

MENTAL HEALTH SELF HELP

SCAN THE RELEVANT CODE TO FIND OUT MORE



ANGER MANAGEMENT



DEPRESSION



ANXIETY



TOGETHERALL



ALCOHOL



STRESS



PTSD



DOMESTIC VIOLENCE
(MALE VICTIM)



SLEEP



MONEY WORRIES



DOMESTIC VIOLENCE
(FEMALE VICTIM)



COMBAT STRESS

USEFUL FREE APPS ON ANDROID & IPHONE (SEARCH USING THE TERMS BELOW ON THE APP STORES)

- AIMS FOR ANGER MANAGEMENT
- CBT I-COACH (SLEEP)
- CURABLE (PAIN RELIEF)
- PTSD COACH
- CBT THOUGHT RECORD DIARY



SEEK PROFESSIONAL MEDICAL HELP IF REQUIRED AT THE EARLIEST OPPORTUNITY