**MENTAL HEALTH RESOURCES FOR TEENAGERS** *Updated September 2024*

**GENERAL MEASURES TO REDUCE STRESS**

* Timetable more valued enjoyable activities
	+ Better school-life balance
	+ Take up a relaxing hobby
* Gratitude diary
* Relaxation including mindfulness or meditation: [www.smilingmind.com.au](http://www.smilingmind.com.au) *Smiling Mind app*
* Health behaviours
	+ Regular exercise
	+ Good sleep: ***HEAL: H****ealth;* ***E****nvironment;* ***A****ttitude;* ***L****ifestyle*
	+ 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; 01442 864966

**GENERAL TELEPHONE AND ONLINE SUPPORT**

* **Herts Mind Network With YOUth service for 5-18yrs: 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**: Mon-Fri: 7am-10pm and Sat-Sun: 10am–10pm; **Live Chat**: Mon-Fri: 10am-8pm
* **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
* **Healthy Young Minds:** <https://healthyyoungmindsinherts.org.uk/young-people>
* **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; [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**](file:///C%3A%5CUsers%5Calcow%5CDownloads%5CChildren%E2%80%99s%20Wellbeing%20Practitioner%20%28CWP%29%20Service) ([Search | Hertfordshire Community NHS Trust (hct.nhs.uk)](https://www.hct.nhs.uk/search/service/childrens-wellbeing-practitioners-21) **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.
* [**Herts Haven Cafes in Watford, Stevenage, Hemel Hempstead and Ware**](https://www.withyouth.org/herts-haven-cafes/)([www.withyouth.org/herts-haven-cafes/](http://www.withyouth.org/herts-haven-cafes/)) **10-18yrs** Drop-in compassionate face to face emotional wellbeing support and guidance from trained workers

**FACE TO FACE COUNSELLING OPTIONS IN HERTFORDSHIRE**

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| **Hertfordshire Community Counselling Organisations** |
| **Youth Talk (St Albans district) 13-25y**Tel: 01727 868684[www.youthtalk.org.uk](http://www.youthtalk.org.uk)  | **YCT (East and North Herts) 11-18y**Tel: 01279 414 090 [www.yctsupport.com](http://www.yctsupport.com)  |
| *Rephael House (Welwyn and Hatfield) 11-19y*[*www.rephaelhouse.org.uk*](http://www.rephaelhouse.org.uk)***Not currently open to new referrals*** | **Signpost (Watford and Hemel) 10-25y**Tel: 01923 239495[www.oneymca.org/signpost](http://www.oneymca.org/signpost) |

**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](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.hpft-talkingtherapies.nhs.uk%2F&data=05%7C01%7Calison.cowan%40nhs.net%7C5d3140873f264d94274608dbe1d6aad4%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638352084771899309%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=GFqggf%2BieppsUigoIQRDr8jNENp5Qh4yKPgsbx8h188%3D&reserved=0)
	+ 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.ntw.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](https://www.withyouth.org/how-we-can-help/lumi-nova/) )
* **General:** What’s Up app ) *based on CBT principles*
* **Anxiety:** Clear Fear app; Mindshift 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+