



## 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](mailto: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) **Daily 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)

## FACE TO FACE COUNSELLING OPTIONS IN HERTFORDSHIRE

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

## THERAPY: *mixture of support options*

- **Hertfordshire Talking Therapies** (formerly the Wellbeing team) >16yrs
  - Online self-referrals: 09.00-17.00: [www.hpft-iapt.nhs.uk/](http://www.hpft-iapt.nhs.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*

- Hertfordshire Talking Therapies resources: <https://www.hpft-iapt.nhs.uk/resources-and-self-help/self-help-guides>
- 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.nthw.nhs.uk/selfhelp/>
- Anna Freud One Stop Shop for Mental Health Treatment Options: <https://www.annafreud.org/understandingtreatments/>
- DBT Self-help Resource: [www.dbtselfhelp.com](http://www.dbtselfhelp.com)

## 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.lltff.com/index.php?section=page&page\\_seq=8](http://www.lltff.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+