

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
- Mood Gym: <https://moodgym.com.au/>

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.nrw.nhs.uk/selfhelp/>

Websites

Futureme.org	Write a letter to your future self.
Mind.org.uk	Mental health support and information.
Pleasetalk.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.