

Digital Mental Health Support During COVID-19



HEADSPACE

Free access until 31 December 2021

MINDFULNESS FOR YOUR EVERYDAY LIFE
STRESS LESS. MOVE MORE. SLEEP SOUNDLY

Register your account on the following link using your NHS email address and follow the instructions on screen: <https://www.headspace.com/nhs>

Once you have created your account, you will be able to download the app on your mobile device and login to access the headspace content.



UNMIND

Free access until 30 June 2021

A GYM FOR YOUR MIND... IN YOUR POCKET
PAUSE. RELAX. FOCUS.

Register your account on the following link: <https://nhs.unmind.com/signup>

Once you have created your account, you will be able to download the app on your mobile device and login to access the unmind content. When asked for your organisation name when logging in on the app, enter nhs



SLEEPIO

SLEEP IMPROVEMENT PROGRAMME

New user sign up open until 31 March 2021.

All NHS accounts will remain active 12 months from sign up

Click on the following link on your laptop or desktop computer: sleepio.com/access

Sign up for an account using your name and email address. Click 'Personalise Sleepio'.



DAYLIGHT

THE APPROACHABLE NEW WAY TO
ADDRESS WORRY AND ANXIETY

New user sign up open until 31 March 2021.

All NHS accounts will remain active 12 months from sign up

Click on the following link: trydaylight.com/access

Answer a few short questions to tailor the programme to you.

Sign up for an account using your name and email address.

Download the Daylight smartphone app (search 'Daylight - Worry Less' on both iPhone and Android).

Ending Soon

Free access to the apps below will end on 31 March 2021. Any staff wishing to continue accessing the Liberate or Movement for Modern Life apps will need to pay the monthly fee from 1 April 2021.



LIBERATE

CULTURALLY SENSITIVE AND DIVERSE MEDITATIONS AND TALKS THAT HAVE
BEEN CURATED FOR THE BAME COMMUNITY

<https://people.nhs.uk/help/support-apps/liberate-meditation/>



MOVEMENT FOR MODERN LIFE

AN ONLINE YOGA PLATFORM

<https://movementformodernlife.com/nhs>

Note: Do not create accounts via the apps – you need to use the NHS exclusive links via a web browser first, in order to get accounts with free access.

More self-care
resources are
available on BOB

