



SUPPORT PACK



What is mental Health?

'When our mental health is good, we feel positive about ourselves, enjoy being around others and feel able to deal with life's challenges.

We all go through times when we feel worried, confused or down. But when it starts to feel difficult to do everyday things like hanging out with friends, getting work done or doing the things we normally enjoy, this could mean we have a problem with our mental health.

Mental health problems are things like depression, anxiety, obsessive compulsive disorder, eating disorders or psychosis, and dealing with these can be really tough.

But with help from our friends, our family and professionals, we can find ways to overcome or live positively with these challenges'.

(youngminds.org.uk, 2020)

It's good to Talk.....

If you are feeling different from usual or noticed a change in your behaviour it's good to talk to someone you trust about how you feel.

Whatever the difficulty, and whether you believe it is too small to bother with or too big to handle... if it is stopping you enjoying life and getting what you want from it, then exploring your thoughts and feelings with others can help you manage your emotions more effectively.

Remember you are not alone.....



Advice and support for all kinds of problems is available

Childline

Comforts, advises and protects children 24 hours a day and offers free confidential counselling.

Phone: 0800 1111 (24 hours)

Chat 1-2-1 with a counsellor online

<https://www.childline.org.uk>

The Mix

Information, support and listening for people under 25.

Phone: 0808 808 4994 (24 hours)

Get support online

<https://www.themix.org.uk>

Youth Access

Get connected with the right support services and organisations in your area. For anyone aged 11-25.

Visit their website to find your local service.

<https://www.youthaccess.org.uk/>

Samaritans

24 hour confidential listening and support for anyone who needs it.

Phone 116 123 (24 hours)

Information and support for mental health issues

<https://www.samaritans.org>

B-eat (eating disorders)

The UK's eating disorder charity. They have online support groups and a helpline for anyone under 18.

Youthline: 0808 801 0711

<https://www.beateatingdisorders.org.uk/>

Frank (drugs and alcohol)

Confidential information and advice about drugs and substance abuse, whether it's for you or someone else.

Phone: 0300 123 66 00

<https://www.talktofrank.com/>

Children's Legal Centre (for legal advice)

Where you can access information about your legal rights as a child.

Contact online

<https://www.childrenslegalcentre.com/>

Stonewall (LGBT)

The UK charity for gay, lesbian, bisexual and transgender people and their allies. They offer information, advice and where to get local support.

Phone: 020 8772 9900

<https://www.stonewall.org.uk/>

Young Minds

The UK's leading charity fighting for children and young people's mental health.

For advice and support

<https://youngminds.org.uk>

Worcestershire School Health Nursing Service

Worcestershire School Health Nursing Service website offers useful advice to service users within Worcestershire.

Access the website for contact details for parents and carers

<https://www.hacw.nhs.uk/search/service/school-health-nursing-15>

Chat Health

This service is provided by the Worcestershire School Health Nurse service for young people aged 11-19. You will get a reply within 24 hours from an NHS School Nurse between 9:00am to 4:00pm, Monday to Friday (except bank holidays).

Advice for Teens in Worcestershire

Text: 07507 331 750

Kooth

Free, safe and anonymous online support for young people
Monday – Friday 12pm – 10pm , Saturday – Sunday 6pm – 10pm

Online counselling

<https://www.kooth.com/>



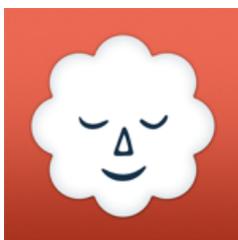
SAM: Self-help for Anxiety Management



MINDSHIFT: CBT- Anxiety



HEADSPACE: Meditation and sleep



BREATHE: Stop, Breath, Think.



**CALM HARM: help teenagers manage the
urge to self-harm**



DISTRACTION

Distracting yourself from unwanted thoughts and feelings can help you regulate your emotions. Below are some ideas, but you may want to produce your own list of distractions

For feelings of ANGER and FRUSTRATION try:

- exercise
- hitting cushions
- shout and dance
- shake your arms
- bite on bunched up material/paper
- tear something up into hundreds of pieces
- go for a run

For feelings of SADNESS and FEAR try:

- wrapping a blanket around you
- spending time with an animal
- going for a walk
- let yourself cry or sleep
- listen to soothing music
- tell someone how you feel
- massage your hands
- lie in a comfortable position and breathe in – then breathe out slowly, making your out-breath longer than your in-breath. Repeat until you feel more relaxed.

If you feel a need to take control try:

- writing lists
- tidying up
- have a throw-out
- write a letter saying everything you are feeling, then tear it up
- weed a garden
- clench all of your muscles then relax

For feelings of NUMBNESS and other distractions do not help stop self-harming behaviour try:

- flick elastic bands on your wrists
- hold ice cubes
- have a very cold shower
- write a name of someone you care for where you might self-harm

For feelings of SHAME try:

- to stop spending time with anyone who treats you unkindly
- recognise when you are trying to be perfect and accept that making mistakes is part of being human
- remind yourself that there are reasons for how you behave – it is not because you are 'bad'
- remind yourself “ It is Ok to not feel OK!”.

For feelings of SELF-HATRED – wanting to punish yourself, try:

- writing a letter from the part of you that feels the self-hatred, then write back with as much compassion and acceptance as you can
- find creative ways to express the self-hatred, through writing songs or poetry, drawing, movement or singing

Do something FUN:

- watch a film or favourite TV programme
- do a crossword, jigsaw, wordsearch
- do some baking or cooking
- play computer games
- go shopping with a friend or family member-treat yourself
- read a magazine/book
- use your create talent to make something
- plan an event- something to look forward to

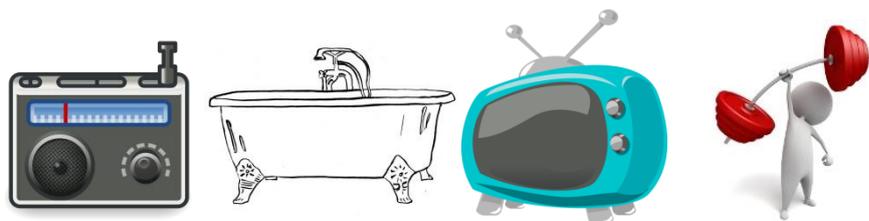
Do something with other people:

- generally be with others and not alone
- offer to help someone
- visit a friend or family member
- go out to a public place
- give someone a call

Create your own distraction list:



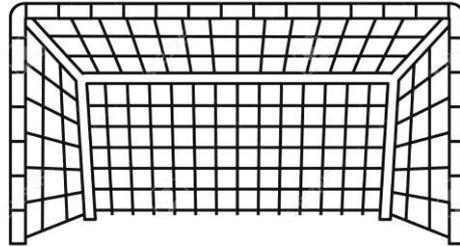
MY DISTRACTION LIST



My Safety "NET"

Identity 5 people you trust and write their name in the balls below.

Let them know you have chosen them as people to talk to which will help manage your emotions





For more urgent medical advice or attention:

- 1. Make an appointment with your GP**
- 2. Call NHS 111 and describe the presenting symptoms**
- 3. Go to your nearest accident and emergency department or**
- 4. Dial 999 for an ambulance, if you're worried that your symptoms are getting worse or advised to so by NHS 111**