**MENTAL HEALTH RESOURCES FOR YOUNG ADULTS** *updated April 2023*

**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*
* Health behaviours
	+ Regular exercise
	+ Good sleep
	+ Well-balanced diet
	+ Reduce smoking/vaping, alcohol and 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/)

**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; 01442 864966

**REMOTE & IN PERSON RESOURCES**

* **Happy Maps:** <https://happymaps.co.uk/> mental health resources for parents, carers and young people
* **Every Mind Matters:** <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/>

**In Hertfordshire:**

* **Just Talk resources:** <https://www.justtalkherts.org/young-people/young-people-looking-after-your-mental-health.aspx>
* **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**
* **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

* **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 [Search | Hertfordshire Community NHS Trust (hct.nhs.uk)](https://www.hct.nhs.uk/search/service/childrens-wellbeing-practitioners-21)

**FACE TO FACE COUNSELLING OPTIONS IN HERTFORDSHIRE**

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| **Hertfordshire Community Counselling Organisations** |
| **Youth Talk (St Albans district) 13-25y**Tel: 01727 868684[www.youthtalk.org.uk](http://www.youthtalk.org.uk)  | **YCT (East and North Herts) 11-18y**Tel: 01279 414 090 [www.yctsupport.com](http://www.yctsupport.com)  |
| **Rephael House (Welwyn and Hatfield) 11-19y**Tel: 020 8440 9144[www.rephaelhouse.org.uk](http://www.rephaelhouse.org.uk)  | **Signpost (Watford and Hemel) 10-25y**Tel: 01923 239495[www.oneymca.org/signpost](http://www.oneymca.org/signpost) |

**THERAPY: *mixture of support options***

* **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**

**OVERVIEW OF CBT**: <https://patient.info/mental-health/cognitive-behavioural-therapy-cbt-leaflet> CBT focuses on 'here and now' problems and difficulties.

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

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

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

* **Every Mind Matters** resources: <https://www.nhs.uk/every-mind-matters/mental-health-issues/>
* **Mental Health Foundation** resources: [www.mentalhealth.org.uk/publications](http://www.mentalhealth.org.uk/publications)
* **North Thames West NHS Trust** resources: <https://web.ntw.nhs.uk/selfhelp/>
* **Anna Freud One Stop Shop for Mental Health Treatment Options:** [https://www.annafreud.org/understandingtreatments/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.annafreud.org%2Funderstandingtreatments%2F&data=05%7C01%7Calison.cowan%40nhs.net%7Cc9a9023d61c944ab4a6408db2bafdde3%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638151806560758623%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=X6e%2Ff0by6s454zG9vlRJq1OysHbJlKzGZpsoB5atCx0%3D&reserved=0)

**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

**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

**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+