

LTC Resources Appendix 1

General LTC Resources

Diabetes:

- <https://preventing-diabetes.co.uk/south-london/>
- <https://www.diabetes.org.uk/>

COPD:

- <https://www.copdfoundation.org/>
- <https://www.blf.org.uk/support-for-you/copd>

Heart Disease:

- <https://www.heartuk.org.uk/>
- <https://www.bhf.org.uk/informationsupport>

Chronic Fatigue Syndrome:

- <https://meassociation.org.uk/2009/09/london/>
- <https://www.thebraincharity.org.uk/how-we-can-help/practical-help/information-advice/a-z-of-conditions/34-c/159-chronic-fatigue-syndrome>

Postural Tachycardia Syndrome:

- <https://www.potsuk.org/>

Narcolepsy (US based support group):

- <https://narcolepsynetwork.org/resources/support-groups/>

Macmillan:

- <https://www.macmillan.org.uk/>

Lupus:

- <https://www.lupusuk.org.uk/>
- <https://www.lupus.org.uk/>
- <https://www.lupus-support.org/>

Arthritis:

- <https://www.arthritisaction.org.uk/> - online support groups
- <https://www.nras.org.uk/helpline> - have a free helpline (0800 298 7650)

Irritable Bowel Syndrome:

- <https://www.ibspatient.org/>

Asthma:

- <https://www.asthma.org.uk/support-network/>
 - <https://www.diabetes.co.uk/>
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General:

- <https://reading-well.org.uk/books/books-on-prescription/long-term-conditions>
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Apps

- Insight Timer
 - Calm
 - HeadSpace
 - Oak
 - Balance
 - Muse
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Mental Health apps free from the NHS

- **The Big White Wall** - Big White Wall is an online community for people who are [stressed](#), [anxious](#) or feeling low. <https://www.nhs.uk/apps-library/big-white-wall/>
 - **Catch It app** - Learn how to manage feelings like [anxiety](#) and [depression](#) with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing. <https://www.nhs.uk/apps-library/catch-it/>
 - **Feel Good Positive Mindset** - Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset. <https://www.nhs.uk/apps-library/feeling-good-positive-mindset/>
 - **My Possible Self:** The Mental Health app - Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. <https://www.nhs.uk/apps-library/my-possible-self/>
 - **Cove** – Create music to capture your mood and express how you feel. <https://www.nhs.uk/apps-library/cove/>
 - **Stress and Anxiety Companion** - Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs. <https://www.nhs.uk/apps-library/stress-anxiety-companion/>
 - **Pzizz** - The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed. <https://www.nhs.uk/apps-library/pzizz/>
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