**MENTAL HEALTH RESOURCES FOR YOUNG ADULTS** *updated December 2022*

**GENERAL MEASURES TO REDUCE STRESS**

* Timetable more valued enjoyable activities
  + Better work-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*
* Health behaviours
  + Regular exercise
  + Good sleep
  + Well-balanced diet
  + Reduce alcohol and drugs
  + Link to [Five Ways to Wellbeing e-learning modules](https://www.justtalkherts.org/young-people/young-people-looking-after-your-mental-health.aspx#Fivewaystowellbeing)
* 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
* **Togetherall**: [www.togetherall.com](http://www.togetherall.com) an evidence-based, clinically moderated, online 24/7 peer-to-peer mental health community, for residents of Hertfordshire >16yrs
* **With YOUth: Children & Young People’s Digital Wellbeing Service 5-18yr** [www.withyouth.org](http://www.withyouth.org) **Mon-Fri 2pm-10pm**
* **Kooth**: [www.kooth.com](http://www.kooth.com)10-25yrs: anonymous service offering support for young people in Hertfordshire through self-help material; community support; accredited therapeutic professional support **Mon-Fri 12pm-10pm; Sat/Sun: 6pm-10pm**
* **HCT Children’s Wellbeing Practitioners Team: 5-19yrs** trained to deliver manualised guided self-help interventions for mild-moderate anxiety, behavioural difficulties, and low mood <https://www.hct.nhs.uk/cwp>

**FACE TO FACE COUNSELLING OPTIONS IN HERTFORDSHIRE:**

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| **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.oneymca.org/signpost](http://www.oneymca.org/signpost) |

**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/>
* **Quick relief options:** <https://www.anxietycanada.com/coping-strategies/chill-tools-or-mindfulness>

**APPS:**

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

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

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

**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*

[www.annafreud.org/on-my-mind](http://www.annafreud.org/on-my-mind) *(Anna Freud Centre)*

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

**COMPUTERISED CBT PROGRAMMES:**

Living Life to the Full (free): <http://www.llttf.com/index.php?section=page&page_seq=8>

MoodGYM (small payment required): [www.moodgym.com.au](http://www.moodgym.com.au)

Beating the Blues (payment required): <http://www.beatingtheblues.co.uk/>

**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)

***CBT for Dummies*** by Rhena Branch and Rob Willson

***The Panic Switch*** by Jeffrey L Hammes

***The Chimp Paradox*** by Steve Peters

**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**
* Hertfordshire Night Light service: helpline: Friday-Monday: 7 -2am**: 01923 256391**: 18yr+