



# Mobile Phone & Web Applications to Support Mental Well Being



**Community Mental Health Advice & Listening Helpline for Wales**  
Freephone 0800 132 737  
or TEXT HELP to 81066



**Mind**  
Freephone 0300 123 3393  
www.mind.org.uk



**Shout**  
24/7 Free Crisis Text Service  
Text: 85258  
here for you 24/7



**Cruse Cymru**  
Bereavement Support  
Tel: 02920 886913  
www.cruse.org.uk



**Education Support Partnership**  
Helpline for educational staff  
Tel: 0800 562561

**Swansea Bay University Health Board Self Help Guides**  
Local resources and services, NHS Well-being courses, and support groups.  
www.selfhelpguides.nth.nhs.uk/abmu



**In-work Support**  
Tel: 0845 601 7556  
Email: wtw@wales.nhs.uk



**ACAS**  
Free impartial advice for employees  
Tel: 0300 123 1100  
www.acas.org.uk



**Remploy**  
Employee mental health support service  
Tel: 0300 456 8114  
Email: a2whmss@remploy.co.uk



**Able Futures**  
Employee mental health support  
Tel: 0800 321 3137  
www.able-futures.co.uk



**SAM** is an app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.



**Self Help** guides for 25 common mental health issues from anxiety, depression and panic to anger, domestic violence and sleeping problems. The guides contain useful tip and hints as well as self-help techniques.



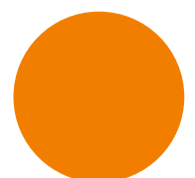
**Calm Harm** is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.



The **AIMS** app provides education about anger, anger tracking, and tools to help manage angry reactions.



**Elefriends** app is a supportive online community from the mental health charity MIND.



**Headspace** app helps you to learn the life-changing skills of meditation in just a few minutes a day.

**Calm** app helps reduce stress, anxiety, and more restful sleep with guided meditations, Sleep Stories, breathing programs and relaxing music.



**Podcasts** are an audio file that can be downloaded and listened to on your mobile device.



**7 Cups: Anxiety & Stress**  
Get emotional support anytime, anywhere from trained listeners. This app gives you the help you need, fast and free, in a way that fits your life.



The practical and easy-to-use app from **Drinkaware** helps you understand the impact of your drinking, and supports you to change your habits for the better.



The **iPrescribe** Exercise app creates a 12-week exercise plan. It helps improve your overall health, but can also be used to manage a number of long-term health conditions and help those at risk of developing them become more active.



**Occupational Health Unit**  
Neath Port Talbot Council

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