Im a professional training material for survivors

Materials for survivors

Self-help and toolkits

Devon Rape Crisis and Sexual Abuse Services have developed useful self help guides accessible from their website:

* [Self Help Guide](http://www.devonrapecrisis.org.uk/images/DRCSAS%20Self%20Help%20Booklet.pdf)
* [Easy Read Self Help Guide](http://www.devonrapecrisis.org.uk/images/DRCSAS-Easy-Read-Self-Help-guide-2017.pdf)
* [NHS Self Help Leaflets](https://web.ntw.nhs.uk/selfhelp/) (on a wide variety of topics)

Women’s Aid developed [The Survivor’s Handbook](https://www.womensaid.org.uk/the-survivors-handbook/) – a resource that covers a wide range of topics that someone who has lived with domestic abuse may need information or advice about.

We have reproduced a series of [toolkits](https://www.areyouok.co.uk/i-need-help/toolkits/) courtesy of Splitz Support Service that individuals can download for their own personal use or which can be accessed and used in a school or support group setting.

Apps

There are apps available for mobiles that can be used to store hidden notes and photos or to alert a trusted friend or relative if someone needs help.  Check out the [Bright Sky app](https://www.hestia.org/brightsky) for keeping records and the [Hollieguard app](https://hollieguard.com/" \o "Hollieguard" \t "_blank) which can track someone's whereabouts or send an alert.  Users should make their own enquiries with regard to the security and safety features of these apps to take account of their own personal circumstances.

[Breaking Free Online](https://www.breakingfreeonline.com/) is an app that can be used to help to support the management of or reduce the amount someone drinks if they are drinking too much.  The app can be accessed online via a pc, laptop or mobile. Sign up using an email address and the password: walnutalcohol11    If you are working with someone who uses drugs, the app can be accessed in the same way by signing up with their email address and the password:  walnutdrug11

* [Self Help Guide](http://www.devonrapecrisis.org.uk/images/DRCSAS%20Self%20Help%20Booklet.pdf) change link to https://devonrapecrisis.org.uk/how-can-we-help/resources/
* [Easy Read Self Help Guide](http://www.devonrapecrisis.org.uk/images/DRCSAS-Easy-Read-Self-Help-guide-2017.pdf) change to https://devonrapecrisis.org.uk/how-can-we-help/resources/
* [NHS Self Help Leaflets](https://web.ntw.nhs.uk/selfhelp/) link works
* [The Survivor’s Handbook](https://www.womensaid.org.uk/the-survivors-handbook/) link works
* Need to reword :

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* [Breaking Free Online](https://www.breakingfreeonline.com/) is an app that can be used to help to support the management of or reduce the amount someone drinks if they are drinking too much.  The app can be accessed online via a pc, laptop or mobile. Sign up using an email address and the password: walnutalcohol11    If you are working with someone who uses drugs, the app can be accessed in the same way by signing up with their email address and the password:  walnutdrug11 need to replace with:

*SilverCloud* is an online support service that is available to you free of charge. *SilverCloud* has a range of programmes designed to help you develop skills and knowledge to address your alcohol or drug use, and there are also programmes to help you manage common emotional and mental health issues like depression; anxiety and stress.

A short introductory video can be seen by following this link: [SilverCloud Intro Video](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fvimeo.com%2F502522528&data=05%7C01%7CJason.Preece%40torbay.gov.uk%7Ce5e3ed1323e649d530fb08dba4c42ace%7C13577bd8494345d98d3c304f184f6582%7C0%7C0%7C638284934692589354%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=8KjKLRoQA6sd%2BuPCNTd%2FLyXpjw9TscptKM%2F4xG0KbS4%3D&reserved=0)

To sign up and start using *SilverCloud* just follow this link: [https://torbaydrugandalcohol.silvercloudhealth.com/signup/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftorbaydrugandalcohol.silvercloudhealth.com%2Fsignup%2F&data=05%7C01%7CJason.Preece%40torbay.gov.uk%7Ce5e3ed1323e649d530fb08dba4c42ace%7C13577bd8494345d98d3c304f184f6582%7C0%7C0%7C638284934692589354%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=jZP2dpKB18yw5w%2FduNuyFyCjjGrlyqlAKZelpdERxJE%3D&reserved=0)

It will ask you to choose a programme; register with *SilverCloud* and complete a short questionnaire - you’ll then be all set to start.

If you have any problems getting registered with *SilverCloud,* or if you would like more information, please contact Torbay Recovery Initiatives by emailing [torbay.drugandalcoholreferrals@nhs.net](mailto:torbay.drugandalcoholreferrals@nhs.net)