

Digital health and wellbeing Apps and websites

There are a wide range of digital health and wellbeing apps and resources available that may be useful for self-care and helping you to effectively manage your own healthcare.

These apps and websites can help support with, self-management, physical and mental wellbeing.

<p>NHS App</p>	<p>Requires registration and an on-line ID check.</p> <p>Book appointments at your GP surgery, Order repeat prescriptions, Check your symptoms - search trusted NHS information and advice on hundreds of conditions and treatments, Securely access your GP medical record, Register your organ donation decision</p> <p>We encourage all patients to register for this app</p>
<p>Health and Care Video Library App</p>	<p>Large collection of health videos created by NHS clinicians across a wide range of care pathways and conditions. This library can also be accessed without downloading the application on your device via this link.</p>

The following pages include information about:

- Apps to help children and young people
- Apps to help older & vulnerable people
- Apps to help self-management

APPS TO HELP CHILDREN AND YOUNG PEOPLE

- Managing mental health, including anxiety
- Wellbeing
- Conditions such as asthma and diabetes.



Mental Health and Relaxation	
<u>Chill Panda</u>	Family friendly relaxation, breathing exercise and activity app. It allows children and adults to understand how their bodies respond to different feelings, and includes some play based activities.
<u>Wysa</u>	Emotionally intelligent chatbot uses techniques such as Yoga and meditation. For stress, anxiety, sleep, loss and mental health wellness needs.
<u>Blueice</u>	A free app to help young people manage their emotions and reduce urges to self-harm.
<u>Kooth</u>	Online mental health and wellbeing support and counselling for young people. Available in Kirklees through our Thriving Kirklees partnership – and also in Bradford, Calderdale, Leeds and Wakefield.
<u>Thriving Kirklees</u>	Thriving Kirklees is a partnership of local health and wellbeing providers in Kirklees working together to support: children, young people and their families to thrive and be healthy. Includes: ChatHealth, Safety Rangers, Home Start Kirklees and many more.
<u>MeeTwo</u>	A safe and secure forum for teenagers wanting to discuss any issue affecting their lives

Health and Care Video Library	<p>Video library created by NHS clinicians covering wide range of information on mental health and wellbeing.</p>
<p>Breathing</p>	
MySpira	<p>Augmented reality, asthma training game, developed with healthcare professionals. It is only compatible with ARKit enabled mobile devices.</p>
Rafi-Tone	<p>Make using an inhaler with a spacer more fun for young children with wheeze or asthma symptoms</p>
Health and Care Video Library	<p>Video library created by NHS clinicians covering wide range of information on breathing conditions such as Asthma and COPD.</p>
<p>Diabetes</p>	
Mapmydiabetes	<p>Free on prescription from your GP. Mapmydiabetes is an online programme of information, guidance and self-help tools to support people in the management of their type 2 diabetes.</p>
Health and Care Video Library	<p>Video library created by NHS clinicians covering wide range of information on diabetes. Including, instructions on giving an insulin injection with insulin pen, doing a finger-prick test and tips on living with diabetes.</p>
<p>Skin Conditions</p>	
EmolliZoo	<p>A fun way to help children learn about dry skin conditions, in particular eczema, and the need for emollient. Children learn the correct way to use their own emollient through game play and are rewarded with stickers and certificates when they maintain a good routine of emollient use. All EmolliZoo educational content is accredited by the National Eczema Society.</p>

<p>Health and Care Video Library</p>	<p>Video library created by NHS clinicians covering wide range of information on skin conditions such as acne, cellulitis, HPV, warts and verrucas and, cold sores.</p>
<p>Hearing Difficulties</p>	
<p>Hear Glue Ear For Android For Apple</p>	<p>Hear Glue Ear is an app designed for children aged 2-6 who are experiencing hearing loss due to glue ear.</p>
<p>Dental Health</p>	
<p>Brush DJ</p>	<p>Developed by a dentist for anyone wanting to reduce their risk of gum disease and tooth decay. The app helps keep children's smile healthy and breath fresh by using a toothbrush timer that plays 2 minutes of music from your devices.</p>
<p>Maternity</p>	
<p>Health and Care Videos</p>	<p>Video library created by NHS clinicians covering wide range of information on maternity topic including information on preparing for pregnancy and support throughout the pregnancy.</p>
<p>Parenting</p>	
<p>DadPad®</p>	<p>DadPad® is an information pack in digital form developed by dads to help fathers of all ages prepare for family life. Its aim is to provide new fathers with guidance on how to develop the mindset, confidence and practical skills needed to meet their babies' physical and emotional needs.</p>
<p>Baby Buddy App</p>	<p>The Baby Buddy app guides you through your pregnancy and the first 6 months following your baby's birth. It is designed to help you look</p>

	after your baby's mental and physical health, as well as your own, and give your baby the best start in life.
50 Things To Do Before You're Five	50 Things To Do Before You're Five gives you 50 activities that parents and carers can support their children to try out and repeat.
Tiny Happy People	Tiny Happy People is website full of activities and advices to help you develop your child's communication skills. Explore simple activities and play ideas and find out about their amazing early development.
Institute of Health Visiting - Families	In this website you will find links to what health visitors do, walking groups called Ready Steady Mums, information on Getting to Know Your Baby and parenting tips which you can download.
Childcare Choices	Government website where you can find help with childcare costs for parents. Whether you have toddlers or teens, you could get support.
Calderdale Childcare	Calderdale Council website where you can find out more about childcare funding including free education.
Baby Check	Baby Check is a health diagnosis tool for under 1 year olds. It features 19 simple checks that parents can do if their baby is showing signs of illness.
Sling Library	This website provides help, information and advice for all your baby & child carrying needs.
Unicef	Range of information and advice provided by parents and health professionals around caring for babies and families.
Breastfeeding	
Start4life	You can find lots of useful information and expert advice about breastfeeding. All the information provided is NHS-approved and based on questions asked by thousands of new mums.

The Baby Cafe	<p>Baby Café is a network of breastfeeding drop-ins. They aim to offer help and support to breastfeeding mothers at any stage in their breastfeeding journey. There are Baby Cafés across the UK.</p>
Best Beginnings	<p>Best beginnings is a website where parents can build knowledge and confidence to support their own well-being and their children's long-term physical, mental and emotional development.</p>
<p>Women`s Health</p>	
Health and Care Videos	<p>Video library created by NHS clinicians covering wide range of information on women`s health including period, menopause and breast care.</p>
<p>Speech Difficulty</p>	
I Can	<p>I CAN's Talking Point gives parents/carers and practitioners the information they need to help children develop their speech, language and communication skill</p>
<p>Paediatric First Aid</p>	
British Red Cross App	<p>This free app provides simple, easy-to-learn skills to help a baby or child in a first aid emergency.</p>

APPS TO HELP OLDER & VULNERABLE PEOPLE

- Managing COPD
- Medication reminders
- Mental wellness and general wellbeing



Medication	
<u>My Therapy Medication Reminder</u>	Allows users to manage medications, and track measurements and symptoms, all in one place. The app provides reminders for intakes and refills, and reports on medication taken, weight, blood pressure, blood sugar, etc.
<u>CareZone</u>	The app allows users to take pictures of medications (prescriptions, OTC, and supplements), and the names, dosages, and other details are automatically added for you. Users receive reminders when it's time to take a medication, refill a prescription, and track adherence progress by recording when doses are taken.
Brain Training	
<u>Lumosity</u>	This is a free app with in-app purchase option. Lumosity is a brain training program that provides a fun, interactive way to build a daily habit around acquiring knowledge and learning about how you think. Comprehensive brain training program on critical thinking, memory, and problem-solving skills.
<u>MyCognition Home</u>	Brain training to help the whole family think faster and make better decisions.
<u>My House of Memories</u>	People living with dementia and their carers can explore objects from the past and share memories.
Pressure Ulcers	

Health and Care Videos	Video library created by NHS clinicians covering wide range of information on pressure ulcers and how to prevent them.
NHS	A guide where you can find detailed information about pressure ulcers and their treatment
Bladder	
Health and Care Videos	Video library created by NHS clinicians covering wide range of information on bladder health. Informative videos on urinary tract infections, incontinence and how to look after catheter can be found in this resource.
End of Life Care	
Health and Care Videos	Video library created by NHS clinicians where you can find introduction to end of life information.
NHS guide on EOL	This guide is for people who are approaching the end of their life and want to plan their own end of life care.
Other Apps & Websites	
Get Active Your Way	Advice on exercises for early childhood, children and young adults, adults and older adults. This website helps you to find the right amount of exercise you should be doing.
Zemedy	Zemedy is an app for the self-management of IBS, built to create a lasting difference to physical, psychological and emotional wellbeing. With the help from a digital AI Coach, Elle, Zemedy guides users through a unique 10-week programme, changing the way they treat their IBS symptoms for good.

British Red Cross App	<p>This free app features simple, easy-to-learn skills for a range of first aid situations, as well as tips on how to prepare for emergencies, from severe winter weather to road traffic accidents.</p>
Quit Smoking	<p>Quit smoking with your free personal quit plan provided by NHS Yorkshire Smokefree Service.</p>

APPS TO HELP SELF-MANAGEMENT

- Self-care and wellbeing for all
- Management of diabetes, respiratory and heart condition symptoms



<h3 style="text-align: center;">Mental Health</h3>	
distACT	<p>Quick and discreet access to information and access about self-harm and suicidal thoughts.</p>
Your.MD	<p>Your.MD is a health tracker and symptom checker powered by Artificial Intelligence, which has been developed by doctors and data scientists. It provides instant personalised health information.</p>
eQuoo	<p>A free app with in app purchases. eQuoo is an evidence-based Emotional Fitness Game, combining gaming with expertise of mental health professionals to provide mobile prevention and therapy for young adults.</p>
Big White Wall	<p>Get round-the-clock support from therapists to help you cope with stress and anxiety.</p>
Bluelce	<p>This app helps young people manage their emotions and reduce urges to self-harm.</p>

Catch It	Learn to manage negative thoughts and look at problems differently.
Changing Health	This is a free app with GPs referral. Lose weight, eat better and move more with this lifestyle coaching programme.
Feeling Good: positive mindset	Use audio tracks to help relax your body and mind and build your confidence.
leso	Connect confidentially and securely with mental health therapists using instant messaging.
Nutrition and Physical Health	
My Diabetes My Way	Find information and resources about diabetes to help you manage your condition more effectively.
Liva UK	App to manage conditions like diabetes, heart problems and obesity, and find support.
LifeCurve	The app has fitness and strength exercises that were created in collaboration with later life training. LifeCurve maps age related functional decline and creates personalised exercises.
Vivira	This is a free app during Covid-19 crisis. This app allows users to train in the comfort of their home with just four exercises per day. Created by experienced orthopaedists and therapists for people looking to restore function and reduce pain, this app adapts to the user's abilities.
Asthma	
Digital Health Passport	Take control of your asthma by creating action plans, tracking symptoms and accessing NHS support.