



## 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](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
  - 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/)
- 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>
- Herts Hub: [www.hertshub.co.uk](http://www.hertshub.co.uk)

## 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/](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/> >11yr
  - **Herts Chat Health**: Text 07480 635050
  - **Health for Kids**: <https://www.healthforkids.co.uk/>
- **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; [www.themix.org.uk](http://www.themix.org.uk)

## FACE TO FACE SUPPORT

- **Children's Wellbeing Practitioner (CWP) Service** ([Search | Hertfordshire Community NHS Trust \(hct.nhs.uk\)](http://www.hertfordshirecommunitynhs.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.

COMMUNITY COUNSELLING	CREATIVE THERAPIES
 <b>5-19yrs (in-person or online)</b> <a href="http://www.withyouth.org/our-counselling-service/">www.withyouth.org/our-counselling-service/</a>	 <b>5-19yrs (in-person or online)</b> <a href="http://www.signpostcounselling.org.uk/creative-therapies/">www.signpostcounselling.org.uk/creative-therapies/</a>

## 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](http://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](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+