

# Young People's Mental Health Resource Pack

National and Local (Plymouth)  
Resources and Agencies



Scan the QR code  
for more  
information on  
our website

the



supporting young people

# Welcome

We are aware that there are a lot of resources out there that can support our mental health, but finding them (and having time to find them) can be difficult.

Therefore, this document will hold links to some websites, resources, documents etc. that may be of use to you.

If you have your own resources or come across something which you feel would be useful to others, please drop us an email and we will be happy to add it to this list and circulate and/or add it to the Zone's website.

Additionally, if you are aware that a service is no longer operating, please let us know so that this resource can be updated.

Thank You.

**[info@thezoneplymouth.co.uk](mailto:info@thezoneplymouth.co.uk)**

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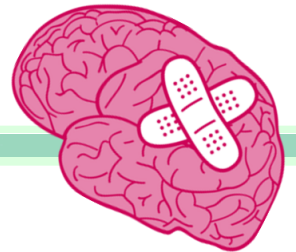
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# What is Mental Health?

Mental health is made up from our emotional, psychological and social wellbeing and affects how we think, feel, and behave. It can be influenced by social, psychological and biological factors and is important and present throughout every stage of life – childhood through to old age.

## So, what should you look out for?

- Being more anxious, irritable, or angry than usual.
- Not being able to concentrate or make decisions.
- Isolating yourself - not seeing friends, dropping out of school/activities you usually enjoy.
- Appearing suspicious of friends and family.
- Being overly focused on certain things or being a perfectionist.
- Not eating or looking after yourself.
- Having disrupted sleep - which can mean not being able to sleep, or the opposite, sleeping too much.
- Risk taking behaviour.
- Any change in usual behaviour.



## Getting help soon can...

- Prevent problems becoming serious and reduce the chances of it reaching crisis point.
- Improve the time it takes to become well again.
- Reduces future relapses.
- Minimise absences from school, work, and activities.

**It is important to look after yourself... but everyone is different, so it is important to find coping strategies that work for you and keep you mentally well.**

# Mental Health Crisis

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**A mental health crisis can happen to anyone at any point. It is really important you know where to turn if you ever experience it.**

## **What is a mental health crisis?**

A mental health crisis is when you feel at breaking point and you need urgent help. This could look like:

- Feeling suicidal.
- Having an episode of hypomania or mania.
- Experiencing psychosis (hearing voices or feeling very paranoid).

## **Where can I turn for support?**

### **First Response - 24/7 Urgent Mental Health Support**

Livewell Southwest have set up a support line which any child or young person under the age of 18 in Plymouth experiencing a mental health crisis can call to seek support or advice from mental health professionals who will then triage as necessary. The young person does not need to be open to the Children and Adolescent Mental Health Service (CAMHS) but they will need to be registered with a Plymouth GP.

Parents, carers, families, and professionals with concerns about a young person's mental health can also call the number.

**They are available on NHS 111.**

# Mental Health Crisis

## **Campaign Against Living Miserably (CALM)**

If you are struggling and need to talk, you can **call CALM on 0800 585858 between 5pm and midnight every day**. If you prefer not to speak on the phone, they have an online chat service you could try.

## **National Suicide Prevention Helpline UK**

Their mission is simple – to be there for you when you need them most. Anyone experiencing a mental health crisis is welcome to call their compassionate and understanding lifeline.

**Call them between 6pm and midnight everyday on 0800 689 5652. If you encounter issues connecting to this number, an alternative option is available at 0800 689 0880.**

## **Papyrus**

If you are under the age of 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can **call their helpline on 0800 068 4141 (24 hours a day, 7 days a week), email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text 07786209697.**

## **Samaritans**

Whatever you're going through, a Samaritan will face it with you. They are available 24 hours a day, 365 days a year.

**Give them a call on 116 123 (free from any phone).**

# Mental Health Crisis



## **SANEline**

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends, and carers. The helpline is there to support people – particularly if you feel you have reached a moment of crisis.

**You can call them 365 days a year on 0300 304 7000 (between 4pm and 10pm).**

## **Shout**

If you prefer not to talk but want some mental health support, you can **text 'SHOUT' to 85258**. It is a confidential 24/7 text service that offers support to those in crisis.

## **The Mix**

If you are under the age of 25 and experiencing a crisis, you can **request support by email using The Mix's Email Enquiry form**.

**<https://www.themix.org.uk/get-support/speak-to-our-team/email-us>**



# 9 General / Non-Specific Mental Health

## Health Services

- *If you are already accessing mental health services then contact your care co-ordinator, or out of hours/crisis team after office hours and let them know what's going on.*
- *If you are not accessing mental health services, see your GP as soon as possible to discuss your circumstances and mental health needs or call the NHS 111 service to get the most appropriate out of hours support.*

## Anna Freud

- Collaboration with children and young people, their families and communities, and mental health professionals to transform mental health for children and young people.
- Resources, research, training, events and news blogs.

<https://www.annafreud.org/>

## Argyle Community Trust

- Work with people to help support mental health.
- Specific projects available but also awareness raising and campaigns.

<https://argylecommunitytrust.co.uk/>

## Association for Young People's Health

- AYPH is the UK's leading charity working to improve the health and wellbeing of 10-24 year olds.
- Information, reports, briefings, and resources.

<https://ayph.org.uk/our-work/>

# 10 General / Non-Specific Mental Health

## **Barnardo's**

- Resources, information, and support for young people, parents, and carers.
- Blog available sharing real-life stories, raising awareness on taboo topics, policy changes and other issues that affect children and young people.

<https://www.barnardos.org.uk/>

## **Centre for Mental Health**

- Research, economic analysis, and policy ideas to equip services and decision makers to meet people's needs and reduce mental health inequalities.

<https://www.centreformentalhealth.org.uk/>

## **Charlie Waller Memorial Trust**

- Mental health training, resources and consultancy with a focus on children and young people.
- They can work with young people, parents and carers, schools, and employers.

<https://www.charliewaller.org/>

## **Childline**

- Childline is a private and confidential service for children and young people up to the age of nineteen.
- You can contact a Childline counsellor for free about anything - no problem is too big or small.

**Call them on 0800 1111, or visit their website:**

<https://www.childline.org.uk/>

# # General / Non-Specific Mental Health

## **Devon Mind**

- Information, advice, and services available for those impacted by mental health.
- Counselling services, 1:1 support, courses, workshops, and support groups.

<https://www.devonmind.com/>

## **Get Connected**

- Information, advice, and services available for those impacted by mental health.
- Counselling services, 1:1 support, courses, workshops, and support groups.

<https://www.getconnected.org.uk/>

## **Kooth**

- Support and advice for young people (under 18) who are experiencing poor mental health.
- Can speak to peers who are experiencing similar (moderated discussion forums), and mental health professionals through their messaging service.

<https://www.kooth.com/>

## **Mental Health Foundation**

- Promote good mental health for all through information, advice and publications.
- Self-help information for mental health, anxiety, self-harm, sleep, exercise, stress and mindfulness.
- Run mental health week and mental health days.

<https://www.mentalhealth.org.uk/>

# 12 General / Non-Specific Mental Health

## Mind

- Information on types of mental health problems, myths and facts.
- Guide for parents/carers.
- Support line available between 9am and 6pm Monday to Friday.

**Call them on 0300 102 1234, or visit their website:**

**<https://www.mind.org.uk/>**

## MindEd

- Free educational resource relating to young people and adult mental health.
- A catalogue of Elearning sessions.
- Advice and information for families to understand and respond to mental health needs.

**<https://www.minded.org.uk/>**

## NHS

- Information available regarding a range of mental health difficulties, self-help tips, information on feelings, symptoms, behaviours and medications.
- Signposting for additional support should you need it.

**<https://www.nhs.uk/mental-health/>**

## Place2Be

- 1:1 and group counselling for schools.
- Expert training and professional qualifications.

**<https://www.place2be.org.uk/>**

# 13 General / Non-Specific Mental Health

## **Royal College of Psychiatrists**

- A large range of information available for children, young people, parents and carers about mental health.
- All of their information is written by qualified psychiatrists.

<https://www.rcpsych.ac.uk/mental-health>

## **Side by Side (run by Mind)**

- Side by Side is an online community where you can listen, share, and be heard. It is for young people over the age of 18 and is open 24/7.

<https://sidebyside.mind.org.uk/>

## **The Mix**

- The mix have a telephone and webchat counselling service that is available to young people aged 11-25 years old. To book a counselling session, please visit their website.

<https://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service>

## **Young Minds**

- Tools and information for young people to look after their mental health.
- Information for adults so that they can best support young people.
- Lived experience stories - you are never alone.
- Mental health podcast by and for young people.

<https://www.youngminds.org.uk/>

## **The Zone**

- Free and confidential support, advice and signposting if/when necessary.
- Counselling available for victims of crime.

<https://www.thezoneplymouth.co.uk/>

# Armed Forces

## **Army Families Federation**

- Offer support to Army personnel and their families in the following areas - housing, finances, education and childcare, health and additional needs, employment and training, and family life.

<https://aff.org.uk/>

## **At Ease**

- Advice and information to members of the armed forces, their families and friends.

<https://atease.org.uk/about.htm>

## **Forces Support**

- Provide practical support to families who have experienced bereavement through a military death. They can help with general house maintenance, play areas and bedroom makeovers for children, and general decorating - anything that might have piled up whilst the family grieve.

<https://forcessupport.org.uk/projects-boxed/>

# Armed Forces

## **NHS**

- Advice and information on where to turn for support for a range of different things, such as health care, wellbeing, pregnancy, and mental health.

**<https://www.nhs.uk/nhs-services/armed-forces-community/families-support-information/>**

## **SSAFA**

- Offer immediate and long term support to armed forces personnel and their families.

**<https://www.ssafa.org.uk/get-help/military-families>**

## **The British Army**

- Support available for army families in pregnancy and maternity, childcare and education, adoption and fostering, safeguarding, bereavement and aftercare, additional needs and disabilities, and army parents network.

**<https://www.army.mod.uk/people/live-well/family-support/>**

# Bereavement

## **Childhood Bereavement Network**

- Advice and guidance for bereaved children, young people, their families, and communities.

<https://childhoodbereavementnetwork.org.uk/if-you-need-help-around-death>

## **Cruse Bereavement Support**

- Information about how young people experience grief, as well as how to help them cope.

<https://www.cruse.org.uk/understanding-grief/grief-experiences/children-young-people/helping-teenagers-cope-grief/>

## **Hope Again (youth website for Cruse Bereavement Support)**

- Resources, advice and information to help young people cope with bereavement.

<https://www.hopeagain.org.uk/>

## **Jeremiah's Journey**

- Able to offer emotional and practical support to people anticipating a death or who have been bereaved.

<https://jeremiahsjourney.org.uk/>



# Bereavement

## **NHS**

- Information and signposting for bereavement support.
- Self-help information to help you navigate bereavement.

<https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/bereavement-and-young-people/>

## **Pete's Dragons**

- Team of specialists available to offer 1:1 support to young people in Devon, Plymouth and Torbay who have been bereaved through suicide.

<https://www.petesdragons.org.uk/children-young-people>

## **The Good Grief Trust**

- Signposting to local and national support for everyone who may have been impacted by bereavement, including children, partners, parents, siblings, friends, the older generation, and young people.

<https://www.thegoodgrieftrust.org/>

## **Winston's Wish**

- Supports children, teenagers and young adults (up to the age of 25) who have experienced bereavement.
- Digital information, advice and support for young people across the UK.
- Advice available for adults who are caring for bereaved young people, including parents, school staff, and health care professionals.

<https://winstonswish.org/>

# Bullying

## **Anti-Bullying Alliance**

- Advice and support for parents/carers, young people, or those who work with young people.
- Free CPD Training online.
- Information about bullying.

**<https://anti-bullyingalliance.org.uk/tools-information>**

## **Childline**

- Advice and information on bullying, how to report and block online bullying, how to speak to the police and how to look after yourself.

**<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/getting-help-if-youre-being-bullied/>**

## **Kidscape**

- Advice and support tailored to your needs, for parents and carers, adults working with young people, and young people themselves.

**<https://www.kidscape.org.uk/>**

## **NSPCC**

- Advice for parents and carers to help keep children safe from bullying, wherever it happens.
- Videos with practical advice for young people about standing up to bullying and life after bullying.

**<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>**

# 19 Child Sexual Exploitation

## What is child sexual exploitation?

According to Devon and Cornwall Police, Child Sexual Exploitation (CSE) involves situations, contexts, or relationships in which a person under 18 is given something, such as food, accommodation, drugs, alcohol, cigarettes, affection, gifts or money, in return for performing sexual activities or having sexual activities performed on them. It can also involve violence, coercion, and intimidation, with threats of physical harm or humiliation.

### Barnardo's

- Advice, information, and support for parents, carers, professionals and young people.

<https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/child-abuse-and-harm/child-sexual-abuse-and-exploitation>

### Devon and Cornwall Police

- Information on how to spot the warning signs of CSE and how to report it for support.

<https://www.devon-cornwall.police.uk/CSE>

### Ivison Trust

- Free 20 - 30 minute e-learning introductory course for professionals into child sexual exploitation (CSE).

<https://ivisontrust.org.uk/training/online-learning/keep-them-safe/>

# 20 Child Sexual Exploitation

## **NSPCC**

- Information and advice to protect and help children and young people.

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-exploitation/>

## **NSPCC Learning**

- Online learning course relating to child sexual exploitation, looking at the impact, how to respond, how to prevent, the legislation surrounding the issue and further resources.

<https://learning.nspcc.org.uk/child-abuse-and-neglect/child-sexual-exploitation>

## **Plymouth Safeguarding Children Partnership**

- Information and advice to protect and help children and young people.
- Signposting information for additional support.

<https://plymouthscb.co.uk/child-sexual-exploitation/>

## **The Children's Society**

- Information and advice to protect and help children and young people.

<https://www.childrensociety.org.uk/what-we-do/our-work/preventing-child-sexual-exploitation>

# Counselling Services

## **NHS**

- People can access free talking therapies through the NHS. You can usually self-refer or request a GP referral, but always check that the service you want to access accept self-referrals.
- To find service near you, please use the following link.

**<https://www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/>**

## **The Zone**

- If you are aged 18 - 25, The Zone can offer up to 12 free sessions of counselling either in person or online.
- The Zone also offer counselling to victims of crime who are under the age of 18.

**<https://www.thezoneplymouth.co.uk/mental-health-and-wellbeing/counselling>**

## **Young Devon**

- Young people can access counselling through Young Devon in 2 ways, through the community or in school. Please visit their website for more information.

**<https://www.youngdevon.org/minds-that-matter-support/young-devon>**

# Eating Disorders

## **Beat**

- Free resources from self-help guides to GP forms.
- Signposting to specific local support.
- Helpline available between 3pm and 8pm Monday to Friday. This can be accessed via phone, email, letter, webchat through social media accounts. Calls are free.
- Chatrooms to talk to people who share your experience/situation.

<https://www.beateatingdisorders.org.uk/>

## **CAMHS Eating Disorder Pathway**

- Specialist medical intervention for young people under the age of 18 who have a diagnosis of anorexia nervosa, bulimia nervosa and ARFID with a comorbid mental health presentation.

<https://www.livewellsouthwest.co.uk/camhs-eating-disorder-pathway>

## **Plymouth Eating Disorder Service**

- Specialist support to those living with eating disorders in Plymouth and West Devon. Individuals must be over the age of 18 to access this service.
- Self-referrals and professional referrals available.
- Carer support sessions available to those supporting someone who is currently in therapy with the service.

<https://www.eatingdisorderserviceplymouth.co.uk/help-support/>

# Gambling and Gaming

## **Ara Recovery for All**

- Advice and information on self-exclusion to retake control of gambling habits.
- Free resources to help assess yours or someone else's gambling and decide what to do next.

<https://www.recovery4all.co.uk/>

## **Big Deal**

- Advice, information, and support for young people in relation to gambling, whether that be themselves or someone they know.
- Guidance for parents and professionals.
- 24/7 chat and phone support available.

<https://bigdeal.org.uk/>

## **Ygam**

- Information and links to organisations and charities that are able to offer direct support and treatment for gambling, gaming, mental health, or financial problems.
- Evidence Led education sessions to help prevent gaming and gambling harms. Booking is available on their website.

<https://www.ygam.org/>

## **Young Minds**

- Advice, information and signposting for those who are concerned about gaming.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/gaming/>

# Internet Safety

## **CEOP Education**

- Training, resources, and information for professionals working with children, young people, and their families.
- Information and guidance for young people of all ages about how to keep themselves safe online.

<https://www.ceopeducation.co.uk/>

## **Childnet**

- Tips, games, and internet safety information for young people.
- Advice for parents and carers to help support children and young people

<https://www.childnet.com/>

## **Internet Matters**

- Resources and guidance for parents, carers and professionals to help them keep their young people safe online.

<https://www.internetmatters.org/>

## **NSPCC**

- Information, advice, and resources for young people, professionals and parents/carers.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

## **UK Safer Internet Centre**

- Advice and resources to help children and young people stay safe online.

<https://saferinternet.org.uk/>



## **Intercom Trust**

- Advice, information and support available to the LGBTQ+ community.
- Confidential helpline available Monday - Friday between 9am and 4pm.

<https://www.intercomtrust.org.uk/get-help/>

## **Mind Out**

- Advice, information, and resources for all things LGBTQ+ and mental health.
- Online support live chat available on Monday's, Tuesday's and Wednesday afternoons.

<https://mindout.org.uk/get-support/mindout-online/>

## **Not Alone**

- Transgender and non-binary support group in Plymouth who meet Tuesday evenings between 7 - 9pm. All transgender and non-binary people are welcome to attend, as well as their family, partners and allies (aged 16+).

<https://notaloneplymouth.co.uk/>

## **Out Support UK**

- Resources, action, and projects that can support and promote better wellbeing, resilience, confidence and strength for the LGBTQ+ community.

<https://www.outsupport.org.uk/>

# LGBTQ+

## **Proud2Be**

- Free 1:1 support for young people who identify as LGBTQ+, are aged 11 - 17 and living in Devon.
- Signposting information for support for young people, adults, and families.
- Training opportunities available.

<https://www.proud2be.org.uk/>

## **Stonewall**

- Information, support, and guidance on LGBTQ+ inclusion.

<https://www.stonewall.org.uk/>

## **Zoteria**

- Free app empowering people to flag anti-LGBTQ+ hate incidents and get support fast.
- Information, news articles, and LGBTQ+ friendly events in your local area.

<https://www.stonewall.org.uk/zoteria>

## **What is neurodiversity?**

Neurodiversity is a term used to explain the concept that our brains all work differently.

The term neurodivergence/neurodivergent can sometimes be used to refer to those with particular conditions, such as autism, ADHD, dyslexia, dyspraxia and tourette's syndroms, whose brains may work differently to what is often considered 'typical'.

## **ADHD Foundation**

- Information and resources available for a range of neurodiversity, not just ADHD.
- Webinars, conferences and events for businesses, schools, families, and healthcare professionals.

<https://www.adhdfoundation.org.uk/>

## **Child Autism UK**

- Information and advice for families, as well as schools.
- Child Autism Helpline if you need advice or support - 01344 882248.

<https://www.childautism.org.uk/>

## **National Autistic Society**

- Advice and information for Autistic Spectrum Condition.
- E-learning available.

<https://www.autism.org.uk/>

## **The Brain Charity**

- Free practical help, information, emotional support and social activities.
- Work with person who experiences neurodiversity, but also their family, friends, and carers.

<https://www.thebraincharity.org.uk/get-help/>

## **Tourettes Action**

- Information about Tourette's Syndrome to spread awareness.
- Resources and information about how to find support whether that be online, in person, within education, employment or finances/benefits.

<https://www.tourettes-action.org.uk/>

# Self-Harm

## **Calm Harm App**

- Activities and techniques to help people manage the urge to self-harm, break the cycle of self-harm behaviours and explore underlying triggers.
- This app is for anyone over the age of 13.

<https://calmharm.stem4.org.uk/>

## **National Self Harm Network**

- Support individuals who self-harm to reduce emotional distress and improve their quality of life.
- Support and provide information for family members and carers of individuals who self-harm.
- Their forum provides crisis support, information and resources, advice, discussions and distractions.

<https://www.nshn.co.uk/>

## **Self Injury Support**

- Information and self-help tools for anyone to use.
- Training and consultancy to share knowledge and expertise with staff in health, social care, and education.
- Rainbow journals (personal self-help diary) is available to order on their website, it is free to anyone under the age of 18 in the UK but is also available as a free download.
- Helpline support is available between Mondays and Thursdays 7pm - 10pm on 0808 800 8088.
- Text support is available Mondays - Thursdays 7pm - 10pm on 07537 432 444.

<https://www.selfinjurysupport.org.uk/>

# Self-Help

## Get Self Help

- Cognitive Behaviour Therapy (CBT) self help and therapy resources, including worksheets, information sheets, videos and MP3s.

<https://www.getselfhelp.co.uk/>

## HeadSpace

- Evidence-based meditation and mindfulness tools, mental health coaching, therapy and psychiatry help you to create life-changing habits to support your mental health.

<https://www.headspace.com/about-us?origin=navigation>

## Kooth

- As well as providing free, safe and anonymous support, Kooth have lots of information available about how to best support yourself, for example, practicing mindfulness, creating a 'good mood' playlist and creating a coping box.

<https://www.kooth.com/>

## NHS Inform

- Information and self-help for a variety of presenting needs.

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health>

# Young Carers

## **Action for Children**

- Practical and emotional support available for young carers.
- Regular breaks and fun activity opportunities for young people.
- Advice, support and signposting for the wider family.

<https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/young-carers/>

## **Barnardos**

- Organised outings and activities for young carers.
- Advice and emotional support through counseling sessions.
- Support accessing family support.
- Collaborate with schools to ensure appropriate understanding and care is available in school.
- drop in centres available.
- Signposting to local support.

<https://www.barnardos.org.uk/get-support/young-carers>

## **Carers UK**

- Help and advice for carers through their helpline, open Monday to Friday 9am to 6pm.

<https://www.carersuk.org/>

# Young Carers

## **NHS**

- Self-help information available.
- Guidance for others regarding how to best support young carers.

**<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/help-for-young-carers/>**

## **Sidekick (part of Action for Children)**

- Helpline for young people that started as a helpline for young carers. Please visit their website for their opening times.

**<https://sidekick.actionforchildren.org.uk/>**

## **The Children's Society**

- Signposting to services in your local area.
- Young Carers Festival, giving young carers the opportunity to come together, have fun and relax.

**<https://www.childrenssociety.org.uk/what-we-do/our-work/supporting-young-carers>**



## **Plymouth Online Directory**

- There are various youth services, centres and groups working in Plymouth. Follow the link below to see what is available to you.

**<https://plymouthonlinedirectory.com/article/1820/Youth-clubs-and-youth-centres-directory>**

## **Plymouth Youth Service**

- Youth services works with young people in Plymouth who are aged between 11 and 19 (up to 25 years old where there is a specific additional need or disability). We make use of a wide range of learning opportunities that allow young people to feel safe, develop as individuals, take part and contribute, as valued members of our community. As well as delivering key programmes and activities, we support external and partnership projects to promote the same values and skills for young people.

**<https://www.plymouth.gov.uk/youth-services>**

# Resilience

**Anyone can learn and develop resilience - it increases as we develop a range of strategies for difficult times in our lives.**

## **Resilience (noun)**

1. The capacity to recover quickly from difficulties, toughness; the ability to 'bounce back'.

## **Why is resilience important?**

- It helps us to manage stress and overcome challenges.
- Reduces the risk of developing poor mental health.
- Improves outcomes in terms of education, health, and future.
- Helps us to maintain balance during stressful times.

## **How can you develop resilience?**

- Talk to someone & 'share the load'
- Don't be too hard on yourself
- Create space for 'me-time' and take care of yourself physically, mentally and spiritually
- Have a plan/routine and stick to it in a time of distress – this can make you feel safe and in control
- Take control – make decisive actions (even if these are small)
- Remember your strengths!
- Set small, achievable goals and take things one step at a time
- Explore ways to relax
- Express yourself in whichever way works
- Help someone else
- Put things in perspective – how did you cope with a previous difficult situation
- Know where you can access help and support (hopefully this document can help)

# Mindfulness

## **What is mindfulness?**

Mindfulness is the purposeful act of staying in the present and noticing what is happening right now without judgement.

## **Why is this important/helpful?**

It helps us to create space between strong emotions and our actions/behaviours so that we have more time to choose our response - have you ever said something in the heat of the moment you wish you could take back? or done something you regret because of an emotion you were experiencing? Mindfulness can teach us how to manage situations calmly, create balance in our emotions, and increase our resilience.

It is important to remember that Mindfulness, as with any other coping strategy, will not work for everyone. Please do not feel discouraged if this is your experience, other things, such as talking to a friend or family member can be just as helpful.

## **What does the evidence say?**

There are thousands of studies that have documented physical and mental health benefits of engaging in mindfulness, for example:

- decreased stress and anxiety
- improved physical health
- better sleep
- improved focus and awareness
- better problem solving
- improved impulse control
- increased compassion and kindness
- stronger relationships
- higher life satisfaction

# Mindfulness

If you are interested in practicing mindfulness, the following organisations and websites have some brilliant recommendations on how to get started:

## **BBC Children In Need**

A mindfulness hub full of resources and videos explaining mindfulness and a range of activity sheets to get us started.

<https://www.bbcchildreninneed.co.uk/schools/primary-school/mindfulness-hub/>

## **Calm App**

- The leading app for sleep, meditation and relaxation, helping people to stress less, sleep more, and live mindfully.
- Unfortunately there is a charge for this app, but you can trial it for free.

<https://www.calm.com/>

## **Headspace App**

- This app has over 500 guided meditations, plenty of exercises and relaxing sounds to choose from.
- Unfortunately there is a charge for this app, but you can trial it for free.

<https://www.headspace.com/>

# Mindfulness

## **Insight Timer App**

- This app can help with sleep, anxiety, stress through mindful strategies and is completely free to use.

<https://insighttimer.com/>

## **Insight Timer**

- Although they have an app, they also have a free course for adults addressing how you can lead children to mindfulness.

[https://insighttimer.com/meditation-courses/course\\_scott-langston](https://insighttimer.com/meditation-courses/course_scott-langston)

## **Mind**

- Suggested activities and practical tips to start engaging with mindfulness.

<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/>

## **Young Minds**

- Suggested activities to start engaging with mindfulness.

<https://www.youngminds.org.uk/professional/resources/mindfulness-activities/>

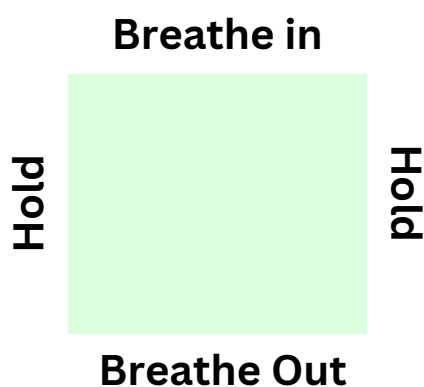
# Breathing Techniques

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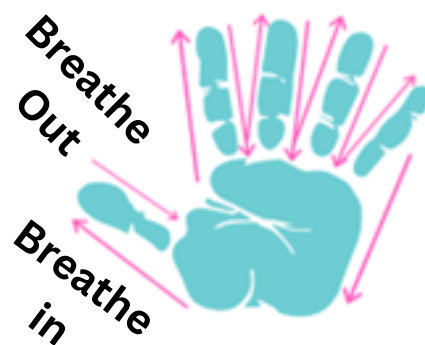
Breathing exercises serve many purposes, one of which is to calm nerves and reduce anxiety, they can also help us to regulate our breathing during panic attacks.

Whilst all breathing exercises serve the same purpose, there are lots of different ones to try until you find one you like.

**Box Breathing** - as you draw a square, you should:



**Hand Breathing** - Extend your hand, trace around your fingers and:



**478 Breathing** - this breathing technique is one of the most common, all you need to do is:

1. Inhale through your nose for 4 counts
2. Hold your breathe for 7 counts
3. Exhale through your mouth for 8 counts.
4. Repeat this cycle up to 4 times.

**Slow Breathing** - lots of people do this naturally without even knowing it, you simply:

1. Breathe in slowly while you count 1, 2, 3, 4.
2. Breathe out slowly while you count 1, 2, 3, 4.
3. Repeat 4 times.

# Breathing Techniques

If you would like to look into more breathing exercises to try, Progeny recommend the following websites:

## **Calm Zone**

- They talk you through what breathing exercises are, why they are beneficial and suggest some recommended strategies to try.

<https://www.childline.org.uk/toolbox/calm-zone/>

## **NHS**

- They have recommendations for individuals to follow when they are about to try a breathing exercise.

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/>

## **The OT Toolbox**

- They have a large range of breathing exercises, some are even themed worksheets which works well for children with particular interests who may find it difficult to engage.

<https://www.theottoolbox.com/breathing-exercises-for-kids/>

## **YouTube**

- There are lots of videos talking you through breathing exercises and providing additional calming things, like music.

<https://www.youtube.com/?gl=GB&hl=en-GB>

# 5 Steps to Wellbeing

The NHS, among other professionals, have suggested that there are 5 steps every person can take to improve their mental health and wellbeing. The 5 steps are:



## Connect with Others

Connecting with others can build a sense of belonging, self-worth, provide emotional support for you and others, and allows you to share positive experiences.



## Be Physically Active

Staying active can improve your self-esteem and mood, helps you to manage stress, and reduces the risk of you developing major illness, such as stroke and heart disease.



## Take Notice

Staying in the present (mindfulness) helps you enjoy life more, understand yourself better, positively change the way you feel about life, and how you approach challenges.



# 5 Steps to Wellbeing



## Keep Learning

Learning new things is a good way to meet new people, but it also boosts our confidence, self-esteem, and sense of purpose.



## Give to Others

Giving to others creates a sense of reward, gives you a purpose, improves your self-worth and helps you to connect with other people.

If you would like some recommendations on how to take part in any of these 5 steps, the following websites have some recommendations:

**Mind** - <https://www.mind.org.uk/workplace/mental-health-at-work/five-ways-to-wellbeing/>

**Health in Mind** - <https://health-in-mind.org.uk/resources/5-ways-to-wellbeing/>

**NHS** - <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

## Any Questions?

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