

DIGITALIZE YOUR HEALTH

'FEELING APPY'

Mental health has become an important concern in the health industry, globally 1 in 4 people are affected by mental health problems.

There are over 10,000 mental health related mobile apps. Mobile apps are designed to educate, help you reflect and give you support on mental health. Research has indicated that only a small number of people seek professional help when it comes to mental health related issues. Apps can therefore be a convenient way to reach out for help and seek support, from problems such as from depression, eating disorders, addiction, and anxiety to bipolar disorders.

Podcasts can be a great way to help you relate your problems or issues with another person who is going through a similar experience as well as sharing coping mechanisms. Podcasts allow you to listen and relate to specific topics in a relaxed scenario. They are usually free and can be listened to in work, in your car, while walking or before going to bed.

Please note that while we reference the use of apps and podcasts to manage your health it is important to also consider your overall screen time use, as research suggests that prolonged screen time exposure can have negative impacts on mental health.

Apps and podcasts can be a great addition in managing your mental health but if you have concerns, please seek advice from a professional.

APPS



Headspace App

Headspace is a guided meditation app teaching you mindfulness skills that takes only a few minutes each day. Recommended because taking a break away from work and a busy lifestyle has been shown to help manage stress levels and mood and help improve sleep quality.



Calm App

Voted the #1 app available for sleep and meditation, it can also help to reduce stress, anxiety and encourage a sense of calm. It provides you with sleep stories, sleep meditation sessions, guided breathing exercises and calming music. A positive day starts the night before!

PODCASTS



HAPPY PLACE podcast

Being alone with your problems can often make you feel like you very isolated. Happy Place provides stories shared by well-known people, aiming to help you relate to others and feel less lonely with your problems.



Owning it - The Anxiety podcast

These are weekly podcasts that focus on strategies to help you deal with anxiety.

Feeling lonely can become overwhelming and further enhance anxiety. This series of podcasts provides you with tools for coping when you feel anxious, as well as educating you on why you may feel the way you do.



+Connections (Only available in Ireland) App

+Connection student mental health app that enables students to find and access mental health services to meet their needs. It also has information on starting a conversation about and a student blog.

For more information on mental health see links below:

Mind UK:

Email: info@mind.org.uk

Contact number: 0300 123 3393

Text: 86463

Mental health Ireland

Email: Info@mentalhealthireland.ie

Contact number: 01 284 1166

Website links

<http://www.hse.gov.uk/stress/>

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

For stress busting Apps recommended by the NHS

<https://www.nhs.uk/apps-library/category/mental-health>

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