



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 *Smiling Mind app*
- Health behaviours
 - Regular exercise
 - Good sleep: **HEAL: Health; Environment; Attitude; Lifestyle**
 - Well-balanced diet
 - Reduce smoking/vaping, alcohol and drugs
 - Good digital hygiene
- Self-care resources from **Anna Freud**: www.annafreud.org/on-my-mind/self-care/
- Self-care resources (incl CBT) from **Every Mind Matters**: <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/>
- **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>

EDUCATIONAL SUPPORT

- **New Leaf Wellbeing College**: free educational support for >18yrs to enable better control of wellbeing
- www.newleafcollege.co.uk; students@newleafcollege.co.uk; 01442 864966

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/ 0208 189 8400 Daily including weekends 2pm-10pm
 - **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/>
 - **Herts Chat Health**: Text 07480 635050
- **Healthy Young Minds**: <https://healthyyoungmindsinherts.org.uk/young-people>
- **Young Minds**: 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

FACE TO FACE SUPPORT

- **Hertfordshire County Council Services for Young People 11-17yrs** 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** ([Search | Hertfordshire Community NHS Trust \(hct.nhs.uk\)](#)) **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) 13-25y Tel: 01727 868684 www.youthtalk.org.uk	YCT (East and North Herts) 11-18y Tel: 01279 414 090 www.yctsupport.com
Rephael House (Welwyn and Hatfield) 11-19y Tel: 020 8440 9144 www.rephaelhouse.org.uk	Signpost (Watford and Hemel) 10-25y Tel: 01923 239495 www.oneymca.org/signpost

OTHER 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/
 - 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 works to help us notice and change problematic thinking styles or behaviour patterns so we can feel better. 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
- **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/>

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

- **Lumi Nova** (part of With YOUth service) for ages 7-12)
- **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

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)

HELPLINES

- Papyrus: www.papyrus-uk.org Hopeline UK **0800 068 4141**
- Samaritans: www.samaritans.org **116 123**
- Shout: crisis texting service: **text 85258**; 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 -1am: **01923 256391**: 18yr+