

## Mobile Apps

Search for these apps in the listed App stores, or go to our website for hyperlinks: <http://library.sssft.nhs.uk/mobile-apps>

## Guidelines

- **NICE Guidelines** (Free) [Apple](#) [Android](#) [Windows](#)  
Browse over 760 items (7000+ chapters) of NICE guidance
- **SIGN Guidelines** (Free) [Apple](#) [Android](#)  
Guidelines from the Scottish Intercollegiate Guidelines Network
- **NICE BNF** (Free) [Apple](#) [Android](#)
- **NICE BNFC** (Free) [Apple](#) [Android](#)  
Full access to the National Formularies (you will need a free NHS Athens password to access this app)

## Patient Information

- **Self Help** (Free) [Apple](#) [Android](#)  
Self Help app gives you access to the full range of 23 NTW mental health self-help guides.

## Physical Health

- **PUInfo** (Free) [Apple](#) [Android](#) [Windows](#)  
Informational/Educational app on the prevention of pressure ulcers
- **Health Mapper** (Free) [Apple only](#)  
Health Mapper allows people with long-term health conditions to monitor their health condition
- **SIGN Patient App: Diabetes** (Free) [Android only](#)  
Based on our popular Patient booklets, our Patient apps features keyword search and access to the SIGN website
- **NHS Smokefree** (Free) [Apple](#) [Android](#)  
It provides you with a daily message to support you during the first 28 days of stopping plus instant tips and facts at any time

## Mental Health

- **IAPT Patient Portal** (Free) [Apple](#) [Android](#)  
The Portal allows patients to quickly and securely record their IAPT mental health questionnaires prior to an appointment
- **Mood Tracker** (Free) [Apple](#) [Android](#)  
Tyneside Mind Mood Tracker is an interactive mood rating system and personal journal
- **Mindfulness by Digipill** (£1.49) [Apple only](#)  
This is a guided meditation, in English, by the leading clinical hypnosis expert, Professor Ursula James
- **Five Ways to Well-Being** (Free) [Apple](#) [Android](#)  
Live life to the full with this easy to use Five Ways to Wellbeing app  
**SAM: Self-help for Anxiety Management** (Free) [Apple](#) [Android](#)  
SAM is a user-friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety
- **SIGN Patient App: Autism Spectrum Disorders** (Free) [Apple](#) [Android](#)  
Based on our popular Patient booklets, our Patient apps features keyword search and access to the SIGN website

## Communicating With Patients

- **Talking Mats Taster** (Free, but paid upgrades also available) [Apple](#) [Android](#)  
App to support adults and children with communication difficulties
- **Talking English** (Free) [Android only](#)  
The app aims to help people's speech development

## Dementia

- **Talking Point** (Free) [Apple](#) [Android](#)  
Free mobile app for Alzheimer's Society's online support forum, Talking Point

## Daily Living

- **MyStaffs App** (Free) [Apple](#) [Android](#)  
Access all your council services on the move
- **Everyday Telford** (Free) [Apple](#) [Android](#) [Windows](#)  
App from Telford & Wrekin Council

**Please note:** At the time of compiling this list Shropshire Council did not offer a comparable app. If this changes we will include the app in future updates.

## NHS Leadership and Management

- **NHS Acronym Buster** (Free) [Apple](#) [Android](#)  
The NHS Acronym Buster gives you the definition over 700 commonly used acronyms in the NHS
- **NHS Do OD** (Organisational Development) (Free) [Apple](#) [Android](#)  
How will you change culture in your NHS organisation?

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## Contact Us

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**Midlands Partnership**

NHS Foundation Trust

A Keele University Teaching Trust



# Mobile Apps

A selection of smartphone and tablet apps which will help you to find evidence, communicate with patients and much more.

- ✓ Android
- ✓ iPhone
- ✓ Windows