

USEFUL ONLINE TOOLS

Below are lots of different links and apps which might be helpful. There are links for how to help your wellbeing and sleep, how to continue to exercise inside, how to manage your mood, different podcasts to listen to, practical help and mindfulness. There are also specific links for older adults and children.

Wellbeing

Oxfordshire Mind



Oxfordshire Mind offers lots of detailed information about how to maintain your wellbeing during the coronavirus outbreak. It talks about what to do during self-isolation, how to keep active and healthy, how to reduce

anxiety and others.

<https://www.oxfordshiremind.org.uk/coronavirus-and-your-wellbeing/>

Samaritans



The Samaritans offers a listening service either by phone, email or even letter.

Whatever you're going through, a Samaritan will face it with you. They're here 24 hours a day, 365 days a year.

<https://www.samaritans.org/>

Every Mind Matters



Every Mind Matters offers 10 tips to help you if you are worried about coronavirus. Each one offers further links for how to practically implement

this into your life. They also have advice on how to maintain your mental wellbeing whilst staying at home.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

They also have a short quiz you can complete which contains questions around how stressed you feel, your levels of anxiety and how well you've been sleeping.

This then creates a personalised plan of activities you can do. <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

Exercise

We Are Undefeatable



This website discusses the importance of exercise and has lots of links to exercises you can do which best suit you. There is a whole section about how to exercise from home and caters for all different abilities.

<https://weareundefeatable.co.uk/>

Joe Wicks Daily Workout

Each day at 9am Joe Wicks, who is a British fitness coach, goes live on his YouTube channel (and is also available to watch after) to do a 30 minute workout which you can follow along at home.

https://www.youtube.com/user/thebodycoach1/featured?disable_polymer=1

Active 10



This app allows you to set targets about how much walking you wish to do each day and track how well you do each day. It also provides hints, tips and advice on how to keep healthy. You can set goals on why you wish to be more

active in order to motivate you.

<https://www.nhs.uk/oneyou/apps/>

Podcasts

Oxfordshire Recovery College



The Oxfordshire Recovery College has produced a podcast as a way of engaging with students. In their first episode they discuss the Five Ways to Wellbeing, how to maintain wellbeing during social distancing and pasta

recipes.

<https://anchor.fm/oxfordshire-recovery-college>

Mental Health Foundation



It is also worth taking a look at the 'Mental Health Foundation's 16 free podcasts' to help you live a mentally happier life – from New Years Resolutions to Relaxation for Better Sleep to Mindfulness and How to Overcome Fear and Anxiety. Can be listened to on the

Mental Health Foundation website, downloaded or subscribe to on iTunes.

<https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>

Mindfulness

Online Mindfulness



The Oxford Mindfulness Centre is offering weekly online mindfulness sessions, open to those who feel they would

benefit. These sessions are completely free and open to the general public, meaning you do not need prior mindfulness experience or practice to take part. Each session will also be available as a free podcast shortly after for anyone who missed the live session or wishes to practice again. <https://oxfordmindfulness.org/online-sessions-podcasts>

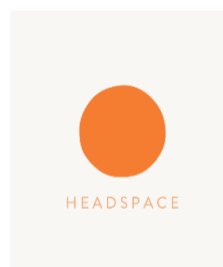
Be Mindful



The clinically proven online mindfulness course for better mental wellbeing. The course costs £30 with proven results to help reduce levels of stress, anxiety and depression and improve mental wellbeing.

<https://www.nhs.uk/apps-library/be-mindful/>

Headspace



Try Headspace for free.... Headspace is an app that teaches you how to meditate. Why should I meditate? Meditation has been shown to help people stress less, focus more and sleep better. Headspace is meditation made simple, teaching you life-changing mindfulness skills in just a few minutes a day.

<https://www.headspace.com/>

Mood Management

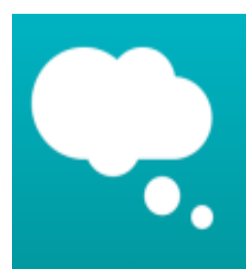
Stay Alive



This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>

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Catch it



Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary. The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).

<https://www.nhs.uk/apps-library/catch-it/>

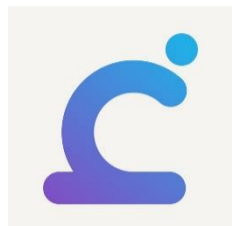
Mood Tools - Depression Aid



If you are feeling sad, anxious, or depressed, lift your mood with MoodTools. MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.

<https://www.moodtools.org/>

Calmharm



Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.

<https://www.nhs.uk/apps-library/calm-harm/>

PTSD Coach



PTSD Coach was designed for those who have, or may have, post traumatic stress disorder (PTSD). This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD (recommended by Sara Whammond).

https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp

SAM: Self-help for Anxiety Management



SAM is an app to help you understand and manage anxiety. The app has been developed in collaboration with a research team from UWE, Bristol.

<https://sam-app.org.uk/>

eQuoo



eQuoo is an app which has been proven to improve emotional fitness. The choose-your-own-adventure style game has been found to build resilience, boost relationship skills and lower anxiety. <https://www.nhs.uk/apps-library/equoo-emotional-fitness-game/>

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My Possible Self



The mental health app clinically proven to reduce stress, anxiety and low mood. Download the app for free and take the guided self-assessment questionnaire to produce a personalised self-improvement plan. The app provides a mood tracker and access to modules which can teach you coping mechanisms. The first module is free.

<https://www.nhs.uk/apps-library/my-possible-self/>

Feeling Good Positive Mindset



Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset. 4 audio tracks are offered for free and a full 12 track positive mental audio programme is available as an in

app purchase. <https://www.nhs.uk/apps-library/feeling-good-positive-mindset/>

Thrive



Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.

<https://www.nhs.uk/apps-library/thrive/>

Chill Panda



The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

<https://www.nhs.uk/apps-library/chill-panda/>

Cove



Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to

someone and let the music do the talking.

<https://www.nhs.uk/apps-library/cove/>

DistrACT



This app provides, discreet and easy access to information advice and self-harm. It has been developed by doctors and other experts. It is free to download.

<https://www.nhs.uk/apps-library/distract/>

Sleep

Sleepio



Sleepio is a digital sleep-improvement program featuring cognitive behavioral therapy techniques developed by sleep scientist Colin Espie and ex-insomnia sufferer Peter Hames.

<https://www.nhs.uk/apps-library/sleepio/>

Pzizz



The Pzizz app aims to help you fall asleep more easily by creating “dreamscapes”. These are a combination of music, voiceovers and sounds which are designed to help you sleep better and wake up refreshed.

<https://www.nhs.uk/apps-library/pzizz/>

Practical Help

Good Food Oxford



Good Food Oxford have put together a map to show where all the local food banks are and if they have open or restricted access. There is also a link to a database of all the food banks in the Oxford Area and what type of food they

provide. Find the map [here](#) and the database [here](#).

Easy Meals



This app offers 150 different easy recipes to help you decide what to cook. Recipes are organised by meal and it gives the opportunity to add any ingredients you need to a shopping list. It also has education around being food

smart and making healthier choices.

<https://www.nhs.uk/oneyou/apps/>

Oxfordshire All In



This is a tool for all groups and organizations to coordinate on the community response to coronavirus.

There is a helpful map to see your local support group and the help they are offering.

<https://www.oxfordshireallin.org/>

Children

Emerging Minds



The Emerging Minds Network is committed to reducing the prevalence of mental health problems experienced by children and young people. As part of that, we hope to promote wellbeing through sharing positive practice and information. We hope to build a bank of community resources from and for our network members.

<https://emergingminds.org.uk/resources/>

MindShift



Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. **MindShift** is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

<https://www.anxietycanada.com/resources/mindshift-cbt/>

Learning



BBC Teach lots of resources available for free to help your children continue to learn whilst at home.

<https://www.bbc.co.uk/teach>

The following article discusses how you can keep children entertained whilst also learn.

<https://www.bbc.co.uk/teach/five-ways-to-keep-your-kids-learning-at-home/z4966v4>

nanogirl **LIVE!** Nanogirl Live has multiple videos to explain to children the

importance of washing their hands to prevent the spread of coronavirus. There are also instructions of how to perform a science experiment to show the power of soap.

<https://www.nanogirllive.co.nz/coronavirus-soap-experiment>

The Centre for Disease Control has put together a factsheet for older children all about coronavirus and how to prevent the spread of it. It contains lots of useful information in a simplified and easy to read manner.

<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>

How to best discuss Coronavirus with your children

Below are lots of helpful articles of how to best discuss the Coronavirus and other serious events with your children. They help answer questions you might have as well as practical examples of phrases to use.

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

<https://www.flourishingfamiliesclinic.nhs.uk/How%20to%20Talk%20to%20Children%20about%20COVID.pdf>

<https://wanderingmindofapsychologist.com/2020/03/06/how-to-talk-to-kids-about-coronavirus/>

The following links to a video discussing how to parents can manage their stress and strong emotions whilst socially distancing with their children.

<https://vimeo.com/398401539>

Autism

Specific information about how best to support children with autism in this challenging time with lots of changes. The below article discusses how to talk to a child with autism about the coronavirus.

https://www.annakennedyonline.com/autism_fixers/

The following article also details advice on how to minimize routine disruption during the coronavirus outbreak for children with autism.

<https://themighty.com/2020/03/covid-19-autism-routine-disruption/>

OCD

There is specific advice for how to best talk to a child with OCD about the coronavirus.

<https://iocdf.org/covid19/talking-to-kids-about-covid-19/>

ADHD

This article details tips for how to help children who have anxiety or ADHD with the coronavirus.

<https://www.additudemag.com/explain-coronavirus-covid-19-anxiety-adhd-child/>

Older Adults

Age UK

 Age UK Oxfordshire and Action for Carers Oxfordshire are offering a new telephone service to offer advice and assistance to carers and older adults during this time. Call 01865 411 288 and leave your name and number and will get back to you as soon as possible. Assistance includes a friendly weekly call and help with any practical issues.
<https://www.ageuk.org.uk/oxfordshire/>

Phone Friends

You can refer yourself to this service and we also take referrals from doctors and professionals, friends, family, neighbours or anyone who is concerned. Simply ring Paula on **01295 234 850** or email phonefriends@ageukoxfordshire.org.uk. Once a referral has been made, you will be matched to a suitable volunteer who will phone at an agreed suitable day each week or fortnight, at a set time. All calls are free to recipients. Phone Friends can also offer peace of mind to friends and family members: if a scheduled call is not answered, we are able to contact your friend or family member to let them know.

Alzheimer's Society



If you need dementia support you can call the Alzheimer's Society who can offer support and information, including around the coronavirus. The phone line is open 9am-8pm Monday-Wednesday, 9am-5pm Thursday-Friday and 10am-4pm Saturday-Sunday.

Telephone – 0300 222 1122

Website - <https://www.alzheimers.org.uk/>

The Silver Line



A helpline for older adults which provides information, friendship and advice. They are open 24 hours a day, every day of the year. All calls are confidential.

Telephone – 0800 4708090

Website - <https://www.thesilverline.org.uk/>

Exercise

Exercise is incredibly important. The NHS has created a series of sitting exercises to help improve mobility and prevent any falls. All you need to complete these is a solid chair with no wheels and the step by step pictures will guide you through.

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

Generation Games Oxford have started to put their classes online for all to enjoy in your own home.

<https://www.generationgames.org.uk/>