rainbow: Tips for beating depression through guided relaxation and mood-boosting techniques.



Pacifica: Helps you develop new strategies to manage anxiety and low mood.



Calm Harm: provides strategies that help you resist or manage the urge to self-harm.



Rise-up: Disordered eating, self-monitoring tool to help you track your emotions and eating and to recognize patterns and triggers.



Stay alive: designed to help you or someone else stay safe. Packed with useful information and self-help



Mind tools: depression aid: Mood Tools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.



Well mind: Well mind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression



Mental health recovery guide: covers the essential principles of aiding your recovery, helping you to get and stay well.



Sleepio: Sleep improvement programme featuring Cognitive Behavioural Therapy techniques.



Sleep Well: Designed to reduce anxious thoughts, help you fall asleep more quickly and improve sleep quality.



Relax melodies: is a relaxation and sleep app that allows you to select sounds and melodies that you like.



Reasons2: Reasons2 is a free app designed by Young People and Washington Mind to help improve mental health.



Silver cloud: Silver cloud provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues.



Elefriends: is a supportive online community from the mental health charity Mind.