

## **ACHD Psychology Resources:**

### **Low Mood & Depression**

#### **Useful resources:**

The Somerville Foundation (*ACHD specific support for mental health*)

<https://thesf.org.uk/wp-content/uploads/2019/01/depression.pdf>

ACHD Network website (*ACHD network wide support for mental health*)

<https://www.swswchd.co.uk/image/page/WhatCanIDoIfFeelLowOrDepressed-1.pdf>

Mind (*has a website full of information on all sorts of mental health topics including depression, anti-depressant medication, talking therapies.*)

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/#.XCzau1z7TIV>

NHS Conditions: (*has further information and coping strategies*)

<https://www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression/>

Call helpline- Wales Community advice and listening line (*offer support in getting local help and support for depression*)

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

Helpline 0800 132 737.

Depression UK (*promotes mutual support between people who are affected by depression.*)

<http://depressionuk.org/>

Samaritans (*offer a listening ear to anyone who is distressed, despairing or feeling suicidal. Their helpline is available day and night and is free* )\_Tel: 116 123 (freephone)

<https://www.samaritans.org/?nation=wales>

Campaign Against Living Miserably (CALM) (*Has information, online chat and a helpline targeted at men to tackle depression and suicide.*)

## **ACHD Psychology Resources:**

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**Useful resources: (Apps/ Webinars/ podcasts etc)**

#### **Apps**

##### **1. Sanvello Anxiety and Depression**

*Sanvello is a mindfulness app that can help you identify your feelings or troubles, then move toward acceptance and peace. Designed by a psychologist, the app has been met with high praise for its design and ease of use. You can expect to practice helpful techniques, such as visualization, mindfulness meditation, and muscle relaxation, all while nature soundscapes nudge you toward relaxation and calm*

##### **2. Happify**

*Games make everything a bit more fun. And when you're feeling depressed, fun may be exactly what you need. With an eye toward improving your mood for now and building resilience for later, Happify's evidence-based games and activities borrow from positive psychology, CBT, and mindfulness. Discover how depression, irritability, and stress can move toward perspective and empowerment*

##### **3. Catch It**

*Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary. The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT)*

##### **4. Mood Mission**

*This app gives you different activities or "missions" based on how you are feeling. Examples of activities are "Learn how to cook a new recipe on YouTube", "Count your breaths", and "Write a letter to someone who has made your life better and tell them why". The app gives some information on why different activities may help you, backed by research*

## Videos

1. What is Low Mood - <https://www.youtube.com/watch?v=2zur7hOpjlg>
2. How to Cope with Low Moods - [https://www.youtube.com/watch?v=MwkbSlrSp\\_E](https://www.youtube.com/watch?v=MwkbSlrSp_E)
3. How to Manage Low Moods - <https://www.youtube.com/watch?v=ytKCcYxUU04>
4. Mindfulness for Low Mood and Depression - <https://www.youtube.com/watch?v=6SAFvliImdU>
5. Mood Zone Low Mood and Depression (NHS) - <https://www.youtube.com/watch?v=wNKR17laleU>

## Online Webinars

1. Managing Depression and Low Mood Webinar - <https://www.youtube.com/watch?v=rNKAju8ufjM>

## Self Help Guides

1. NHS Scotland Depression and Low Mood Self Help Guide - <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/depression-self-help-guide>
2. Mind Self Help Guide for Low Mood - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/self-care/>
3. Moon Juice Low Mood and Depression Self Help guide - <https://www.moodjuice.scot.nhs.uk/depression.asp>

