E-Resources for Positive Well-Being

Apps

Smart phone apps can be a really useful way to practice breathing, meditation, CBT and well-being exercises to help with stress and anxiety.

- Breathe2Relax
- Calm
- Headspace
- Stop, Breathe & Think
- The Mindfulness App
- Virtual Hope Box
- Woebot

Online Cognitive Behavioural Therapy (CBT)

CBT can be a useful way to challenge how we think and act to help with anxiety and low mood. Online programmes offers the opportunity to learn CBT skills.

- Aware Life Skills Online: www.aware.ie/education/life-skills-online-programme/
- CBT Online: www.online-therapy.com/cbt

Self-Help Resources

Self-help materials can give us coping skills to help us through times of distress.

- Information and exercise sheets:
  - Cognitive Behavioural Therapy self-help information and worksheets: www.getselfhelp.co.uk
  - Psychology Tools Self-Help: www.psychologytools.com
  - UL Counselling Service: https://ulsites.ul.ie/studentaffairs/self-help-leaflets
- Specific self-help intervention packages:
  - Centre for Clinical Interventions mental health information packages: www.cci.health.wa.gov.au/Resources/Looking-After-Yourself
  - National Health Service self-help booklets: https://web.ntw.nhs.uk/selfhelp/

Websites

- Futureme.org: Write a letter to your future self.
- Mind.org.uk: Mental health support and information.
- Plesetalk.ie: Ireland’s student-led mental health movement.
- Reachout.com: Information on issues that can affect your mental health and well-being.
- Spunout.ie: Ireland’s youth information website created by young people, for young people.