**MENTAL HEALTH RESOURCES FOR TEENAGERS** *Updated October 2022*

**GENERAL MEASURES TO REDUCE STRESS**

* Timetable more valued enjoyable activities
  + Better school-life balance
  + Take up a relaxing hobby
* Gratitude diary
* Relaxation including mindfulness or meditation
  + [www.smilingmind.com.au](http://www.smilingmind.com.au) *Smiling Mind app*
  + [www.headspace.com](http://www.headspace.com) *Headspace app*
  + [www.bemindful.co.uk](http://www.bemindful.co.uk)
* Health behaviours
  + Regular exercise
  + Good sleep: ***HEAL: H****ealth;* ***E****nvironment;* ***A****ttitude;* ***L****ifestyle*
  + Well-balanced diet
  + Reduce alcohol and drugs
* Self-care resources from Anna Freud: [www.annafreud.org/on-my-mind/self-care/](http://www.annafreud.org/on-my-mind/self-care/)
* **Happy Maps:** <https://happymaps.co.uk/> mental health resources for parents, carers and young people
* **Just Talk resources**: Five ways to Wellbeing: Link to [Journal](https://www.justtalkherts.org/media/documents/justtalk-journal.pdf) and Link to [Five Ways to Wellbeing e-learning modules](https://www.justtalkherts.org/young-people/young-people-looking-after-your-mental-health.aspx#Fivewaystowellbeing)?

**GENERAL TELEPHONE AND ONLINE SUPPORT**

* + **Kooth**: [www.kooth.com](http://www.kooth.com): anonymous, confidential website for young people in Hertfordshire
  + **JustTalk:** <https://www.justtalkherts.org/just-talk-herts.aspx>
  + **Herts Mind Network**: [www.hertsmindnetwork.org](http://www.hertsmindnetwork.org); 020 3727 3600
    - **Young Person’s ReachOut team**: support for 10-17yrs or parents/caregivers **Mon – Thurs 5pm-8pm**
      * **Instant message at** [www.hertfordshiremindcyp.org](http://www.hertfordshiremindcyp.org)
      * **Call on 01923 256391 (option 2)**
    - Young Person’s Forum >15yr and online workshops available
    - **With YOUth: Children & Young People’s Digital Wellbeing Service 5-18yr** 
      * [www.withyouth.org](http://www.withyouth.org) / **0208 189 8400** **Mon-Fri 2pm-10pm**
  + **Health for Teens:** <http://www.healthforteens.co.uk/>
    - **Herts Chat Health:** Text 07480 635050
  + **Healthy Young Minds:** <https://healthyyoungmindsinherts.org.uk/young-people>
  + **Young Minds:** [www.youngminds.org.uk](http://www.youngminds.org.uk); Crisis messenger: text YM 85258
  + **THE MIX: <25YR:** free confidential multi-channel service that aims to find young people the best help
    - 0808 808 4994 (freephone 7 days a week 11am-11pm); 1-2-1 chat; [www.themix.org.uk](http://www.themix.org.uk)

**FACE TO FACE SUPPORT**

* **Hertfordshire County Council Services for Young People 11-17yrs** [www.servicesforyoungpeople.org](http://www.servicesforyoungpeople.org) providing youth work projects, information, advice, guidance, work-related learning and wider support for young people
  + [**Children’s Wellbeing Practitioner (CWP) Service**](https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/)**,** (<https://www.hct.nhs.uk/cwp>) **5-19yrs** provides early support to children and young people with common emotional wellbeing and mental health difficulties including behavioural difficulties, anxiety and low mood.

**FACE TO FACE COUNSELLING OPTIONS IN HERTFORDSHIRE**

|  |  |
| --- | --- |
| **Hertfordshire Community Counselling Organisations** | |
| **Youth Talk (St Albans district)**  Tel: 01727 868684  [www.youthtalk.org.uk](http://www.youthtalk.org.uk) | **YCT (East and North Herts)**  Tel: 01279 414 090 [www.yctsupport.com](http://www.yctsupport.com) |
| **Rephael House (Welwyn and Hatfield)**  Tel: 020 8440 9144  [www.rephaelhouse.org.uk](http://www.rephaelhouse.org.uk) | **Signpost (Watford and Hemel)**  Tel: 01923 239495  [www.signpostcounselling.co.uk](http://www.signpostcounselling.co.uk) |

**OVERVIEW OF CBT**: [www.patient.co.uk](http://www.patient.co.uk/) CBT focuses on 'here and now' problems and difficulties.

It invites people to notice the connection between:

* How we think about ourselves, the world and other people
* How these thoughts are connected to our behaviours and feelings
* How external factors or stressors can influence this

*From your thoughts come your feelings which lead to your actions and habits*

**CBT**works to help us notice and change problematic thinking styles or behaviour patterns so we can feel better

**TO FEEL BETTER** <https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>

* **Notice your thoughts:** thought diary
* **Think differently** <https://www.anxietycanada.com/articles/thinking-right-tools/>
  + Challenge thoughts
  + Confidence building positive self-talk
  + Letting thoughts go like leaves on a stream and distraction
  + Learning to live with uncertainty
* **Behave differently**
  + Doing things differently <https://www.anxietycanada.com/general/facing-fears/>
  + Healthy behaviours <https://www.anxietycanada.com/general/healthy-habits/>

**Quick relief options:** <https://www.anxietycanada.com/general/how-to-chill/>

**APPS:**

[Lumi Nova (part of With YOUth service) for ages 7-12](https://www.withyouth.org/how-we-can-help/lumi-nova/)  )

**General:** What’s Up app ) *based on CBT principles*

**Anxiety:** Clear Fear app; Mindshift app, SAM app and WorryTree app )

**Self-harm:** distrACT and Calm Harm app

**Suicide:** Stay Alive app

**Family and friends support:** Combined Minds app

**WEBSITES:**

[www.mentalhealth.org.uk/publications](http://www.mentalhealth.org.uk/publications) *(Mental Health Foundation)*

<https://web.ntw.nhs.uk/selfhelp/> *(NHS trust): based on CBT principles*

<https://www.camhs-resources.co.uk/> *(Anna Freud Centre)*

<https://www.anxietycanada.com/> *(Anxiety support)*

**BOOKS:**

***Mind over mood: Change how you feel by changing the way you think*** by Dennis Greenberger and Christine Padesky (2015). Cognitive behavioural workbook aimed at older teens and adults.

***Stuff that sucks***by Ben Sedley (2015) For young people who wish to develop their ability to cope with strong feelings & distress.

***Breaking Free from OCD: A CBT Guide for Young People and Their Families*** by Jo Derisley, Isobel Heyman, Sarah Robinson and Cynthia Turner (2008)

**Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress** by Regine Galanti (2020)

**THERAPY:**

Enhanced Primary Mental Health Service: Wellbeing team >16yrs

Online self-referrals: 09.00-17.00: [www.talkwellbeing.co.uk](http://www.talkwellbeing.co.uk/)

On telephone 24/7: **0800 6444 101**

**EDUCATIONAL SUPPORT:**

**New Leaf Wellbeing College:** free educational support for >18yrs to enable better control of wellbeing

[www.newleafcollege.co.uk](http://www.newleafcollege.co.uk); [students@newleafcollege.co.uk](mailto:students@newleafcollege.co.uk); 01442 864966

**HELPLINES**

* Papyrus: [www.papyrus-uk.org](http://www.papyrus-uk.org) Hopeline UK **0800 068 4141**
* Samaritans: [www.samaritans.org](http://www.samaritans.org) **116 123**
* Shout: crisis texting service: **text 85258**; [www.giveusashout.org](http://www.giveusashout.org)
* Childline 0800 11 11 www.childline.org.uk
* HPFT Single point of access:
  + 24/7 - **0800 6444 101 or Mon-Fri 07.00-19.00: webchat** red button via [www.hpft.nhs.uk](http://www.hpft.nhs.uk)
* Hertfordshire Night Light service: helpline: Friday-Monday: 7 -2am**: 01923 256391**: 18yr+