Support services and resources

Wellbeing apps

Stay Alive



Suicide prevention and crisis resources

Bright Sky



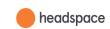
Support and information for victims of domestic violence and abuse

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

cityparents

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

Liberate

&LIBERATE

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

Sleepio

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