**CROYDON CCG APPS ADVISORY GROUP**

**DECEMBER 2013**

Following on from the December meeting of the Croydon CCG Health Apps Advisory Group please find below three Mental Health Apps which are available from the NHS Apps Library. The Croydon CCG Apps Advisory Group, with support from the Mental Health Commissioning Team has reviewed the Apps below and suggest you recommend them to your patients. However, these Apps are only suitable for people with a low level of need and therefore not suitable for those needing therapy.

In addition there is a symptom checker App which is also available from the NHS Apps Library which you are advised to recommend to your patients.

**Significantly for the winter months this link will connect you to a NHS App for COPD which is not as yet in the NHS Apps library.**

: [www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease/Pages/Introduction.aspx](http://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease/Pages/Introduction.aspx)

1. [**Five Ways to Wellbeing**](http://apps.nhs.uk/app/five-ways-to-wellbeing/)

* [[](http://apps.nhs.uk/app/phobia-free/)](http://apps.nhs.uk/app/phobia-free/" \o "Permalink to Phobia Free)

Price: Free

* + Download from Google Play app store
  + Download from iTunes app store

Based on substantial research, use the Five Ways to improve your wellbeing.

Reflect on your wellbeing, set activities to help you improve your wellbeing and track your progress – all from the comfort of your phone; whenever it suits you!

1. [**SAM: Self-help for Anxiety Management**](http://apps.nhs.uk/app/sam-self-help-for-anxiety-management/)

* [](http://apps.nhs.uk/app/sam-self-help-for-anxiety-management/)
* Price : Free
  + Download from Google Play app store
  + Download from iTunes app store

SAM is a self-help app for people who want to learn to manage their anxiety.  Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource.

### [Depression Calculator](http://apps.nhs.uk/app/depression-calculator/)

* [[](http://apps.nhs.uk/app/depression-calculator/)](http://apps.nhs.uk/app/depression-calculator/" \o "Permalink to Depression Calculator)

Price: Free

* + Download from iTunes app store

Use this app to assess whether you may be depressed and make a tentative diagnosis of the severity

**OTHER RECOMMENDED APPS**

[**NHS Health and Symptom Checkers**](http://apps.nhs.uk/app/nhs-health-and-symptom-checkers/)

* [[](http://apps.nhs.uk/app/nhs-health-and-symptom-checkers/)](http://apps.nhs.uk/app/nhs-health-and-symptom-checkers/" \o "Permalink to NHS Health and Symptom Checkers)

Price: Free

* + Download from Google Play app store
  + Download from iTunes app store
  + Website available online

Get an assessment, information on your condition and advice on looking after yourself.

**PREVIOUSLY RECOMMEND APPS**

[](http://apps.nhs.uk/app/british-heart-foundation-recipe-finder/) [**British Heart Foundation Recipe Finder**](http://apps.nhs.uk/app/british-heart-foundation-recipe-finder/)[**Recipes**](http://apps.nhs.uk/apps/recipes/)

Price: Free Download from Google Play app store Download from iTunes app store

Great meal options for people with cholesterol, high blood pressure and/or diabetes.

**HEART**

NHS Sound Doctor is an audio app which helps you understand your long term conditions in more detail so it is easier to look after yourself and get the best out of life.

[[](http://apps.nhs.uk/app/stable-angina-patient-decision-aid/)**Stable Angina Patient Decision Aid**](http://apps.nhs.uk/app/stable-angina-patient-decision-aid/)[**Decision aids**](http://apps.nhs.uk/apps/decision_aids/)

Price: Free Download from Google Play app storeDownload from iTunes app storeWebsite available online

**DIABETES**

[[](http://apps.nhs.uk/app/diabetes-uk-tracker-app/)**Diabetes UK Tracker App**](http://apps.nhs.uk/app/diabetes-uk-tracker-app/)[**Diabetes**](http://apps.nhs.uk/apps/diabetes/)

Price: Free Download from Google Play app store Download from iTunes app store

This official Diabetes UK app, Diabetes UK Tracker, is designed to be quick and simple to use, taking the chore out of logging your daily levels to help you effectively manage your diabetes.

**NECK AND BACK**

[[](http://apps.nhs.uk/app/nhs-24-msk-help/) **NHS 24 MSK Help**](http://apps.nhs.uk/app/nhs-24-msk-help/)[**Joint pain**](http://apps.nhs.uk/apps/joint_pain/)

Price: Free Download from Google Play app store Download from iTunes app store

Muscle, back or joint problems

**STROKE**

[[](http://apps.nhs.uk/app/rcp-stroke-guideline-patient/)**RCP Stroke Guideline**](http://apps.nhs.uk/app/rcp-stroke-guideline-patient/)[**Health information**](http://apps.nhs.uk/apps/health_information/)

Price: Free Download from Google Play app store Download from iTunes app store

The app provides information to patients and carers about stroke and the standards of care that they should expect to receive, based on the ICSWP national clinical guidelines.

The app also includes links to a variety of patient support organisations.

**SMOKING CESSATION**

[](http://apps.nhs.uk/app/nhs-quit-smoking/) Free Download from iTunes app store

Use the official NHS Quit Smoking App to help you successfully stop smoking.

**HEALTHY LIVING**

[**NHS BMI healthy weight calculator and tracker**](http://apps.nhs.uk/app/nhs-bmi-healthy-weight-calculator-and-tracker/)

* [[](http://apps.nhs.uk/app/nhs-bmi-healthy-weight-calculator-and-tracker/)](http://apps.nhs.uk/app/nhs-bmi-healthy-weight-calculator-and-tracker/)

Price: Free

* + Download from iTunes app store

This is the official NHS app for measuring body mass index (BMI).

**BREAST CANCER AWARENESS**

[](http://apps.nhs.uk/app/ibreastcheck/) [iBreastCheck](http://apps.nhs.uk/app/ibreastcheck/) Price: Free

* + Download from Google Play app store
  + Download from iTunes app store

1 in 8 women in the UK get breast cancer. Be breast aware - get iBreastCheck