



## GENERAL MEASURES TO REDUCE STRESS

- Timetable more valued enjoyable activities
  - Better school-life balance
  - Take up a relaxing hobby
- Gratitude diary
- Mental fitness app including mindfulness or meditation: [www.smilingmind.com.au](http://www.smilingmind.com.au) *Smiling Mind app*
- NHS-recommended relaxation exercises: <https://www.cntw.nhs.uk/resource-library/relaxation-techniques/>
- 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/](http://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>
- **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
- **Herts Hub**: [www.hertshub.co.uk](http://www.hertshub.co.uk)

## GENERAL TELEPHONE AND ONLINE SUPPORT

- **Herts Mind Network With YOUTH service** for **5-18yrs incl**: 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/](http://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/>
  - **Herts Chat Health**: Text 07480 635050
- **Mind for Young People**: <https://www.mind.org.uk/for-young-people/#youngperson>
- **Young Minds**: [www.youngminds.org.uk](http://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; counselling [www.themix.org.uk](http://www.themix.org.uk)

## FACE TO FACE SUPPORT

- **Hertfordshire County Council Services for Young People 11-17yrs** [www.servicesforyoungpeople.org](http://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 \(hct.nhs.uk\)](#)) **5-18yrs incl** 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
 <b>5-18yrs incl (in-person or online)</b> <a href="http://www.withyouth.org/our-counselling-service/">www.withyouth.org/our-counselling-service/</a>	 <b>5-18yrs incl (in-person or online)</b> <a href="http://www.signpostcounselling.org.uk/creative-therapies/">www.signpostcounselling.org.uk/creative-therapies/</a>

### 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](http://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 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:** <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](http://www.mentalhealth.org.uk/publications)
- **North Thames West NHS Trust** resources: <https://web.nthw.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/>

**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:** Mindshift app, Clear Fear 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](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: 7 -1am: **01923 256391**: 18yr+