



GENERAL MEASURES TO REDUCE STRESS

- Timetable more valued enjoyable activities
 - Better work-life balance
 - Take up a relaxing hobby
- Gratitude diary
- Relaxation including mindfulness or meditation: www.smilingmind.com.au *Smiling Mind app*
- 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 **5-18yr** 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:** Mon-Fri: 7am-10pm and Sat-Sun: 10am-10pm; **Live Chat:** Mon-Fri: 10am-8pm
 - **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 \(hct.nhs.uk\)](https://www.hct.nhs.uk)

FACE TO FACE COUNSELLING OPTIONS IN HERTFORDSHIRE

Hertfordshire Community Counselling Organisations	
Youth Talk (St Albans district) 13-25y Tel: 01727 868684 www.youthtalk.org.uk	YCT (East and North Herts) 11-18y Tel: 01279 414 090 www.yctsupport.com
Rephael House (Welwyn and Hatfield) 11-19y Tel: 020 8440 9144 www.rephaelhouse.org.uk	Signpost (Watford and Hemel) 10-25y Tel: 01923 239495 www.oneymca.org/signpost

OTHER 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/>
- 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:** Mindshift app; 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.llttf.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 Rhea 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+