

EASY TO ACCESS MENTAL HEALTH AND WELLBEING RESOURCES FOR TEENAGERS AND YOUNG ADULTS

The next few months are going to be challenging for all of us. These are unprecedented times and it's understandable that many of us are struggling with worry and anxiety.

The below are all examples of readily available resources. Many others are available - as an organisation we share these as examples and neither endorse nor recommend them over others.

Here are a few ideas that may help.

First remember the basics:

Eat well and drink regularly

Exercise regularly - preferably outside whilst maintaining the 2m social distancing requirement - exercise is a proven natural stress buster.

Sleep - this is vital but may be difficult at present with many struggling to switch off their thoughts. Try keep to your regular sleep routine and look at the resources below.

Rest and relax - if you find your mind spiraling stop close your eyes and breathe for 30 seconds whilst being aware of the sensation of the ground beneath your feet. Try an absorbing activity, this in itself is a form of mindfulness.

Connect with others - for once social media gets a good press

Volunteer to help – see below

The following are a list of resources that might help:

Young minds – <https://www.youngminds.org.uk> - what to do if you are anxious about corona virus - there is also a service for parents to access for guidance and support email parents@youngminds.org.uk

Young minds crisis messenger service. - text YM to 85258 - free available 24/7 for young people experiencing mental health concerns.

Childline — call 08001111

Kooth - <https://www.kooth.com> - offers emotional and mental health support to young people aged 11-24.

Papyrus - <https://www.papyrus-uk.org> - for those who are feeling hopeless and contemplating self-harm or suicide - aims to give young people hope and prevent suicide .

Papyrus Hopelineuk - call 08000684141 or text 07786209697

B- Eat – <https://www.beateatingdisorders.org.uk> - a youth helpline for those struggling with eating disorders - call 08456347650

The Mix – <https://www.themix.org.uk> - offering mental health support for the under 25s - call 08088084994 - has information on management of anxiety depression self-harm , personality



disorders etc.

Apps that might be helpful particularly with anxiety:

Stay alive - free suicide prevention app

Self-help - anxiety management

Calm harm

Moodometer

Headspace

The mindfulness app

Breathe - meditation and sleep

Reflectly - journal for happiness

Calm - Meditation and sleep stories

Volunteering (for over 18s)

Volunteer groups:

NHS Community response volunteers - www.goodsamapp.org/nhs

Red Cross volunteers - www.redcross.org.uk/get-involved/kindness-together

National Association for Voluntary and Community Action - www.navca.org.uk/find-a-member-1

Covid-19 Mutual Aid - www.covidmutualaid.org/local-groups

Above all remember:

You are not alone - help is out there. Remember to look after yourself and each other - this is not forever and will pass.

Remember self-care

Connect with others - share your own vulnerability

Distraction, mindfulness, absorbing activities

We are all in this together and together we will get through this