**MENTAL HEALTH RESOURCES FOR PRE-TEENS** *Updated April 2023*

**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*
* Health behaviours
  + Regular exercise
  + Good sleep: ***HEAL: H****ealth;* ***E****nvironment;* ***A****ttitude;* ***L****ifestyle*
  + Well-balanced diet
  + Reduce smoking/vaping, alcohol, drugs
  + Good digital hygiene
* **Anna Freud Self-care resources**: [www.annafreud.org/on-my-mind/self-care/](http://www.annafreud.org/on-my-mind/self-care/)
* **Every Mind Matters resources**: <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>
* **Happy Maps:** <https://happymaps.co.uk/> mental health resources for parents, carers and young people
* **Just Talk resources**: <https://www.justtalkherts.org/media/documents/justtalk-journal.pdf>

**GENERAL TELEPHONE AND ONLINE SUPPORT**

* + **Herts Mind Network With YOUth service for 5-18yrs: Children & Young People’s Digital Wellbeing Service, including helpline, instant messaging, one to one and group support and digital therapeutic gaming app:**
  + [www.withyouth.org](http://www.withyouth.org)/ **0208 189 8400** **Mon-Fri 2pm-10pm**
  + [**Lumi Nova**](https://www.withyouth.org/how-we-help/lumi-nova/) **Digital Therapeutic Gaming App for ages 7-12**
* **The Sandbox:** <https://sandbox.mindler.co.uk/> Online Mental Health Digital Advice and Guidance service for 10-25s:**Website**: 24/7; **Therapy sessions**: Mon-Fri: 7am-10pm and Sat-Sun: 10am–10pm; **Live Chat**: Mon-Fri: 10am-8pm
  + **JustTalk:** <https://www.justtalkherts.org/young-people/young-people-looking-after-your-mental-health.aspx>
  + **Health for Teens:** <http://www.healthforteens.co.uk/> >11yr
  + **Herts Chat Health:** **Text 07480 635050**
  + **Health for Kids:** <https://www.healthforkids.co.uk/>
  + **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/)([Search | Hertfordshire Community NHS Trust (hct.nhs.uk)](https://www.hct.nhs.uk/search/service/childrens-wellbeing-practitioners-21) **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.

**OVERVIEW OF CBT**: <https://patient.info/mental-health/cognitive-behavioural-therapy-cbt-leaflet>

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

**APPS**

* [**Lumi Nova**](https://www.withyouth.org/how-we-can-help/lumi-nova/)Digital Therapeutic Gaming App for ages 7-12 (part of With YOUth service)
* **General:** What’s Up app ) *based on CBT*
* **Anxiety:** Clear Fear app ) *principles*
* **Self-harm:** Calm Harm app

**WEBSITES: *self-help resources***

* **Every Mind Matters:** <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>
* **Anxiety Canada:** <https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-children/>
* **Mental Health Foundation:** [www.mentalhealth.org.uk/publications](http://www.mentalhealth.org.uk/publications)
* **North Thames West NHS Trust:** <https://web.ntw.nhs.uk/selfhelp/>

**BOOKS**

***Anxiety***

* Kate Collins-Donnelly (2013) **“Starving the anxiety gremlin: A cognitive behavioural therapy workbook on anxiety management for young people”.** Published by Jessica Kingsley.
* Cathy Creswell and Lucy Willetts (2019) **“Helping your child with fears and worries: A self-help guide for parents”**. 2nd Edition. Published by Robinson. This is an evidence-based programme which helps parents consider how to help their anxious children.
* Jo Derisley and others (2008) **“Breaking free from OCD”.** Published by Jessica Kingsley. This is an evidence-based book guiding families through the ways in which obsessive and compulsive difficulties can be understood and managed.
* Dawn Huebner’s **“What to do guides for kids”.** Published by Magination Press. These focus on anxiety management and guide children and parents through cognitive behavioural techniques

**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](http://www.childline.org.uk)
* HPFT Single point of access:
  + 24/7 - **0800 6444 101**
* Hertfordshire Night Light service: helpline: Friday-Monday: 7pm-1am**: 01923 256391**: 18yr+

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**ADHD Support**

* **Foundation of non-pharmacological support**
  + Daily appreciation of strengths: *‘What 3 things am I proud of today?’*
  + Daily mindfulness: *at least 10mins – Smiling Mind app*
  + 4 pillars
    - Good regular food
    - Good sleep
    - Regular exercise: *30mins/day*
    - Resonant breathing: *at least 10mins/day – Breathe2Relax app (balances autonomic systems)*
* **Websites**
  + <http://www.add-vance.org/>
  + [www.angelssupportgroup.org.uk](http://www.angelssupportgroup.org.uk)
  + <https://www.drhallowell.com/adhd/adhd-resources/>
  + <https://www.understood.org>
  + SPACE (<https://spaceherts.org.uk/>) is a charity in Hertfordshire who support children and young people and their families who have ASD, ADHD or other neurodiverse conditions.
* **Healthier Together Hertfordshire Resources:**
  + <https://www.hwehealthiertogether.nhs.uk/health-for-young-people/mental-health-and-wellbeing/attention-deficit-hyperactivity-disorder-adhd>
  + <https://www.hwehealthiertogether.nhs.uk/parentscarers/children-complex-needs/support-advice-parents-neurodiversity>
  + <https://www.hwehealthiertogether.nhs.uk/parentscarers/support-advice-parents-send-services>