



Westside Medical Centre

Westside Medical Centre
Hilton House
Corporation Street
Rugby
CV21 2DN

Phone 01788 544744
www.drgallagherandpartners.org.uk

Updated 11.03.2022

Mental Health Resources for Adults



distrACT APPS

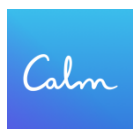
distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.



Action for Happiness

The app is like having a little personal action coach in your pocket who:

- Gives you friendly 'nudges' with an action idea each day
- Sends you inspiring messages to give you a boost
- Helps you connect & share ideas with like-minded people



Calm*

Calm is an app for sleep and meditation

*charge applies, some sites and apps have a free trial period or some free content



WOEBOT

Think through situations with step-by-step guidance from Woebot using tools from Cognitive Behavioural Therapy (CBT)



Headspace*

An app that teaches you how to meditate



Sleepio*

Sleepio is an online sleep improvement programme which delivers tailored and engaging advice, 24/7.

WEBSITES

RECOVERY AND WELLBEING ACADEMY –

recoveryandwellbeing.co.uk Free online and face to face courses on managing mental health conditions and other life skills as well as videos on these topics

LIVING LIFE TO THE FULL -www.liff.com

Free online courses covering low mood, stress and resilience.

STAYING SAFE - www.stayingsafe.net

Information about how to make a Safety Plan can be found on this website for anyone struggling with suicidal thoughts or supporting someone else. It's designed to offer hope, compassion and practical ideas on how to find your own way forward

DON'T PANIC (AUDIO SELF-HELP GUIDES) -

www.covwarkpt.nhs.uk/dont-panic

advice and downloadable audio self-help guides.

SLEEP.ORG - www.sleep.org

dedicated to the positive benefits of sleep health.

HELPFUL VIDEOS

Dr Harry Barry videos on YouTube:

explaining depression and anxiety
Max Richter sleep playlist on YouTube

Phone & Messenger lines

Give us a shout crisis text service

text SHOUT to 85258

Papyrus hope line (under 35)
800 068 4141