

SELF HELP RESOURCES

THAT SUPPORT POSITIVE MENTAL HEALTH & WELLBEING

These resources are free.

Students are encouraged to use anonymous names and email addresses when registering on apps. Students may also choose to shut off Google Analytics if they prefer.

While these resources are helpful for some people they are not a replacement for individualized therapy with a trained professional.

Reach out to Student Counselling Services if you need additional support.

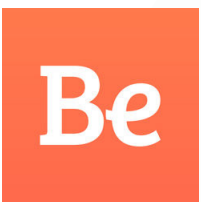
MOODTOOLS APP



MoodTools offers a comprehensive CBT based app for assisting people with depression. It contains information, therapy options, videos, guided meditations and other on-line resources. The app has a Thought Diary, Activity Log and Safety Plan built in but these are also listed below as stand alone apps.

Other apps by Moodtools: SUICIDE SAFETY PLAN APP
SIMPLE GRATITUDE JOURNAL
THOUGHT DIARY APP
ACTIVITIES APP

BESAFE APP



This is a Safety Plan App created by CAMH (London) with a few partners. It is basic, easy to use and suggests local community resources if further help is desired.

MINDSHIFT CBT



Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

ICHILL APP



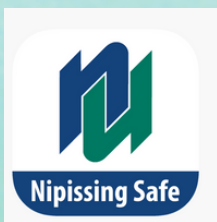
Are you stressed out, not feeling like yourself or worried about a family member? iChill can help by guiding you in the use of the Community Resiliency Model, a set of wellness skills. You will learn simple information about how stress affects the mind and body.

TOGETHERALL (WEBSITE)



Togetherall harnesses the protective and therapeutic effects of connectedness and healthy social networks in its unique community where people share with, and support each other. Visit: www.togetherall.com

NIPISSING SAFE APP



Nipissing Safe is the official safety app of Nipissing University. It is the only app that integrates with Nipissing University's safety and security systems. Security Services has worked to develop a unique app that provides students, faculty and staff with added safety on the Nipissing University campus. The app will send you important safety alerts and provide instant access to campus safety resources.



**Your
Wellness
Matters**

STUDENT COUNSELLING SERVICES
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