



GENERAL MEASURES TO REDUCE STRESS

- Timetable more valued enjoyable activities
 - Better work-life balance
 - Take up a relaxing hobby
- Gratitude diary
- Relaxation
 - Mindfulness or meditation: www.smilingmind.com.au *Smiling Mind app*
 - Relaxation exercises: [NHS-recommended relaxation exercises](#)
- 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/

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

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 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 **5-19yr** 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: 7am to 8pm (last one finishing at 9pm) Monday to Sunday; **Live Chat**: Mon-Fri:9am-6pm
- 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 \(hct.nhs.uk\)](http://Search | Hertfordshire Community NHS Trust (hct.nhs.uk))
- Herts Haven Cafes (www.withyouth.org/herts-haven-cafes/) **10-18yrs** Drop-in compassionate face to face emotional wellbeing support and guidance from trained workers

FACE TO FACE THERAPY OPTIONS IN HERTFORDSHIRE

COMMUNITY COUNSELLING	CREATIVE THERAPIES
 5-19yrs (in-person or online) Counselling from Hertfordshire Mind Network	 5-19yrs (in-person or online) Creative therapies from Signpost

THERAPY: *mixture of support options*

- Hertfordshire Talking Therapies (formerly the Wellbeing team) >16yrs
 - Online self-referrals: 09.00-17.00: www.hpft-talkingtherapies.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: <https://www.hpft-talkingtherapies.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.ntw.nhs.uk/selfhelp/>
- Centre for Clinical Interventions: <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>
- Anna Freud One Stop Shop for Mental Health Treatment Options: <https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/understanding-treatment-options/>
- DBT Self-help Resource: 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:** 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
- MoodGYM (small payment required): 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 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: 7pm -1am: **01923 256391**: 18yr+