



# Londonwide LMCs

The professional voice of London general practice

## Free online mindfulness course for patients

Londoners can now access a free online mindfulness tool via the Good Thinking website. The website signposts individuals to resources to help deal with depression, anxiety, stress and insomnia which have been independently assessed and validated. The course of mindfulness is designed to be completed over several weeks, delivered entirely through the app.

The service is funded by the Collaboration of Clinical Commissioning Groups supported by NHS England, Public Health England and the Mayor's Office. They have decided to fund the app because GPs have told them they often find it difficult to know which apps are evidence based or free for patients in a rapidly expanding market.