

## 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.