List of psychological therapy / mental health organisations and resources

**Sources of psychological support**

For doctors

* BMA counselling <https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-services>
* Practitioner Health [Practitioner Health](https://www.practitionerhealth.nhs.uk/)
* <https://doctors-in-distress.org.uk/programmes/>
* <https://www.rcpsych.ac.uk/members/workforce-wellbeing-hub/psychiatrists-support-service?searchTerms=support%20service>
* <https://www.dochealth.org.uk/> This is an independent psychotherapeutic service –fees payable

For dentists

* (Dental) BDA counselling [Confidential counselling for members](https://www.bda.org/advice/wellbeing/confidential-counselling-for-members/)
* Practitioner Health [Practitioner Health](https://www.practitionerhealth.nhs.uk/)
* **ConfiDental** is a confidential listening ear and signposting helpline (run by practicing or retired dental care professionals) available **24/7, 365 days a year. Helpline:** 0300 987 5158
* <https://www.dentistshealthsupporttrust.org/>
* <https://london.hee.nhs.uk/professional-development/trainee-doctors-dentist-support-service-tddss> (London and South East only)

For pharmacists

* [How we can help - Pharmacist Support](https://pharmacistsupport.org/how-we-can-help/)

For everyone

* Self-referral to NHS Talking therapies in the locality where residing (Web search for “Talking Therapies +name of locality e.g. Berkshire /Buckinghamshire/Oxfordshire”)
* [Get.gg - Getselfhelp.co.uk](https://www.getselfhelp.co.uk/)
* [Living Life to the Full | Self Help Resources | Online CBT Courses](https://llttf.com/)
* Sleepio app for insomnia whether of situational (e.g. shifts) or psychological origin <https://www.sleepio.com/sleepio/nhs-england> (You will need to have or to create an NHS login)

**Sources of Health/disability Information**

* <https://web.ntw.nhs.uk/selfhelp/>
* [ReConnect2Life - Torbay and South Devon NHS Foundation Trust](https://www.torbayandsouthdevon.nhs.uk/services/pain-service/reconnect2life/) (living with pain)
* <https://www.mind.org.uk/information-support/>

**Sources of help with drug and alcohol abuse**

* <https://www.turning-point.co.uk/services/oxfordshire>
* <https://onerecoverybucks.org/>
* Practitioner Health [Practitioner Health](https://www.practitionerhealth.nhs.uk/)
* <http://sick-doctors-trust.co.uk/>
* [How we can help - Pharmacist Support](https://pharmacistsupport.org/how-we-can-help/)
* <http://bddg.org/> The British Doctors’ and Dentists’ Group is a mutual help group for doctors and dentists who are recovering, or wish to recover, from addiction to or dependence on alcohol or other drugs.

**Social media and medical community**

* <https://youarenotafrog.com/>

* Peer group support for example: [Facebook Tea and Empathy](https://www.facebook.com/groups/1215686978446877/) or [Doctors.net.uk](https://www.doctors.net.uk/) or [You OK doc?](https://youokaydoc.org.uk/)
* [https://autisticdoctorsinternational.com/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fautisticdoctorsinternational.com%2F&data=05%7C02%7Cs.morando%40nhs.net%7C926867ae2f524c7973d708dd704f88fe%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638790209085908313%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=12oeozd3rW3ub%2BP%2FmH4PxHxIwLTEhCo7WPinoMQZJjs%3D&reserved=0)

**Information websites pertinent to psychological impact of health practioner work**

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

## **Domestic abuse support**

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

<http://www.victimsupport.org.uk/>

<https://mensadviceline.org.uk/>

<https://a2dominion.co.uk/services/domestic-abuse-support-services>

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

<https://saassbmk.org.uk/>

## **Money support and advice**

* [Tackling Financial Insecurity Together | Turn2us](https://www.turn2us.org.uk/)
* <https://www.moneyhelper.org.uk/>
* <https://www.citizensadvice.org.uk/>
* <https://www.stepchange.org/>
* Dental benevolent fund<https://www.bdabenevolentfund.org.uk/>
* Royal medical benevolent fund [Royal Medical Benevolent Fund - Help for Doctors in Need](https://rmbf.org/)

**Apps**

Wellbeing apps available for NHS staff in England currently- and details of how long free access will last where applicable.

## **1. WorkLife Central**

This website and app “offer expertise and support to help you balance work with home”, the NHS England website states.

It offers “expert-led webinars, seminars, support groups, peer insights, online articles, blogs and podcasts” for a healthy work/ life balance.

Employees can access the resources through their NHS email address.

**Free access for NHS staff?** Yes, but due to expire after 31 March 2025.

**How can I access it?** Through the WorkLife Central [website](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.worklifecentral.com%2F&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493036072%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=gz05HKcOZ%2FbuqLVtimVjn6IoOnI%2B%2BmkwixVi%2BGBf3Tg%3D&reserved=0) and from the [Apple](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fapps.apple.com%2Fgb%2Fapp%2Fworklife-central%2Fid1637047032&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493047735%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Zf2fHl9qICd00XiVzdaNBwdGf8dUjEcoeGTOtju6OP4%3D&reserved=0) and [Google Play](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fplay.google.com%2Fstore%2Fapps%2Fdetails%3Fid%3Dcom.worklifecentral.app%26hl%3Den_GB&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493063647%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=LOo5S7eY7OFTjexz3MCKfbbQd5zFqu7tjASbrE8tV3g%3D&reserved=0) app stores.

## **2. Stay Alive**

Charity [Grassroots Suicide Prevention](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprevent-suicide.org.uk%2F&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493078298%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=3TDT1dkqT3wNTZuJ%2B0YR7EFOLttnTkUF1EpYhzIbORo%3D&reserved=0) developed its [Stay Alive app](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fstayalive.prevent-suicide.org.uk%2F&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493093085%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Wmw3Sl9ctLW65cOA%2B8AUOKc%2FA7YvSkETSBvql9yf6g4%3D&reserved=0), which contains information and tools to stay safe when in crisis.

“You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide,” according to the NHS England website.

It contains a safety plan with “customisable reasons for living”, a ‘lifebox’ for storing important photos and memories, strategies on how to stay grounded and guided-breathing exercises.

**Free for everyone?** Yes.

**How can I access it?** From the [Apple](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fapps.apple.com%2Fgb%2Fapp%2Fstay-alive%2Fid915458967&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493108312%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=%2BZsCe8njrY3NJ0oCHgHSguz7l7enDoVgUE7yetNeQgI%3D&reserved=0) and [Google Play](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fplay.google.com%2Fstore%2Fapps%2Fdetails%3Fid%3Duk.org.suicideprevention.stayalive%26hl%3Den&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493124362%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=HBpxTKWHiFfbZahT%2BS98RpOtEwrIU8kP8JTO3G1NCSQ%3D&reserved=0) app stores.

## **3. Headspace**

This science-backed app for mindfulness and meditation provides tools and resources to “reduce stress, build resilience, and aid better sleep”.

Along with access to the app content, a Headspace teacher hosts a live meditation and Q&As on cultivating mindfulness.

There is an hour-long workshop every quarter on topics such as “building connections, navigating grief and sleeping soundly”.

NHS employees can access Headspace Plus content for free when they [sign up with their NHS email](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhelp.headspace.com%2Fhc%2Fen-us%2Farticles%2F360044971154-Headspace-for-the-NHS&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493154839%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=PXLf%2B%2FFM%2FX5VfEhmqHTzVZuOtUw%2FmBiAHKEik8wyV4k%3D&reserved=0).

**Free access for NHS staff?** Yes, but free access to premium content expires after 31 March 2025.

**How can I access it?** From the [Apple](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fapps.apple.com%2Fus%2Fapp%2Fheadspace-sleep-meditation%2Fid493145008&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493170276%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=cDv7%2BfvEbf%2FPYkFPHa86RrgPHW97njsKbel1877%2BQkc%3D&reserved=0) and [Google Play](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fplay.google.com%2Fstore%2Fapps%2Fdetails%3Fid%3Dcom.getsomeheadspace.android%26hl%3Den&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493182625%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ohWuB%2F6TuKkEm7snKV2n25nOSSQl94qEj3w1NnsswOI%3D&reserved=0) app stores, using your NHS email address.

## **4. Bright Sky**

This app provides support and information for anyone who may be in an abusive relationship, or for those concerned about someone they know.

According to Bright Sky, the app offers a short set of questions assessing the “safety of a relationship” and information on the “common signs of abuse”. It then provides guidance on available support and practical advice on how to support a friend or family member who may be experiencing abuse, such as a list of conversation starters.

It also provides a directory of specialist support services and a journal allowing a potential victim to record evidence to be sent to a safe email address of their choosing. It is available in English, Polish, Punjabi and Urdu.

**Free for everyone?** Yes.

**How can I access it?** From the [Apple](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fapps.apple.com%2Fgb%2Fapp%2Fbright-sky%2Fid1105880511&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493194352%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=1cTu5F1Mx%2BGBU5g5Rf5uW9%2FrWs9vrCkEbVCKMQ3N0iU%3D&reserved=0) and [Google Play](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fplay.google.com%2Fstore%2Fapps%2Fdetails%3Fid%3Dcom.newtonmobile.hestia%26hl%3Den_GB&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493205483%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=C3fJghUfXj6a5HJvUZrI4GdN0sYTe25uKs2k5g32zO0%3D&reserved=0) app stores.

## **5. Unmind**

Unmind is a mental health platform that uses “scientifically backed assessments, tools and training” to measure your mental health needs. This includes digital programmes aimed at helping with “stress, sleep, coping, connection, fulfilment and nutrition”.

**Free access for NHS staff?** Yes, but expires after 31 December 2025.

**How can I access it?** From the [Apple](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fapps.apple.com%2Fgb%2Fapp%2Funmind%2Fid1327302257&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493219880%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=FfPMyjUf56cBDL22Cc5EOX8N3P7u4vXlss5wTCcddpI%3D&reserved=0) and [Google Play](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fplay.google.com%2Fstore%2Fapps%2Fdetails%3Fid%3Dcom.unmind.mobile%26hl%3Den_GB&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493233619%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=UBu84udEYmfYIwEWzCapSZeVyZMFKD9fwJWUacEGKIY%3D&reserved=0) app stores, using your NHS email address.

Stock image. *iStock.com/* [*vitapix*](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.istockphoto.com%2Fportfolio%2Fvitapix%3Fmediatype%3Dphotography&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493244946%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=R3vmgedl%2BmwaXz2E8tL8yvEzPYVk0YYy5A93x2P%2FAD8%3D&reserved=0)

## **6. Zero Suicide Alliance**

ZSA describes itself as a “UK based suicide awareness and prevention initiative”. It is hosted by Mersey Care NHS Foundation Trust and funded via the Mersey Cares charity.

It offers a free online course on suicide awareness training, along with other courses such as social isolation training. The ZSA website says that its training courses have been taken nearly 2.8 million times.1

**Free for everyone?** Yes.

**How can I access it?** [Via the ZSA website](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.zerosuicidealliance.com%2F&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493257769%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=cHGQUSYP0a22D%2BQ7HG8lgcqHmmy5NZn34JuXsMz7TBY%3D&reserved=0).

## **Other free wellbeing apps**

Outside of the list of apps that are free for NHS staff there are other approved apps that are free, or partly free, for all. Below are some other mental health and wellbeing apps that have been highlighted in [NHS Cheshire and Merseyside’s health and care apps library](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcheshireandmerseyside.orchahealth.com%2Fen-GB%2Fadult-mental-health-and-wellbeing&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493271447%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ajxXLTdhT%2BjG3KmCgrBB6tXIeOplMZgdZaQqAbVfP7o%3D&reserved=0).

## **7. MindShift CBT - Anxiety Relief**

This self-help app uses strategies based on cognitive behavioural therapy (CBT). It offers a resource for users to learn about the different CBT techniques such as writing thought journals, belief experiments, building fear ladders and comfort zone challenges.

The app also provides “calming” audio to “reframe your thoughts, practice mindfulness, and stay grounded”. It provides a “daily check-in" for users who wish to engage with their mood.

**Free for everyone?** Yes.

**How can I access it?** From the [Apple](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fapps.apple.com%2Fca%2Fapp%2Fmindshift-cbt-anxiety-relief%2Fid634684825&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493283091%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=u5yr7cj9JaqMaQOND9hMz1wJxMCkGXhAAuh5PvuI%2Bas%3D&reserved=0) and [Google Play](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fplay.google.com%2Fstore%2Fapps%2Fdetails%3Fid%3Dcom.bstro.MindShift%26hl%3Den&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493293837%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=XuOybClXyGOQdJO%2Fgr9RlV3eIgL4TFKPED9jvoEfWJE%3D&reserved=0) app stores.

## **8. Sorted: Mental Health**

Sorted: Mental Health offers music and guides for users to listen to. It requires headphones or a smart device with speakers for use when listening to the audio tracks.

The app offers users the ability to choose the music they want to listen to and guides related to mental health. The app is backed by “evidence-based research”, according to the developers.

**Free for everyone?** The app is free to download and has some free features, but in-app purchases are required to unlock all its capabilities.

**How can I access it?** From the [Apple](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fapps.apple.com%2Fgb%2Fapp%2Fsorted-mental-health%2Fid941140783&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493304973%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=LfqEBC6A1RvHtrLlJA9%2FicOzZGqiUWA8NRevJh3TjaQ%3D&reserved=0) and [Google Play](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fplay.google.com%2Fstore%2Fapps%2Fdetails%3Fid%3Duk.co.positiverewards.feelgood%26hl%3Den&data=05%7C02%7Cs.morando%40nhs.net%7C26645e04d2834601283308dd33d46517%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638723709493315645%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=7jok8qGD61CUqD9Jtvz794y46qhx5uU1T56zkJNGv34%3D&reserved=0) app stores.