

# Support services and resources

## Wellbeing apps

**Stay Alive**



Suicide prevention and crisis resources

**Bright Sky**



Support and information for victims of domestic violence and abuse

**Daylight**



Support and information for people experiencing worry and anxiety

**Headspace**



Mindfulness and meditation app to help reduce stress, build resilience and aid better sleep

**Cityparents**



Support for working parents to develop skills, improve wellbeing and manage work/life balance

**Liberate**



Culturally sensitive and diverse meditations and talks on topics such as sleep, mindfulness, grief and anxiety for POC and the BAME community

**Sleepio**



Clinically evidenced and personally tailored sleep improvement programme

**DistrACT**



Information and coping strategies for self-harm and suicidal thoughts

**EXI**



Tailored 12-week exercise plan to improve overall health and manage long-term health conditions

**Thrive**



Support for preventing and managing stress, anxiety and related conditions

**Better help**



An online counselling platform offering affordable, professional support for a variety of topics

**Movement for modern life**



An online yoga platform to practice movement and mindfulness or join breathwork sessions and stress reduction classes