



GENERAL MEASURES TO REDUCE STRESS:

- Timetable more valued enjoyable activities
 - Better school-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: **HEAL: Health; Environment; Attitude; Lifestyle**
 - Well-balanced diet
 - Good digital hygiene
- Anna Freud Self-care resources: 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 **5-19yrs**: 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: 7am to 8pm (last one finishing at 9pm) Monday to Sunday; **Live Chat**: Mon-Fri:9am-6pm
- **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; 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

- **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 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

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** 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
- **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 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+