

Self-Management

Resources: Online support and Apps

Name	Site address	Aims/function
'My Diabetes My Way'	http://www.mydiabetesmyway.scot.nhs.uk/	NHS Scotland interactive diabetes website to help support people who have diabetes and their family and friends
The Pain Toolkit	http://www.paintoolkit.org/	For people who live with persistent pain and healthcare teams who support them
Patient Information Forum	http://www.pifonline.org.uk/	The Patient Information Forum (PIF) is the UK membership organisation and network for people working in, and involved with, health and care information and support
Patients Like Me	https://www.patientslikeme.com/	Online peer support- free to join
Medhelp	http://www.medhelp.org/	Find support, get motivated. Connect with others just like you. Get advice, share your experience. Hundreds of conditions covered
HealthUnlocked	https://healthunlocked.com/	A UK based social network for health With over 500 communities to explore, find the right one for your health needs

Healthy Social	http://www.healthysocial.org/projects.html	The HealthySocial Project brings together scientists, physicians, artists and technology developers around the vision of using social networks to promote and spread positive health behaviours and attitudes. By leveraging existing social relationships, we believe we can empower people everywhere to improve their health and spread positive health messages. The apps are used by thousands of people around the world to spread positive health attitudes and behaviours amongst their friends and loved ones
Big White Wall	https://www.bigwhitewall.com/landing-pages/landingV3.aspx	<p>A safe online community of people who are anxious, down or not coping who support and help each other by sharing what's troubling them, guided by trained professionals.</p> <p>Big White Wall is available free in many areas of the UK via the NHS, employers, and universities. It is also free to all UK serving personnel, veterans, and their families. This is not a commissioned service in Torbay but can be 'micro commissioned for £24 per month</p>
Inspire	https://www.inspire.com/	Join many others who understand what you're going through and are making important decisions about their health
CF Living	http://www.cfliving.com/	Community support and information for those living with Cystic Fibrosis

Cystic Fibrosis.com	http://cysticfibrosis.com/	<p>CysticFibrosis.com supports the largest and oldest global Cystic Fibrosis community on the web, founded in 1996, comprising patients, caregivers, healthcare professionals and industry service providers</p> <p>We believe in harnessing the knowledge of the patient and caregiver community to achieve participatory healthcare. Our CF community holds a wealth of knowledge on the disease, challenges they face and possible solutions they envision</p>
Crohn's & Me	http://crohnsandme.com/	Community support and information for those living with Crohn's Disease
Epilepsy Advocate	http://www.epilepsyadvocate.com/	We are a community of Advocates and caregivers that lets you connect with those who share the same goal of achieving additional seizure control. New personal stories, features, and events are added all the time
E Patient Dave	http://www.epatientdave.com/	An advocate for patient engagement. ('E' stands for engaged, empowered, enabled)
Dose of Digital	http://www.doseofdigital.com/healthcare-pharma-social-media-wiki/	A list of social media and online apps & communities