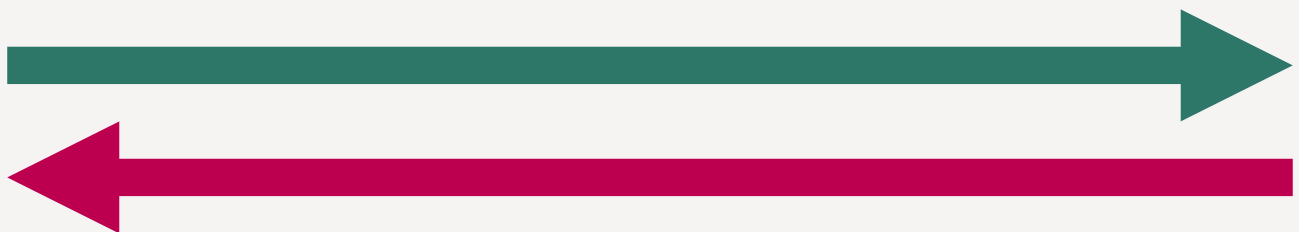
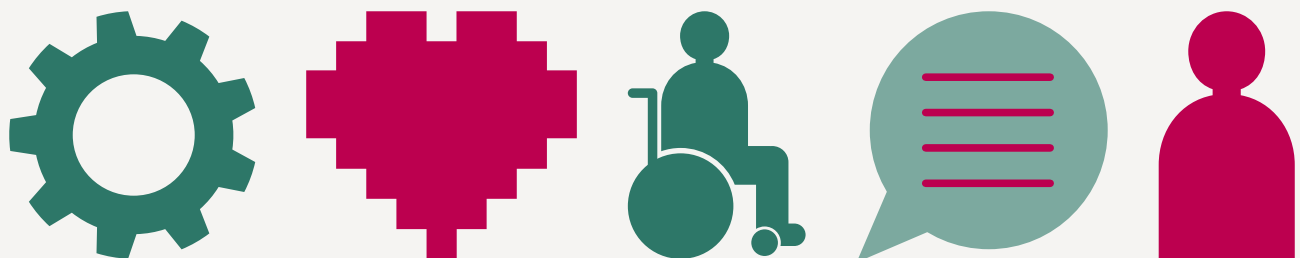


discover
digital

#TryATool



ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
people at the centre

resource
guide



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About this Guide

In 2023, we launched #TryAToolTuesday to raise awareness of free and trusted tools and resources to promote health and wellbeing. Each month we share the tools/resources on the [ALLIANCE Facebook](#) and [ALLIANCE website](#) as a news item.

All the resources mentioned in this guide have been reviewed by [ORCHA](#) (Organisation for the Review of Care and Health Apps), the NHS, or have been personally tested by the [Discover Digital](#) team. Apps available in other languages are clearly marked, but most websites can also be translated into other languages using [Google Translate](#).

This guide is intended to highlight a few trusted apps to help you with your health and wellbeing goals. It is not an exhaustive list, nor is it personal to your circumstances. If you are unsure whether these tools are right for you, please speak with your GP.

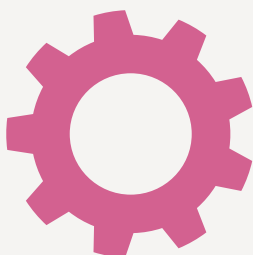
If you would like to look up more apps/information about digital health and wellbeing resources, you can use the following links:

[Aye Mind](#) is a website that has a list of digital tools available to support children and young people with their mental health and wellbeing.

[Mind](#) has a website that hosts a mental health apps library where you can find ORCHA reviewed health apps intended to support people with their mental wellbeing.

[ALISS](#) is an online directory for Scotland which you can use to find digital tools to help you with your health and wellbeing.

[NHS inform](#) is a website that has a list of self-management tools and apps that have been developed or approved by NHS Scotland.



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Digital tools can be a great way to help you manage your mental health. They can provide a platform to help you track your symptoms and can offer structured programmes with helpful techniques that aim to improve your mental health and wellbeing.

Below are a few digital resources that you may find helpful to manage your mental health.

Daylight is an app and a website that provides a structured programme based on Cognitive Behavioural Therapy (CBT) techniques. It is free and is aimed at supporting those who are struggling with anxiety and worry.

Blethr is an online platform for **men** that provides a **confidential** and **safe space** for men to explore their **thoughts** and **feelings**.

Breathing Space is a phone and web-based service for people in Scotland experiencing low mood, depression or anxiety.

SilverCloud is a website that provides a variety of CBT based programmes which aim to help you with multiple areas of wellbeing such as stress, body positivity, managing long term conditions, sleep, anxiety and depression.

Stay Alive is a suicide prevention app that you can use if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.



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Accessing reliable, up to date health information is important to allow you to manage your health more effectively. By accessing this information on demand, you can make informed decisions on appropriate courses of actions to take. You can also find services that will help support your health and wellbeing.

Below are a few trusted resources where you can find health information and services.

NHS Inform is a website that provides reliable information on many health conditions. It also allows you to assess your symptoms and recommends a course of action based on your answers. You can also use NHS inform to find health services in your local area.

MyCare.scot is a platform where you can securely access some of your personal details held by NHS Scotland, medication and allergy information, your Covid and flu vaccination history and health and care services locally.

ALISS is an online directory for Scotland that allows you to find services, groups and activities for health and wellbeing in your local area. You can also use ALISS to find community centres that offer private spaces and reliable internet if you need to access online health appointments through **Near Me**.

Mind provides information on a variety of different mental health conditions, treatment options and where to go for support.



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There are many digital tools available to support you to self-manage your long-term condition. These tools can help you access condition specific information or can allow you to store all your medical information in one place.

Below are a few resources that might help you manage your long-term condition.

My Cancer App is an app that provides information specific to 23 different cancer types. It allows you to store all of your information in one place such as medication, appointments and contacts.

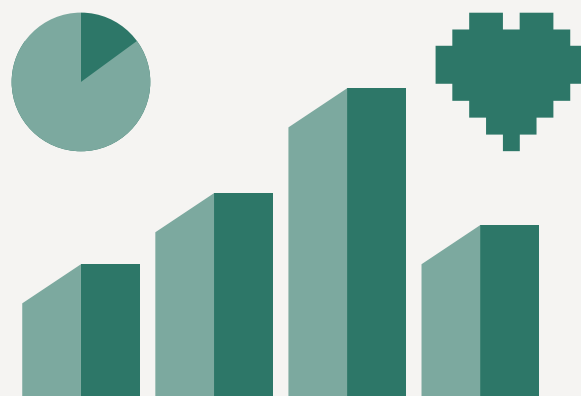
My Sugr (available in other languages) is a diabetes management app that allows you to track meals, exercise and import diabetes data from connected devices so all of your information is stored in one place.

My Diabetes My Way is an interactive website to help support people with diabetes and their friends and families.

AVA (available in other languages) is a chatbot that will provide you with general information about arthritis and how to manage your symptoms.

Connect Me allows patients to record symptoms and provide readings to your healthcare professional to help manage a variety of different conditions, without having to attend appointments in person. If you feel connect me may benefit you, please discuss this with your healthcare professional.

Falls Assistant is an interactive tool that allows you to help manage your mobility and reduce falls. You can also create an action plan that is personal to you.



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There are a number of digital tools and resources that have been designed to help you care for your loved ones. Some apps are designed to help reduce the administrative load by having all information in one place. Some of the tools already mentioned in this guide can also be used to support carers. If there are specific topic areas where you provide someone with support, please refer to this area to see if any of the resources would be suitable for you.

Below are a few resources that might help you with your caring responsibilities.

Jointly is an app designed for carers to help with communication and management of information related to those you care for. To set up your own 'circle' of friends, there is a one-off payment of £2.99, however there is a free version available as well as a free trial for 14 days.

My House of Memories is an app designed for people with dementia and their carers to allow people to explore objects from the past and share memories together.

ADAM is an online tool developed by Alzheimer's Scotland for people living with Dementia and their carers to help identify suitable technology to help people stay safe and independent.

Playlist for Life (available in other languages) allows anyone who has been affected by dementia, their families and carers to create meaningful playlists that can improve wellbeing.

Young Carers Support App is an app that has been designed for young carers to find support and self care tips.



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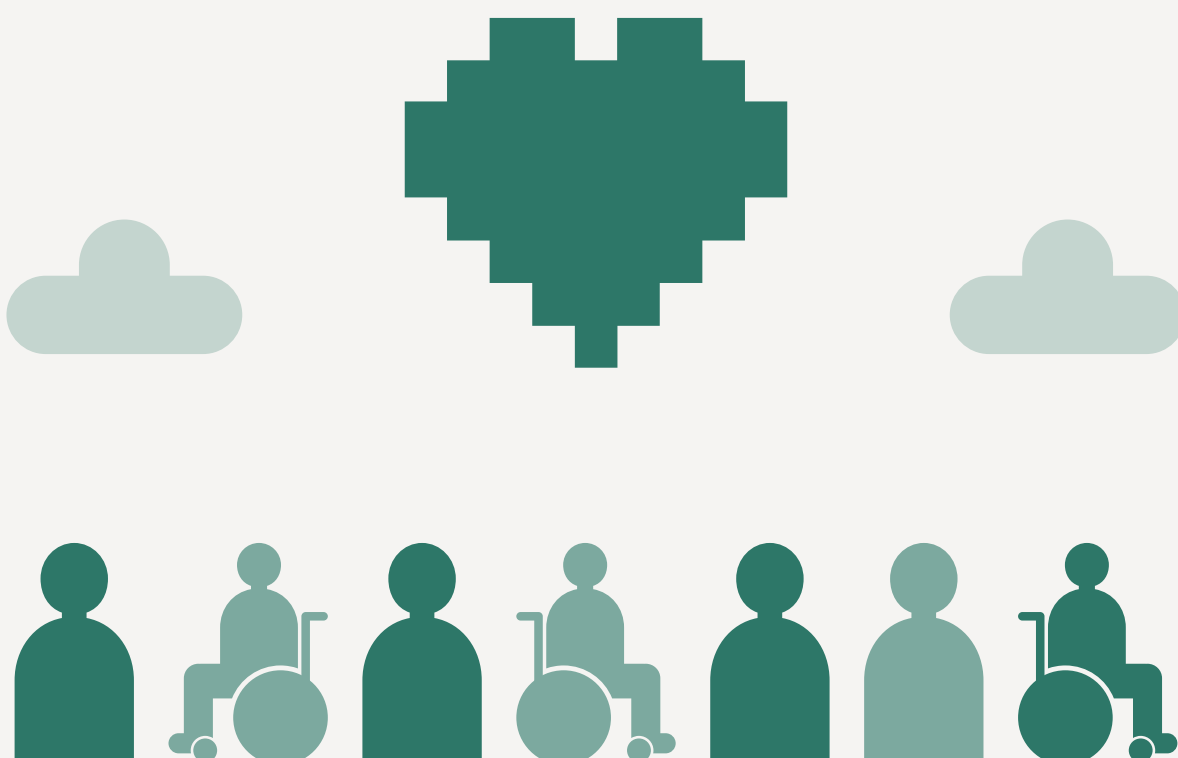
There are a number of different digital tools and resources that you can use to help you achieve a healthier lifestyle. You might use a tool to track your activity or sleep, record your meals or set yourself achievable goals. Some resources can also provide you with information and support that aim to reduce harm. These tools can allow you to set achievable goals for whatever a healthier lifestyle looks like to you.

Below are a few resources that might help you with create a healthier lifestyle.

Sleepio is available as an app, and on a website which provides a structured programme to treat insomnia and develop healthy sleeping habits.

By My Side is an app and website that provides information and support to reduce drug related harm, managing sexual health and support for those experiencing domestic or sexual violence

Couch to 5k is an NHS app that will help you gradually work up towards running 5km. It has been designed for absolute beginners and can help to improve your physical health.



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There are lots of apps and resources that have been created for children and young people. Some apps have been designed to support children with their digital wellbeing, encouraging positive use of screen time. Others have been designed to support children and young to improve and manage their mental health.

Below are some resources that have been designed specifically for children and young people.

TellMi is an app that provides a safe space to connect with people of your age to discuss anything on your mind.

Worth Warrior is an app designed for people aged 12+ to manage negative body image, low self-worth and related early stage eating difficulties or disorders.

Mind Yer Time is a website filled with resources that have been designed by children and young people to encourage positive use of screen time.

Kooth is a website that allows young people to access free, safe and anonymous mental health support with suitably qualified practitioners.

Know the Score is a website that provides information and support for anyone over the age of 13 who needs support with drug use.

Talk Grief is a website for people aged 13-25 where people can access confidential and on-demand grief support, helpful advice, resources and peer support from other young people.

Joining the ALLIANCE

As an individual, you can join the ALLIANCE for free. This allows you access to event and training opportunities, and the opportunity to have your voice heard and influence national policy. In addition, you will have access to up-to-date news, briefings and alerts can use out networking sessions to connect with organisations and health and social care professionals.



If you are interested in finding out more information about coming a member, or would like to join, please click [here](#).

Join the Digital Citizen Panel

The Digital Citizen Panel (DCP) is a growing network of people and organisations across Scotland. It aims to empower citizens to better manage their health and wellbeing with digital options. Members share, learn and influence policy/service design with regular opportunities to meet and maintain progress in our activities.



The ALLIANCE Digital Citizen Panel plans to:

- Strengthen the voice of people and organisations across Scotland on their rights and preferences on using digital means to better manage their housing, health and social care needs
- Be part of an inclusive and diverse programme of engagement and communication activity, ensuring people are supported to participate in activities as accessibly as possible
- Share, learn and influence – contributing support to the Digital Health and Social Care Board's aim of 'empowering citizens'.

You can join the DCP for **free**.

To join, please email: dhcscot@alliance-scotland.org.uk or call us on 0141 404 0231

About the ALLIANCE

The Health and Social Care Alliance Scotland (the ALLIANCE) is the national third sector intermediary for health and social care, bringing together a diverse range of people and organisations who share our vision, which is a Scotland where everyone has a strong voice and enjoys their right to live well with dignity and respect.

We are a strategic partner of the Scottish Government and have close working relationships with many NHS Boards, academic institutions and key organisations spanning health, social care, housing and digital technology.

Our purpose is to improve the wellbeing of people and communities across Scotland. We bring together the expertise of people with lived experience, the third sector, and organisations across health and social care to inform policy, practice and service delivery. Together our voice is stronger and we use it to make meaningful change at the local and national level.

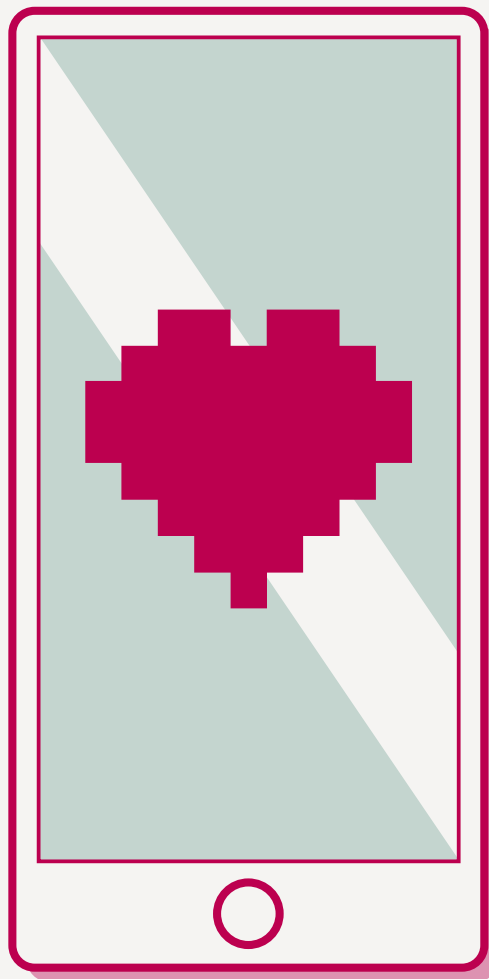
The ALLIANCE has a strong and diverse membership of over 3,600 organisations and individuals. Our broad range of programmes and activities deliver support, research and policy development, digital innovation and knowledge sharing. We manage funding and spotlight innovative projects; working with our members and partners to ensure lived experience and third sector expertise is listened to and acted upon by informing national policy and campaigns, and putting people at the centre of designing support and services.

We aim to:

- Ensure disabled people, people with long term conditions and unpaid carers voices, expertise and rights drive policy and sit at the heart of design, delivery and improvement of support and services.
- Support transformational change that works with individual and community assets, helping people to live well, supporting human rights, self management, co-production and independent living.
- Champion and support the third sector as a vital strategic and delivery partner, and foster cross-sector understanding and partnership.



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Contact:

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www.alliance-scotland.org.uk

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