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Websites and APP

Website

1. Web 1

– “Sfatul medicului – Doctor’s advice”

<http://www.sfatulmedicului.ro/>

a. Description

Sfatulmedicului.ro seeks to provide scientific and professional information but accessible to all users interested in their health.

2. Web 2

“Ce se intampla doctore? – What is happening doctor?”

<http://www.csid.ro/health/>

a. Description

The purpose of this website is to provide you the general medical information.

“Ce se intampla doctore?” contains information about:

- Health
- Beauty
- Diet and Sport
- Family
- Lifestyle
- Specialist (to ask questions and get answers).

3. Web 3

“ROmedic”

<http://www.romedic.ro/>



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This website provides health and medicine information to guide you when you need a Doctor's advice. It provides users access to a rich collection of online resources and tools that include:

- Health information
- Forums
- Custom content
- Web promotion services;
- Medical news.

4. Web 4

“EduMedical”

<https://www.edumedical.ro/>

a. Description

EduMedical is a resource which inform the patients and that provides articles and advices about diseases and affections, healthy lifestyle, diets and sports.

5. Web 5

“Viata Medicala – Medical life”

<http://www.viata-medicala.ro/>

a. Description

Viata Medicala is an editorial website that gives people the chance to learn the latest health news and read advice and information on the consequences of unhealthy eating habits.

1. App 1

What’s up

(Free; [iOS](#) and [Android](#))



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a. Description

What's up is a free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits.

2. App 2

Breathe2Relax

(Free; [iOS](#) and [Android](#))

a. Description

Sometimes you just need to breathe and remind yourself you are fine. Breathe2Relax is made for just that. Created by the National Center for Telehealth and Technology, this app is a portable stress management tool that teaches users a skill called diaphragmatic breathing.

3. App 3

Recovery Record

(Free; [iOS](#) and [Android](#))

a. Description

Recovery Record is a great app for anyone recovering from an eating disorder and wanting to develop a more positive body image. Keep a record of the meals you eat and how they make you feel using the app and complete questionnaires that'll help you track your progress over time.

4. App 4

Rise Up and Recover



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a. Description

Rise Up + Recover is a unique app as it not only allows you to track your meals and how you feel when you eat them, but you can also transcribe your progress into a PDF printout.

5. App 5

Calm

(Free; [iOS](#) and [Android](#))

a. Description

Named by Apple as the 2017 iPhone App of the Year, Calm is quickly becoming regarded as one of the best mental health apps available.

Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music.

This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you.

Conclusions

The Websites and APPs could be considered very useful tools because they are additional resources which offer online support and advice for those who have a real need to get a mental health and to heal a trauma or to fill a void.