

Free Wellbeing Apps available to ALL NHS Staff



Headspace is a science – backed app in mindfulness and meditation, providing unique tools and resources – Click [here](#) for access



Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing – Click [here](#) for access



Sleepio is a clinically – evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques – Click [here](#) for access



Daylight is a smartphone – based app that provides help to people experiencing symptoms of worry and anxiety – Click [here](#) for access



SilverCloud is a digital mental health platform designed to fit into your life with a number of available programmes to choose from – Click [here](#) for access

Access: Silvercloud

Access Code:NHS2020