



Digital Health Resources List

This list is in 4 sections: NHS resources; Other organisations; Apps for smartphone or tablet; and New technology.

1. NHS resources

- The NHS website: [nhs.uk](https://www.nhs.uk). Information on staying healthy, pregnancy, illnesses, support for carers, and NHS services near you.
- Every Mind Matters: [nhs.uk/oneyou/every-mind-matters](https://www.nhs.uk/oneyou/every-mind-matters). Expert advice and practical tips to help you look after your mental health and wellbeing.
- NHS Better Health: [nhs.uk/better-health](https://www.nhs.uk/better-health). Expert advice and practical tips to help you look after your health and wellbeing.
- Health and Care Video Library: [healthandcarevideos.uk](https://www.healthandcarevideos.uk). Videos on all aspects of health, illness and injury, and healthcare services.
- The NHS login: [nhs.uk/nhs-services/online-services/nhs-log-in](https://www.nhs.uk/nhs-services/online-services/nhs-log-in). A single login for many NHS services.

2. Other organisations

Many organisations provide online information and resources to help with your health and wellbeing. Look out for videos, support groups, online forums, symptom checkers, and more. This list is just a selection of what is available.

- **Physical health and wellbeing**
 - Arthritis Action: [arthritisaction.org.uk](https://www.arthritisaction.org.uk).
 - Diabetes UK: [diabetes.org.uk](https://www.diabetes.org.uk).
 - Macmillan Cancer Support: [macmillan.org.uk](https://www.macmillan.org.uk).
 - Men's Health Forum: [menshealthforum.org.uk/male-health](https://www.menshealthforum.org.uk/male-health).
 - UK Sepsis Trust: [sepsistrust.org/get-support](https://www.sepsistrust.org/get-support).
- **Ageing and health**
 - Age UK: [ageuk.org.uk/information-advice/health-wellbeing](https://www.ageuk.org.uk/information-advice/health-wellbeing).
 - Independent Age: [independentage.org/get-advice/health](https://www.independentage.org/get-advice/health)



- **Mental health and wellbeing**

- Action for Happiness: actionforhappiness.org. Helping people take action for a happier and kinder world.
- National Autistic Society: autism.org.uk.
- Alzheimer's Society: alzheimers.org.uk.
- Dementia UK: dementiauk.org.
- Mind: mind.org.uk/information-support. Support and information for anybody living with a mental health problem, or supporting someone who is.
- Young Minds: youngminds.org.uk/find-help. Support and information for young people living with a mental health problem, or supporting someone who is.
- Samaritans: samaritans.org. Support by phone, email and letter, for anybody who needs somebody to talk to.
- Sane: sane.org.uk/what_we_do/support. Phone, email and text message support for people affected by mental illness. The charity also provides an online forum where people with mental health conditions can share experiences and support.
- Shout 85258: giveusashout.org/get-help Text message support for anybody who is struggling to cope and needs to talk.

3. Apps for smartphone or tablet

- **Finding trusted apps:** The NHS Apps Library includes apps which have been assessed to NHS standards: nhs.uk/apps-library
- **COVID-19 apps**
 - The NHS COVID-19 app: covid19.nhs.uk. Includes contact tracing, local area alerts and venue check-in.
 - Coronavirus support: expertselfcare.com/health-apps/coronavirus-support-app-uk. Help with looking after your physical and mental health and wellbeing; money or work issues; and more.



- Corona Report: coronareport.global/map. Upload your experiences of the pandemic and see what others have said.
- The WHO (World Health Organization) COVID-19 app: who.int/emergencies/diseases/novel-coronavirus-2019/the-who-covid-19-app. Includes the latest information on COVID-19 and information on how you can help relief efforts.
- **General health apps**
 - The NHS App: nhs.uk/using-the-nhs/nhs-services/the-nhs-app. Access a range of NHS services on your smartphone or tablet.
 - myGP: mygp.com/user. Book GP appointments, order repeat prescriptions and set up medication reminders.
 - NHS Go: nhs.go.uk. Providing young people with confidential health advice and greater access to health information.
 - One You apps: nhs.uk/oneyou/apps. A range of free apps including ACTIVE 10, Couch to 5K and Drink Free Days. This page also recommends apps to support mental wellbeing, including Feeling Good, My Possible Self, and Stress & Anxiety Companion.
 - EXi: exi.life. A 12-week exercise plan based on information you provide.
 - Worry Tree: worry-tree.com/worrytree-mobile-app. Notice, record and manage worries using cognitive behavioural therapy techniques.
 - MeeTwo: meetwo.co.uk. A safe and secure forum for teenagers wanting to discuss any issue affecting their lives.
 - Samaritans Self-help app: samaritans.org/how-we-can-help/contact-samaritan/self-help. Keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis.



4. New technology

There isn't a single source to find out about new technology. Wherever you go for your news, check if they have a section on healthcare, IT, or technology.

- BBC News: [Medical technology stories](#).
- NIHR (National Institute for Health Research) Innovation Observatory: io.nihr.ac.uk. NIHR funds English health research, and the Observatory focuses on new technology. This article gives [an overview of possible changes in the next 70 years](#)
- Recent digital research includes:
 - [Artificial Intelligence \(AI\) research funded by NIHR](#)
 - [Smartphones for TB treatment](#)
 - [Implantable and wearable devices for Chronic Obstructive Pulmonary Disease](#) (Very long read)
 - [An app helping people work with their GP to manage diabetes](#)
 - [Video calls for prisoners' health services](#)
 - [Fitbits to detect COVID-19](#)
 - [Motion sensor games for physiotherapy](#)
 - [Digital diagnostic test for Attention Deficit Hyperactivity Disorder \(ADHD\)](#)
 - [Video GP consultations](#)
 - [App for adjusting insulin doses in type 1 diabetes](#)
 - [Research on diagnosing brain injury from babies' brainwaves, and personalised stroke care, funded by the Wellcome Trust](#)
 - [Research on diagnosing COVID-19 using voice recordings and sounds such as coughing.](#)
- Understanding Patient Data: understandingpatientdata.org.uk/introducing-patient-data. Information on how patient data is used, and why, for the UK general public.