



## Devon & Cornwall Service Directory – Apps & Worksheets June 2024

*An extensive directory of services, resources, groups, and workshops offered across the Plymouth, Devon, Cornwall, and wider UK areas, for professionals and individuals. East Devon included in 'Devon & Cornwall' due to service scarcity. Categorised by area and by type of service. Some services cross over and so these may have been placed under multiple categories/areas. This list is not exhaustive. Please contact [devonandcornwalldirectory@hotmail.com](mailto:devonandcornwalldirectory@hotmail.com) regarding any queries/enquiries.*

## **APPS & WORKSHEETS**

**Calm:** A free app that includes guidance and tips round meditation, sleep, and general mental wellbeing, plus lots more

**Calm Harm:** A free app for those struggling with self-harm, by providing tasks that help you track & resist self-harm urges

**Get Self Help:** CBT resources, tools, & worksheets → <https://www.getselfhelp.co.uk/>

**Headspace:** Mindful Meditation: An app that helps users to use mindfulness and meditation to help improve their mental wellbeing

**Joy:** A social prescribing website & app that enables health and social care professionals to link clients to local services and demonstrate outcomes → Visit <https://www.thejoyapp.com/>

**Maind:** An app that lets you log feelings, symptoms, and journal entries, as well as receive insights and advice from mental health professionals.

**My Possible Self:** A mental health app that allows you to take control of your thoughts, feelings, and behaviours, using simple learning modules to manage fear, anxiety, and stress.

**Staying Safe:** A website full of tools, worksheets, and resources (including how to make a safety plan) → <https://www.stayingsafe.net/>

**StopBreatheThink:** A mindfulness app that lets you log your emotions/feelings, and recommends mindfulness exercises based on what you log.

**Tellmi:** Formerly known as MeeToo. A free app for teenagers (11+) providing resources and a fully-moderated community where you can share your problems, get support and help other people too → <https://www.youngminds.org.uk/young-person/my-feelings/self-harm/>

**Therapist Aid:** A directory of free worksheets for different topics and mental health conditions → <https://www.therapistaid.com/therapy-worksheets>