

This list of MSK self-management resources was put together as part of the MSK-Tracker project (Grant 21405) funded by Versus Arthritis, led by Dr Jonathan Hill at Keele University.

To request further evidence-based online resources to be considered for the list - please email Dr Hill ([j.hill@keele.ac.uk](mailto:j.hill@keele.ac.uk)) containing a link to the resource.

Heading	Leaflet name (produced by)	PDF / Link
<b>ADVICE</b>		
<b>SPINAL</b>		
<b>Neck</b>	Neck Pain Booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1257/neck-pain-information-booklet.pdf">https://www.versusarthritis.org/media/1257/neck-pain-information-booklet.pdf</a>
	Neck Pain Exercise Pamphlet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/3092/neck-pain-exercise-sheet.pdf">https://www.versusarthritis.org/media/3092/neck-pain-exercise-sheet.pdf</a>
	Neck Pain Exercise Sheet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/21788/neck-pain-exercise-sheet.pdf">https://www.versusarthritis.org/media/21788/neck-pain-exercise-sheet.pdf</a>
<b>Back pain</b>	First-line resource for people with back pain (Keele University)	<a href="https://startback.hfac.keele.ac.uk/patients/">https://startback.hfac.keele.ac.uk/patients/</a>
	Back Pain Booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1248/back-pain-information-booklet.pdf">https://www.versusarthritis.org/media/1248/back-pain-information-booklet.pdf</a>
	Back Pain Exercise Pamphlet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/12819/back-pain-exercise-section.pdf">https://www.versusarthritis.org/media/12819/back-pain-exercise-section.pdf</a>
	Back Pain Exercise Sheet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/21786/back-pain-exercise-sheet.pdf">https://www.versusarthritis.org/media/21786/back-pain-exercise-sheet.pdf</a>
	CSP Back Pain animation (CSP)	<a href="https://www.youtube.com/watch?time_continue=6&amp;v=24P7cTQjsVM">https://www.youtube.com/watch?time_continue=6&amp;v=24P7cTQjsVM</a>
	Low Back Pain animation (Doc Mike Evans)	<a href="https://www.youtube.com/watch?v=BOjTegn9RuY&amp;t=10s">https://www.youtube.com/watch?v=BOjTegn9RuY&amp;t=10s</a>
	The truth about back pain video (Keele University and AXA PPP)	<a href="https://www.youtube.com/watch?v=b-cBtPSf0Hc">https://www.youtube.com/watch?v=b-cBtPSf0Hc</a>
So you think you have back pain? Your guide to back pain and what you can do about it (Keele University)	<a href="https://startback.hfac.keele.ac.uk/wp-content/uploads/2019/03/Start-Patient-Leaflet-1-black-and-white.pdf">https://startback.hfac.keele.ac.uk/wp-content/uploads/2019/03/Start-Patient-Leaflet-1-black-and-white.pdf</a>	
<b>Back Care Website</b>	A website with lots of information leaflets about back pain, neck pain and whiplash (BackCare)	<a href="http://backcare.org.uk/i-have-back-or-neck-pain/library/">http://backcare.org.uk/i-have-back-or-neck-pain/library/</a>
<b>UPPER LIMB</b>		

<b>Shoulder</b>	Shoulder pain booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1264/shoulder-pain-information-booklet.pdf">https://www.versusarthritis.org/media/1264/shoulder-pain-information-booklet.pdf</a>
	Shoulder pain exercise pamphlet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/3095/shoulder-pain-pamphlet.pdf">https://www.versusarthritis.org/media/3095/shoulder-pain-pamphlet.pdf</a>
	Shoulder advice & exercise resource (British Elbow & Shoulder Society)	<a href="http://www.bess.org.uk/index.php/public-area/shpi-videos">http://www.bess.org.uk/index.php/public-area/shpi-videos</a>
<b>Elbow</b>	Elbow pain book (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1339/elbow-pain-information-booklet.pdf">https://www.versusarthritis.org/media/1339/elbow-pain-information-booklet.pdf</a>
	Elbow exercises leaflet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/12820/elbow-pain-exercise-section.pdf">https://www.versusarthritis.org/media/12820/elbow-pain-exercise-section.pdf</a>
<b>Hand</b>	Osteoarthritis of the hand information resource leaflet (Keele University)	<a href="https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/OA%20Hand%20Leaflet%20v.0.10%2002.02.18%20LC%20(1).pdf">https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/OA%20Hand%20Leaflet%20v.0.10%2002.02.18%20LC%20(1).pdf</a>
	Looking after your joints leaflet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1271/looking-after-your-joints-information-booklet.pdf">https://www.versusarthritis.org/media/1271/looking-after-your-joints-information-booklet.pdf</a>
<b>LOWER LIMB</b>		
<b>Hip</b>	Hip pain booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1254/hip-pain-information-booklet.pdf">https://www.versusarthritis.org/media/1254/hip-pain-information-booklet.pdf</a>
	Hip pain exercise pamphlet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/12821/hip-pain-exercise-section.pdf">https://www.versusarthritis.org/media/12821/hip-pain-exercise-section.pdf</a>
	Keep moving exercise Booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf">https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf</a>
	Keele Pain Recorder App (Keele University)	<a href="https://jigsaw-e.com/delivery-toolkit/pain-app/">https://jigsaw-e.com/delivery-toolkit/pain-app/</a>
	JIGSAW-E website supported self-management resources for joint pain (Keele University)	<a href="https://jigsaw-e.com/">https://jigsaw-e.com/</a>
	Osteoarthritis Guidebook (Keele University)	<a href="https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf">https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf</a>
<b>Knee</b>	Knee pain exercise leaflet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/3091/knee-pain-exercise-sheet.pdf">https://www.versusarthritis.org/media/3091/knee-pain-exercise-sheet.pdf</a>
	Knee Pain Exercise Sheet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/21787/kneepain-exercise-sheet.pdf">https://www.versusarthritis.org/media/21787/kneepain-exercise-sheet.pdf</a>
	OA knee booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1259/osteoarthritis-of-the-knee-information-booklet.pdf">https://www.versusarthritis.org/media/1259/osteoarthritis-of-the-knee-information-booklet.pdf</a>
	Knee pain in young adults (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1321/patellofemoral-pain-syndrome-information-booklet.pdf">https://www.versusarthritis.org/media/1321/patellofemoral-pain-syndrome-information-booklet.pdf</a>
	Keep moving exercise Booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf">https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf</a>

	<p>Keele Pain Recorder App (Keele University)</p> <p>JIGSAW-E website (Keele University)</p> <p>Osteoarthritis Guidebook (Keele University)</p>	<p><a href="https://jigsaw-e.com/delivery-toolkit/pain-app/">https://jigsaw-e.com/delivery-toolkit/pain-app/</a></p> <p><a href="https://jigsaw-e.com/">https://jigsaw-e.com/</a></p> <p><a href="https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf">https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf</a></p>
<b>Ankle</b>	<p>Ankle sprains exercise sheet 1 (Versus Arthritis)</p> <p>Ankle Sprains Exercise Sheet 2 (Versus Arthritis)</p> <p>Foot and ankle surgery: who is it for? (Versus Arthritis)</p> <p>Keep moving exercise Booklet (Versus Arthritis)</p> <p>Keele Pain Recorder App (Keele University)</p> <p>JIGSAW-E website (Keele University)</p> <p>Osteoarthritis Guidebook (Keele University)</p>	<p><a href="https://www.versusarthritis.org/media/3089/ankle-sprain-exercise-sheet.pdf">https://www.versusarthritis.org/media/3089/ankle-sprain-exercise-sheet.pdf</a></p> <p><a href="https://www.versusarthritis.org/media/21785/anklesprains-exercise-sheet.pdf">https://www.versusarthritis.org/media/21785/anklesprains-exercise-sheet.pdf</a></p> <p><a href="https://www.versusarthritis.org/media/1301/foot-and-ankle-surgery-information-booklet.pdf">https://www.versusarthritis.org/media/1301/foot-and-ankle-surgery-information-booklet.pdf</a></p> <p><a href="https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf">https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf</a></p> <p><a href="https://jigsaw-e.com/delivery-toolkit/pain-app/">https://jigsaw-e.com/delivery-toolkit/pain-app/</a></p> <p><a href="https://jigsaw-e.com/">https://jigsaw-e.com/</a></p> <p><a href="https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf">https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf</a></p>
<b>Foot</b>	<p>Foot pain booklet (Versus Arthritis)</p> <p>Plantar fasciitis exercise sheet (Versus Arthritis)</p> <p>Keep moving exercise Booklet (Versus Arthritis)</p> <p>JIGSAW-E website (Keele University)</p> <p>Osteoarthritis Guidebook (Keele University)</p>	<p><a href="https://www.versusarthritis.org/media/1252/foot-pain-information-booklet.pdf">https://www.versusarthritis.org/media/1252/foot-pain-information-booklet.pdf</a></p> <p><a href="https://www.versusarthritis.org/media/3094/plantar-fasciitis-exercise-sheet.pdf">https://www.versusarthritis.org/media/3094/plantar-fasciitis-exercise-sheet.pdf</a></p> <p><a href="https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf">https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf</a></p> <p><a href="https://jigsaw-e.com/">https://jigsaw-e.com/</a></p> <p><a href="https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf">https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf</a></p>
<b>CONDITION INFORMATION</b>		
<b>Ankylosing Spondylitis</b>	Ankylosing Spondylitis Booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1247/ankylosing-spondylitis-information-booklet.pdf">https://www.versusarthritis.org/media/1247/ankylosing-spondylitis-information-booklet.pdf</a>
<b>Arthritis</b>	What is arthritis? Booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1266/what-is-arthritis-information-booklet.pdf">https://www.versusarthritis.org/media/1266/what-is-arthritis-information-booklet.pdf</a>
<b>Carpal tunnel</b>	Carpal tunnel syndrome booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1318/carpal-tunnel-syndrome-information-booklet.pdf">https://www.versusarthritis.org/media/1318/carpal-tunnel-syndrome-information-booklet.pdf</a>

<b>Cauda Equina Syndrome</b>	Cauda Equina Syndrome (Patient.info)	<a href="https://patient.info/health/back-and-spine-pain/cauda-equina-syndrome">https://patient.info/health/back-and-spine-pain/cauda-equina-syndrome</a>
<b>Fibromyalgia</b>	Fibromyalgia information (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1251/fibromyalgia-information-booklet.pdf">https://www.versusarthritis.org/media/1251/fibromyalgia-information-booklet.pdf</a>
<b>Giant Cell Arteritis (GCA)</b>	PMRGCAUK information (Polymyalgia Rheumatica & Giant Cell Arteritis UK)  Vasculitis UK patient information (Vasculitis UK)	<a href="http://www.pmrgca.co.uk/content/about-pmr-and-gca">http://www.pmrgca.co.uk/content/about-pmr-and-gca</a>  <a href="http://www.vasculitis.org.uk/about-vasculitis/giant-cell-arteritis-temporal-arteritis">http://www.vasculitis.org.uk/about-vasculitis/giant-cell-arteritis-temporal-arteritis</a>
<b>Hypermobility</b>	Joint hypermobility Booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1255/joint-hypermobility-information-booklet.pdf">https://www.versusarthritis.org/media/1255/joint-hypermobility-information-booklet.pdf</a>
<b>Osteoarthritis</b>	OA Guidebook (Keele University)  Osteoarthritis information (Versus Arthritis)	<a href="https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/pdfs/OA_Guidebook.pdf">https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/pdfs/OA_Guidebook.pdf</a>  <a href="https://www.versusarthritis.org/media/12747/osteoarthritis-information-bookletv2.pdf">https://www.versusarthritis.org/media/12747/osteoarthritis-information-bookletv2.pdf</a>
<b>Osteoporosis</b>	Website to help understand the causes and treatment of osteoporosis (Royal Osteoporosis Society)	<a href="https://theros.org.uk/information-and-support/understanding-osteoporosis/causes-of-osteoporosis-and-broken-bones/">https://theros.org.uk/information-and-support/understanding-osteoporosis/causes-of-osteoporosis-and-broken-bones/</a>
<b>Polymyalgia Rheumatica (PMR)</b>	PMR patient information (Versus Arthritis)  PMRGCAUK information (Polymyalgia Rheumatica & Giant Cell Arteritis UK)	<a href="https://www.versusarthritis.org/media/1322/polymyalgia-rheumatica-information-booklet.pdf">https://www.versusarthritis.org/media/1322/polymyalgia-rheumatica-information-booklet.pdf</a>  <a href="http://www.pmrgca.co.uk/content/about-pmr-and-gca">http://www.pmrgca.co.uk/content/about-pmr-and-gca</a>
<b>Raynauds Phenomenon</b>	Raynauds information (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1263/raynauds-phenomenon-information-booklet.pdf">https://www.versusarthritis.org/media/1263/raynauds-phenomenon-information-booklet.pdf</a>
<b>Rheumatoid arthritis</b>	Rheumatoid arthritis information (Versus Arthritis)  RA Advice & exercise resources (National Rheumatoid Arthritis Society)	<a href="https://www.versusarthritis.org/media/12748/rheumatoid-arthritis-information-bookletv2.pdf">https://www.versusarthritis.org/media/12748/rheumatoid-arthritis-information-bookletv2.pdf</a>  <a href="https://www.nras.org.uk/living-with-ra">https://www.nras.org.uk/living-with-ra</a>
<b>Spinal Stenosis</b>	Spinal Stenosis (Patient.info)	<a href="https://patient.info/health/back-and-spine-pain/spinal-stenosis">https://patient.info/health/back-and-spine-pain/spinal-stenosis</a>
<b>Whiplash</b>	Website containing information about whiplash and its treatment (NHS)	<a href="https://www.nhs.uk/conditions/whiplash/">https://www.nhs.uk/conditions/whiplash/</a>
<b>CHRONIC PAIN</b>		

<b>Persistent Pain</b>	<p>Turning the Volume Down on Pain information leaflet (Body Logic)</p> <p>Understanding pain: What to do about it in less than 5 minutes (Australian animation)</p> <p>Pain App which helps patient to record how medication is helping their condition and any side effects (Keele University)</p>	<p><a href="https://www.dropbox.com/s/r9ety3iffx92sje/PersistentPainBooklet.pdf?dl=0">https://www.dropbox.com/s/r9ety3iffx92sje/PersistentPainBooklet.pdf?dl=0</a></p> <p><a href="https://www.youtube.com/watch?v=C_3phB93rvI">https://www.youtube.com/watch?v=C_3phB93rvI</a></p> <p><a href="https://www.keele.ac.uk/kpr/">https://www.keele.ac.uk/kpr/</a></p>
<b>Live well with pain</b>	Resources for living well despite pain (Live Well With Pain)	<a href="https://livewellwithpain.co.uk/">https://livewellwithpain.co.uk/</a>
<b>Retrain pain</b>	A website that uses 1-minute videos to help explain chronic pain and the rationale for self-management (Retrain Pain Foundation)	<a href="https://www.retrainpain.org/">https://www.retrainpain.org/</a>
<b>Psychology in pain</b>	Useful videos that help understand chronic pain (produced by Prof Tamar Pincus)	<a href="https://www.youtube.com/watch?v=N7vRyCW2XS0">https://www.youtube.com/watch?v=N7vRyCW2XS0</a>
<b>MEDICATION</b>		
<b>Medication</b>	<p>Painkillers 1 (Versus Arthritis)</p> <p>Painkillers 2 (Versus Arthritis)</p> <p>Amitriptyline 1 (Versus Arthritis)</p> <p>Amitriptyline 2 (Versus Arthritis)</p> <p>Pain App which helps patient to record how medication is helping their condition and any side effects (Keele University)</p>	<p><a href="https://www.versusarthritis.org/media/1296/painkillers-and-nsaids-information-booklet.pdf">https://www.versusarthritis.org/media/1296/painkillers-and-nsaids-information-booklet.pdf</a></p> <p><a href="https://www.versusarthritis.org/media/14626/painkillers-nsaids-information-booklet-2019.pdf">https://www.versusarthritis.org/media/14626/painkillers-nsaids-information-booklet-2019.pdf</a></p> <p><a href="https://www.versusarthritis.org/media/1279/amitriptyline-information-booklet.pdf">https://www.versusarthritis.org/media/1279/amitriptyline-information-booklet.pdf</a></p> <p><a href="https://www.versusarthritis.org/media/14625/amitriptyline-information-booklet-2019.pdf">https://www.versusarthritis.org/media/14625/amitriptyline-information-booklet-2019.pdf</a></p> <p><a href="https://www.keele.ac.uk/kpr/">https://www.keele.ac.uk/kpr/</a></p>
<b>INFORMATION ABOUT GENERAL ACTIVITY</b>		
<b>General exercise advice</b>	<p>Keep moving exercise Booklet (Versus Arthritis)</p> <p>The Importance of Intensity in Physical Activity animation (Doc Mike Evans)</p> <p>23 and ½ hours animation (Doc Mike Evans)</p>	<p><a href="https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf">https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf</a></p> <p><a href="https://www.youtube.com/watch?v=OMn8Tq5Eya0">https://www.youtube.com/watch?v=OMn8Tq5Eya0</a></p> <p><a href="https://www.youtube.com/watch?v=3F5Sly9JQao">https://www.youtube.com/watch?v=3F5Sly9JQao</a></p>
<b>INFORMATION ABOUT INVESTIGATIONS</b>		
<b>MRI</b>	MRI Scan (Patient.info)	<a href="https://patient.info/health/mri-scan">https://patient.info/health/mri-scan</a>
<b>CT</b>	CT Scan (Patient.info)	<a href="https://patient.info/health/ct-scan">https://patient.info/health/ct-scan</a>
<b>X-ray</b>	X-ray test (Patient.info)	<a href="https://patient.info/health/x-ray-test">https://patient.info/health/x-ray-test</a>

<b>Ultrasound</b>	Ultrasound scan (Patient.info)	<a href="https://patient.info/health/ultrasound-scan">https://patient.info/health/ultrasound-scan</a>
<b>DEXA</b>	Bone scan (Dexa) (Patient.info)	<a href="https://patient.info/health/cancer/bone-scan">https://patient.info/health/cancer/bone-scan</a>
<b>Blood test</b>	Blood tests (Patient.info)	<a href="https://patient.info/health/blood-tests">https://patient.info/health/blood-tests</a>
<b>INFORMATION ABOUT INJECTIONS</b>		
<b>Steroid Injection</b>	Steroid injections information (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/treatments/drugs/steroid-injections/">https://www.versusarthritis.org/about-arthritis/treatments/drugs/steroid-injections/</a>
<b>INFORMATION ABOUT SURGERY</b>		
<b>Surgery</b>	Information about knee, hip, foot, shoulder, elbow, wrist and hand surgery (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/treatments/surgery/">https://www.versusarthritis.org/about-arthritis/treatments/surgery/</a>
<b>OTHER INFO (DIET, FALLS, SLEEP, SMOKING, WORK, WOMEN'S HEALTH)</b>		
<b>Diet</b>	Eatwell Guide Booklet 2016 (Public Health England)	<a href="https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf">https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf</a>
<b>Falls</b>	Falls Prevention animation (CSP)	<a href="https://vimeo.com/232010084/56c5778dcd">https://vimeo.com/232010084/56c5778dcd</a>
<b>Balance retraining</b>	Online resource to help retrain balance and reduce vestibular related dizziness (Balance Retraining)	<a href="https://balance.lifeguidehealth.org/player/play/balance">https://balance.lifeguidehealth.org/player/play/balance</a>
<b>Stop Smoking</b>	Stop smoking website (NHS)	<a href="https://www.nhs.uk/smokefree">https://www.nhs.uk/smokefree</a>
<b>Work</b>	Work and health leaflet. How common health problems should be accommodated at work (Waddell and Burton)	<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/209035/hwwb-work-and-health-leaflet.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/209035/hwwb-work-and-health-leaflet.pdf</a>
<b>Women's Health</b>	Women's Health leaflet about incontinence (CSP)	<a href="https://www.csp.org.uk/public-patient/common-conditions/incontinence">https://www.csp.org.uk/public-patient/common-conditions/incontinence</a>
	Breast Health Bra size (CSP)	<a href="https://www.csp.org.uk/publications/breast-health-your-bra-right-you">https://www.csp.org.uk/publications/breast-health-your-bra-right-you</a>
<b>EMOTIONAL WELL BEING/SLEEP</b>		
<b>Anxiety and low mood</b>	Anxiety (Patient.info)	<a href="https://patient.info/health/anxiety">https://patient.info/health/anxiety</a>
	Depression (Patient.info)	<a href="https://patient.info/health/depression-leaflet">https://patient.info/health/depression-leaflet</a>
<b>Sleep</b>	The good sleep guide (CSP)	<a href="https://www.csp.org.uk/publications/good-sleep-guide">https://www.csp.org.uk/publications/good-sleep-guide</a>
	Bed buyers guide (Sleep Council)	<a href="https://www.sleepcouncil.org.uk/wp-content/uploads/2015/02/bed_buyers_guide.pdf">https://www.sleepcouncil.org.uk/wp-content/uploads/2015/02/bed_buyers_guide.pdf</a>
	Sleep information (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1274/sleep-and-arthritis-information-booklet.pdf">https://www.versusarthritis.org/media/1274/sleep-and-arthritis-information-booklet.pdf</a>

<p><b>Beating the Blues</b> (Not free)</p>	<p>Beating the Blues® is an effective treatment for people feeling stressed, depressed, anxious or just down in the dumps. Based on Cognitive Behavioural Therapy, the course is made up of 8 online sessions which last approximately an hour and help you to understand the link between how you think and how this influences your feelings and behaviours (365 Health and Wellbeing)</p>	<p><a href="http://www.beatingtheblues.co.uk">http://www.beatingtheblues.co.uk</a></p>
<p><b>MoodGYM</b> (Not free)</p>	<p>Moodgym is an online self-help program designed to help users prevent and manage symptoms of depression and anxiety. It is like an interactive, online self-help book which teaches skills based on cognitive behaviour therapy (e-hub Health Pty Ltd)</p>	<p><a href="https://moodgym.com.au/">https://moodgym.com.au/</a></p>
<p><b>Living life to the full</b> (Free)</p>	<p>Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more (Living Life to the Full)</p>	<p><a href="https://littf.com/">https://littf.com/</a></p>
<p><b>Moodjuice</b> (Free)</p>	<p>A collection of resources on a wide range of mental health and lifestyle issues (Choose Life Falkirk and Adult Clinical Psychology Service, NHS Forth Valley)</p>	<p><a href="https://www.moodjuice.scot.nhs.uk/">https://www.moodjuice.scot.nhs.uk/</a></p>
<p><b>MyCompass</b> (Free)</p>	<p>A personalised self-help tool for your mental health (Black Dog Institute)</p>	<p><a href="https://www.mycompass.org.au/">https://www.mycompass.org.au/</a></p>
<p><b>Beyond Blue</b> (Free)</p>	<p>Provides information and support to help achieve best possible mental health (Beyond Blue)</p>	<p><a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a></p>
<p><b>Young Minds</b></p>	<p>A guide to younger people's mental health (Young Minds)</p>	<p><a href="https://youngminds.org.uk">https://youngminds.org.uk</a></p>
<p><b>Kooth</b></p>	<p>An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use (XenZone)</p>	<p><a href="http://www.kooth.com">www.kooth.com</a></p>
<p><b>Mental Health</b></p>	<p>CBT self-help and therapy resources (Get Self Help)</p> <p>Self-help guides (NHS)</p> <p>Guided Meditation (Oxford Mindfulness)</p>	<p><a href="http://www.getselfhelp.co.uk">www.getselfhelp.co.uk</a></p> <p><a href="http://www.ntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/">www.ntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/</a></p> <p><a href="http://www.youtube.com/watch?v=CVW_IE1nsKE">www.youtube.com/watch?v=CVW_IE1nsKE</a></p>

	Online Mindfulness Courses (Wellmind Media)	<a href="http://www.bemindfulonline.com">www.bemindfulonline.com</a>
<b>Apps</b>		
Headspace App	A guide to health and happiness. It's the simple way to let go of stress and get better	Go to the Play Store or App Store
SAM App (Self-help for Anxiety)	SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection	
Calm Harm App	An app that helps to resist or manage the urge to self-harm	
<b>USEFUL ORGANISATIONS (WEBSITES AND PHONE NUMBERS)</b>		
	<p><b>VERSUS ARTHRITIS</b> The arthritis helpline 0800 5200 520 <a href="http://www.versusarthritis.org">www.versusarthritis.org</a></p> <p><b>Backcare</b> 0845 130 2704 <a href="http://www.backcare.org.uk">www.backcare.org.uk</a></p> <p><b>Ehlers-Danlos Support UK</b> 0208 736 5604 <a href="http://www.ehlers-danlos.org">www.ehlers-danlos.org</a></p> <p><b>Fibromyalgia Action UK</b> 0844 887 2444 <a href="http://www.fmauk.org">www.fmauk.org</a></p> <p><b>Hypermobility Syndrome Association</b> 033 3011 6388 <a href="http://www.hypermobility.org">www.hypermobility.org</a></p> <p><b>Lupus UK</b> 01708 731251 <a href="http://www.lupusuk.org.uk">www.lupusuk.org.uk</a></p> <p><b>National Ankylosing Spondylitis Society</b> 020 8948 9117 <a href="http://www.nass.co.uk">www.nass.co.uk</a></p> <p><b>Polymyalgia Rheumatica &amp; Giant Cell Arteritis UK</b> 0300 111 5090 <a href="http://www.pmrgcauk.com">www.pmrgcauk.com</a></p> <p><b>Scleroderma and Raynaud's UK</b> 020 7000 1925 <a href="http://www.sruk.co.uk">www.sruk.co.uk</a></p> <p><b>UK Gout Society</b> <a href="http://www.ukgoutsociety.org">www.ukgoutsociety.org</a></p>	