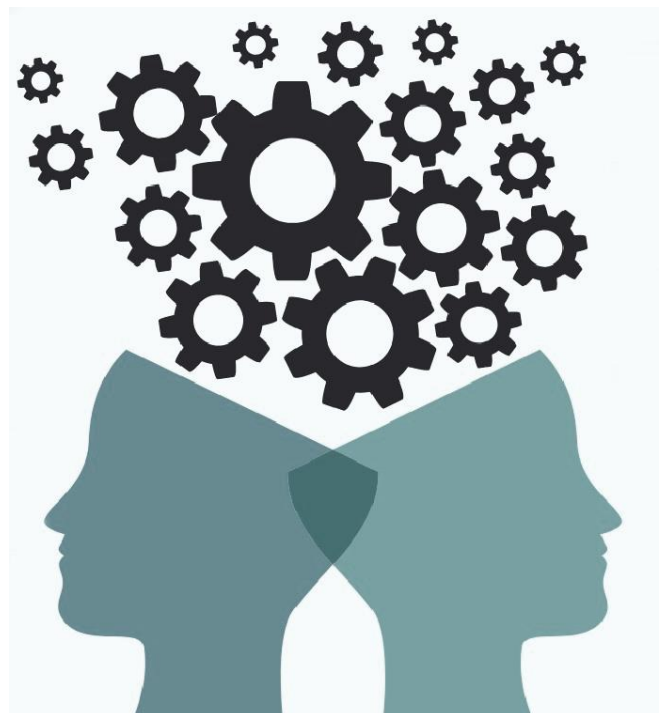


# EMOTIONAL WELLBEING SUPPORT GUIDE

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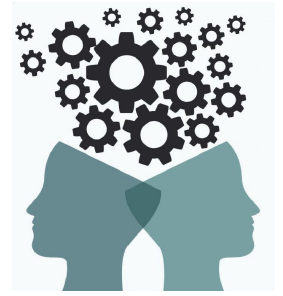
*This guide has been created to help provide mental health support for our students and families. It provides helpful resources, advice and activities to make acknowledging and prioritising our mental health easier for us all.*



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- 04** Mental health support services
- 06** NHS mental health support and crisis support in Warrington
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# MENTAL HEALTH MATTERS

We have created this guide to help positively support the mental health of our students and families.

When experiencing a particularly challenging time with our mental health, we may find ourselves focusing on areas of our life we can't control.

This booklet is designed to empower you to focus on what you **can** control – whether this be accessing self-help tools or finding information about school-based wellbeing services – we are here to help!

Making time for your mental health and prioritising your

wellbeing are positive steps we can all take to look after ourselves day to day.

Remember, everyone's self-care is different and everyone's mental health journey is their own, but the most important thing to consider is that we all have mental health and there is always support for you, no matter your age or circumstances.

LET'S TALK ABOUT  
MENTAL HEALTH

BECAUSE THE MORE WE  
TALK ABOUT IT, THE MORE  
WE EMPOWER OTHERS TO  
SAY "ACTUALLY, I'M NOT OK."

@lanrajanellustrations

# MENTAL HEALTH SUPPORT SERVICES

## Happy? OK? Sad?



Warrington emotional wellbeing signposting website with advice, guidance and links to support for young people and adults both locally and nationally.

<http://happyoksad.org.uk>

## CAMHS



Warrington CAMHS website offers advice and signposting if young people are struggling to cope with their feelings or you are concerned about risk.

<https://www.nwbh.nhs.uk/camhs-warrington>

To help explain what CAMHS support is, see the helpful guides for Young People from Mind and YoungMinds below:

- <https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-camhs/>
- [https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/?gclid=EAlaIqobChMlypz55\\_LG6AIVhbHtCh3U3QJHEAAYASAAEgJAbfD\\_BwE](https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/?gclid=EAlaIqobChMlypz55_LG6AIVhbHtCh3U3QJHEAAYASAAEgJAbfD_BwE)

## Young Minds



Mental Health Advice and Signposting for Young People.

<https://youngminds.org.uk>

Young Minds also have a crisis messenger service for young people to access 24/7:

- <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger>

## Kooth.com



Free online counselling support, peer support and advice forums for young people.

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

## ChildLine



24 Hour advice and support line for Young People

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

## NHS Mental Health Helplines:



Visit this website for a comprehensive list of helplines highlighted by the NHS for emotional wellbeing and physical wellbeing needs.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

## Mind – UK Mental Health Charity



This website highlights support services in your local area alongside looking at specific mental health difficulties and tips to help. Below is a support section we have highlighted for Young People.

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

## Child Bereavement UK



Support service for young people following the loss of a loved one. (See page 8)

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



# MENTAL HEALTH SUPPORT SERVICES

## Beat – ‘Beat Eating Disorders Support’



National Charity Website offering eating disorder support and advice

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

## The Mix



[The Mix](https://www.themix.org.uk/) provides a free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem. You can: call **0808 808 4994** for free – lines are open from 11am to 11pm every day.

[https://www.themix.org.uk/?gclid=EAlaIqobChMikcvrgYPM6AIVhrTtCh3R6AWFEAAAYASAAEgKtbFD\\_BwE](https://www.themix.org.uk/?gclid=EAlaIqobChMikcvrgYPM6AIVhrTtCh3R6AWFEAAAYASAAEgKtbFD_BwE)

## PAPYRUS – Prevention of Young Suicide Charity



PAPYRUS' HOPELineUK is for young people (aged under 35) who are having thoughts of suicide and anyone who is worried about a young person who may be at risk of suicide.

<https://papyrus-uk.org/>

## Shout – Advice Line



[Shout](https://www.crisistextline.uk/) provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere. You can: text **SHOUT to 85258** in the UK to text with a trained Crisis Volunteer and text with someone who is trained and will provide active listening and collaborative problem-solving

<https://www.crisistextline.uk/>

## The Warrington School Health Service



The school health service supports young people with a variety of health concerns. The health service can be accessed directly using the link below, via the GP or school staff referral. Our School Nurse can also be accessed confidentially by our students on a Thursday lunchtime ‘drop in’ from 1.15-2.10pm. (See page 13)

<http://bridgewater.nhs.uk/warrington/warrington-school-health/>

## Wired’ Warrington Young Carers Service



Warrington Young Carers service supports young people with in their role as a carer by providing one to one support and group support both within school and within the local community. <https://www.mylifewarrington.co.uk/kb5/warrington/directory/service.page?id=GngJMcCMfJ4>

<https://www.mylifewarrington.co.uk/kb5/warrington/directory/service.page?id=GngJMcCMfJ4>

## Chat Health



This award-winning messaging helpline platform provides a safe way for users to anonymously get in touch with a healthcare professional via their mobile phone. (See page 15)

<https://chathealth.nhs.uk/>



## Warrington mental health and wellbeing support for children and young people

Below you can view details of Warrington's mental health and wellbeing offer for young people during the Covid-19 outbreak. This includes support for young people who need care and treatment reviews (CTRs); care, education and treatment reviews (CETRs) and those who have an Education, Health and Care Plan (EHCP) under SEND.

### Mental health crisis support for young people

- People living in Halton, Knowsley, St Helens and Warrington who are experiencing a mental health crisis can now access mental health support via a new 24/7 dedicated mental health crisis line: **01925 275 309**.
- The crisis line is available **24 hours a day, seven days a week** and is open to people of all ages - including children, young people and adults.
- The crisis line is now the **first port of call for mental health crisis help** - it is operated by people in your local area who will know how best to support you. If you call NHS111 you may have to wait longer for help and will be redirected to this local service.
- Please note, you should still call 999 or go to A&E if you have a **life-threatening or a medical emergency**
- For non-urgent help and **general wellbeing advice**, North West Boroughs Healthcare's website contains information and links to resources to support people with anxiety, low-mood, and worries relating to the current Covid-19 pandemic: [www.nwbh.nhs.uk/coronavirus](http://www.nwbh.nhs.uk/coronavirus)

### Warrington CAMHS

#### What support is available?

- Information advice and guidance
- Assessment, risk assessment and safety planning
- Reviews, consultation and therapy

#### Who can make referrals?

Any professional can make a referral. Parents/carers and young people can also call CAMHS to discuss if a referral would be helpful

#### How is support being delivered?

Currently support will be primarily offered through telephone or video conferencing platforms (eg Skype), however face-to-face contact is available if required and appropriate to do under staying safe guidance for Covid-19 risk.

#### Opening hours

Monday to Friday from 9am - 5pm.

#### Contact details

Tel: 01925 575 904

Email: [warringtoncypmhsteam@nwbh.nhs.uk](mailto:warringtoncypmhsteam@nwbh.nhs.uk)

Web: [www.nwbh.nhs.uk/camhs-warrington](http://www.nwbh.nhs.uk/camhs-warrington)





## **St Joseph's Family Centre**

### **What support is available?**

The service offers:

- Telephone support, advice and consultations
- Some limited individual therapeutic work, delivered by video call (Skype)

### **Who can make referrals?**

Any professional can make a referral. Parents/carers and young people can also self-refer to St Joseph's.

### **How is support being delivered?**

Support is offered via telephone or video call.

### **Opening hours**

Monday to Friday from 9am - 5pm.

### **Contact details**

Tel: 01925 635 448

Web: [www.saintjosephsfamilycentre.co.uk](http://www.saintjosephsfamilycentre.co.uk)

## **Kooth**

### **What support is available?**

Kooth is an online counselling and emotional wellbeing platform for children and young people, accessible through mobile, tablet and desktop, and free at the point of use. The team will be delivering therapeutic support via online forums and chats.

### **Contact details**

Referrals can be made via the Kooth website: [www.kooth.com](http://www.kooth.com)

## **CAMHS Response Team**

### **What support is available?**

- Emergency support for children and young people from 9am-12am
- From 12am to 9am, on-call support is available via the mental health crisis line on 01925 275 309
- Young people calling the mental health crisis support line referenced above will be referred to the CAMHS Response Team for support
- Crisis and risk assessment
- Management consultation
- Telephone support

### **Who can make referrals?**

Any professional can make a referral to the CAMHS Response Team. Parents/carers and young people can also self-refer but should use the mental health crisis line number in the first instance - 01925 275 309.

**How is support being delivered?** Support will be delivered via telephone or face-to-face.

### **Opening hours**

9am - 9pm every day. The on-call mental health practitioner is also available from 9pm to 9am every day.

### **Contact details**

Tel: 01744 627 618



# BEREAVEMENT SUPPORT IN CHESHIRE

## National support

Child Bereavement UK supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement. If you are bereaved, caring for, or concerned about a bereaved child, our bereavement support team is here to take your call and respond to emails 9 am - 5 pm, Monday to Friday. We provide:

- A confidential listening service
- Guidance and information on a wide range of topics and issues
- Details about the direct support Child Bereavement UK can offer
- Signposting to other organisations which can offer further support

## Telephone support sessions

We can provide booked telephone support sessions for parents or carers of a bereaved child and for individuals or couples when a baby or child dies.

**I called Child Bereavement UK.  
Immediately we had the lifeline to  
make survival possible.**

*Bereaved mother*

## Website

On our website you can find information on a range of issues relating to child bereavement, books and articles, a searchable database of helpful organisations and details about the support we offer families bereaved by any cause. The website includes a Family Forum, a place to share experiences with other bereaved families.



**I have been too emotional to speak at  
any great length to anyone yet, and  
this forum has helped me through the  
darkest days of my life.**

*Forum user*

## Supporting schools

Professionals in schools have a unique role in helping grieving children and young people, as children spend a significant amount of time in school. We can offer support and training to school staff supporting bereaved students.

We also run an awareness programme for primary schools.







## Support in Cheshire

Child Bereavement UK provides free support and information to bereaved children and young people up to the age of 25 and parents bereaved of a baby or child within the locality and surrounding areas.

At our centre in Runcorn we offer:

- **Face-to-face support sessions**  
For individuals, couples, children, young people and families.
- **Family support groups**  
These groups allow bereaved families to get together; children aged 4 to 12 can meet other bereaved children with their adult carers and express their feelings through play and creative activities in facilitated groups.
- **Young People's Advisory Groups (YPAG)**  
YPAG encourages bereaved young people aged 11 to 25 to meet in a supportive environment and work together on projects about what they think helps young people who are grieving, based on their own experiences.

Child Bereavement UK made us believe that there is light not just at the end of the tunnel, but in the middle of it.

*Bereaved father*

Nothing was going to fill the huge hole in their lives, but they understood they were not alone, and so did I. I always left those meetings feeling better than when I went in

*Bereaved father who had support with his children, aged 10 and 7*

## Enquiries

Enquiries are welcome directly from families. We also welcome referrals from other agencies if a family has agreed to have their contact details passed on to us. Please do get in touch to find out more about what we offer.

# Contact us

01928 577164

Suites 1 and 3  
Victoria Buildings, High Street  
Runcorn, Cheshire  
WA7 1QS

[cheshiresupport@childbereavementuk.org](mailto:cheshiresupport@childbereavementuk.org)



# SUPPORT FOR EATING DISORDER CONCERNS

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We encourage all families who have concerns around eating disorders and/or body image to access support via the GP.

Confidential support can also be accessed from our School Health service.

**School Nurse – Anne Plant**

Please visit this website for more information around how to self-refer or speak with a member of the Student Services team for further information about student referrals. <http://bridgewater.nhs.uk/warrington/warrington-school-health/>





# Eating disorders.

## Know the first signs?



### Lips

Are they obsessive about food?



### Flips

Is their behaviour changing?



### Hips

Do they have distorted beliefs about their body size?



### Kips

Are they often tired or struggling to concentrate?



### Nips

Do they disappear to the toilet after meals?



### Skips

Have they started exercising excessively?

If you're worried someone you care about is showing any & signs of an eating disorder- even if they're not on our list - act quickly and get in touch. We can give you the answer and support you need to help them on the road to recovery as soon as possible.

**Don't delay. Visit [beateatingdisorders.org.uk/tips](https://beateatingdisorders.org.uk/tips)**





# LOCAL AND NATIONAL SUPPORT SERVICES

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## **B-eat**

[www.b-eat.co.uk](http://www.b-eat.co.uk)

If you have an eating disorder, or someone in your family does, b-eat is the place you can go to for information and support.

Helpline number for under 25s: 0808 801 0711  
(daily 3pm–10pm)

Email: [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)

To know what local help and support you can get, put your postcode into the HelpFinder:  
<https://helpfinder.beateatingdisorders.org.uk/>

## **Anorexia and Bulimia Care**

[www.anorexiabulimiare.org.uk](http://www.anorexiabulimiare.org.uk)

If you're being affected by an eating disorder, you can ring the helpline: 03000 11 12 13  
(option 1: support line; option 2: family and friends)

## **Youth Access**

[www.youthaccess.org.uk](http://www.youthaccess.org.uk)

A place for you to get advice and information about counselling in the UK, if you're aged 12–25.

## **The Mix**

[www.themix.org.uk](http://www.themix.org.uk)

If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.

Freephone: 0808 808 4994 (1pm–11 pm daily)

# Youth in Mind at Warrington Youth Zone

Youth In Mind is a free and discrete drop-in service for young people aged 7-19 (up to 25 with additional needs) who are experiencing problems relating to their emotional wellbeing.

**Opening Hours**  
Monday to Sunday  
3.30pm - 7.30pm

**Open 7 Days  
a Week**

**Free &  
Discrete**

**No appointment  
or referral is  
necessary.**



WARRINGTON  
**YZ**  
An **OnSide** Youth Zone

**NHS**

**Mersey Care**  
NHS Foundation Trust

The service is commissioned by Cheshire & Merseyside NHS as part of 'Warrington Place' Starting Well plans to support 'Children and Young Peoples Emotional and Mental Health & Wellbeing'. The project delivery is a partnership between Warrington Youth Zone and Merseycare 'Child & Adolescent Mental Health Services' (CAMHS). WYZ Charity Number: 1101086



# YOUR SCHOOL HEALTH TEAM



**Anne Plant**  
School Nurse

I am a School Nurse who is responsible for the health and wellbeing of all pupils in your school. I work with other professionals to help you stay healthy and safe.



Phone: 01925 946803



Email: [bchft.0to10@nhs.net](mailto:bchft.0to10@nhs.net)

## My Drop-In Session Birchwood High

**Wednesday 09:00-10:30 Appointments in the Ancora building**  
**10:30-11:15 drop in Venue to be confirmed**

You can discuss personal information in confidence. We will not discuss your personal information with anyone else without your permission. This includes parents and teachers. We will only pass on your information in order to protect you or someone else from harm.

You can come and talk to us about anything that is worrying you eg:

- |                   |                   |                     |
|-------------------|-------------------|---------------------|
| • Keeping Healthy | • Your Weight     | • Family Problems   |
| • Immunisations   | • Sexual Health   | • Bereavement       |
| • Feeling Down    | • Drugs & Alcohol | • And loads more... |
| • Relationships   | • Smoking         |                     |

For more information visit: [www.bridgewater.nhs.uk/warrington/0-19-services/](http://www.bridgewater.nhs.uk/warrington/0-19-services/)

## Warrington ChatHealth Service

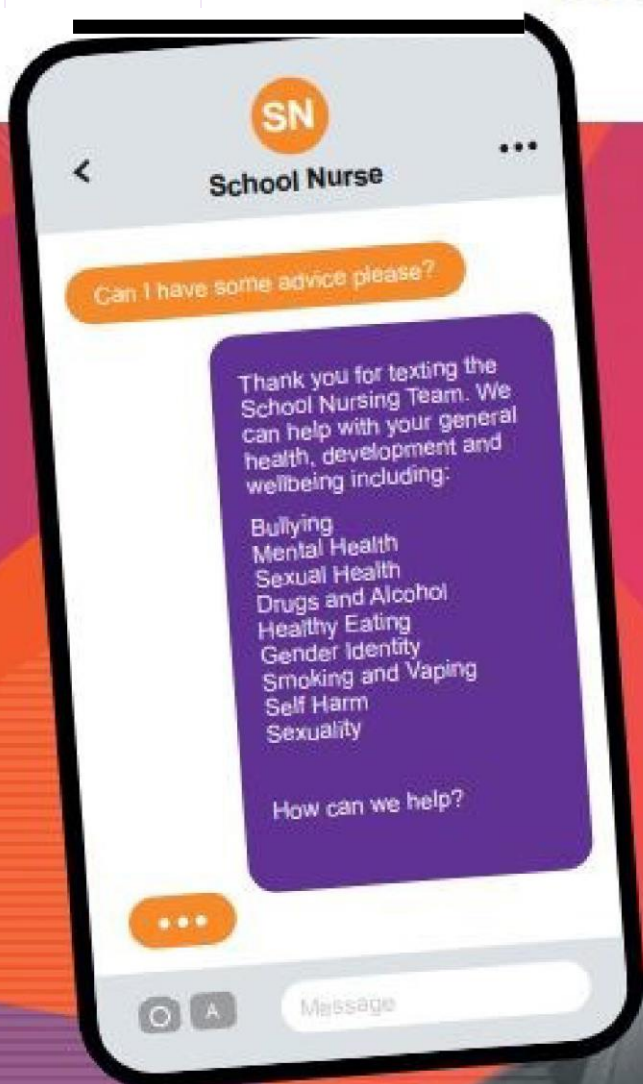
Anonymous and confidential advice lines for:

- Parents and Carers of children aged 00-5: Text 017507 327981
- Parents and Carers of children and young people aged 5-19: Text: 07480 635994
- Young People aged 11-19: Text: 07507 330101



# ARE YOU 11-19 AND NEED ADVICE?

TEXT YOUR SCHOOL NURSE  
ANONNIMOUSLY ON 07507' 330'01



We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.

# Free, safe and anonymous online counselling and support

**"I don't think I could've spoken  
to someone face-to-face."**



**Chat to our  
friendly counsellors**



**Read articles written  
by young people**



**Join live  
moderated forums**

**kooth**

**[www.kooth.com](http://www.kooth.com)**

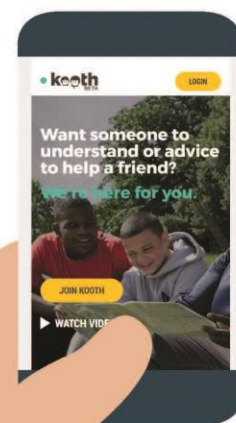


# How to sign up to kooth

Kooth is a **FREE**, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:  
**12 noon-10pm Monday- Friday, and 6pm-10pm Saturday and Sunday**

Log on through mobile, laptop and tablet.



**www.kooth.com**

1

Click on the **Join Kooth** button located in the centre of the home page of the Kooth website

2

Choose from the drop down box the location you are in

The place I live is...

Choose ▼

3

Click on the gender you identify with I am...

Male

Female

Agender

Gender Fluid

4

Choose from the drop down box the ethnicity that best fits you

My ethnicity is...

Choose ▼

5

Add the month and year you were born

I was born in...

Year

Choose ▼

Month

Choose ▼

6

Create an anonymous username (not your real name) and secure password

I would like this username

My password will be

7

Choose from the drop down box to explain where you found out about Kooth

Where did you learn about Kooth?

Choose ▼

8

Click on the **Create Account** button to complete your registration

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click the turquoise "Chat now button"

To write a message to the team, click on the mustard "message the team".

**www.kooth.com**

# APPS FOR SELF HELP

## SAM- Self Help for Anxiety Management: FREE

SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.

Compatible with: Iphone, Ipad, Android



## Virtual Hope Box: FREE

The Virtual Hope Box contains simple tools to help patients with coping, relaxation, distraction, and positive thinking.

Compatible with: Iphone, Ipad, Android



## MindShift: FREE

MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

Compatible with: Iphone, Ipad, Android



## Happify: FREE

Happify has turned a decade's worth of research into activities and games that help you create habits for a happier, more fulfilling life. Developed with leading scientists, our program will train you to disrupt patterns of negative thinking, manage stress, and build skills to overcome various life challenges.

Compatible with: Iphone, Ipad



## Beat Panic: £0.79

The Beat Panic app takes you through a series of flash cards designed in soothing colours and the text assists you in overcoming the panic attack in a gentle calm manner.

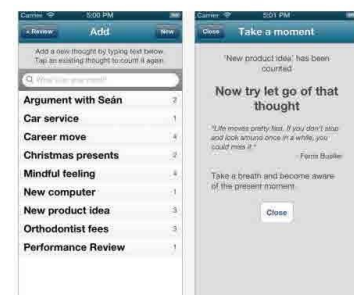
Compatible with: Iphone, Ipad



## Thought Box: FREE

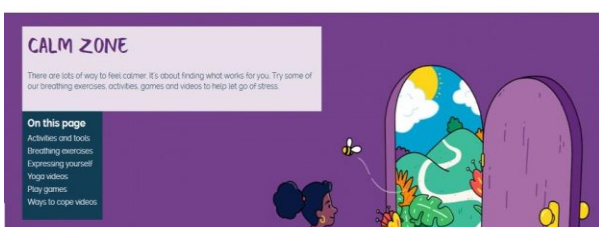
Do you find your mind racing - thoughts bouncing around inside your brain? Thought Box can help you become more mindful in two ways. 1) When something's on your mind, put it in ThoughtBox, gently let go and return to the present moment. 2) You can review your recent thoughts to find out what's been on your mind.

Compatible with: Iphone, Ipad



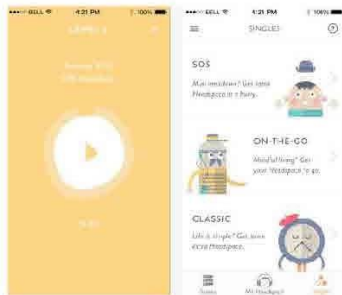
## ChildLine Calm Zone

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



### Headspace.com: FREE

Headspace is meditation made simple, a way of treating your head right. Using proven meditation and mindfulness techniques we'll show you how to train your mind for a healthier, happier, more enjoyable life. Compatible with: Iphone, Ipad, Android



### Calm-Meditate, Sleep, Relax: FREE

Calm can help you meditate, sleep, relax, focus and much more. By downloading this app, you'll discover how meditation can improve your mood--and your life. Compatible with: Iphone, Ipad,



### Breathe2Relax: FREE

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Compatible with: Iphone, Ipad, Android



## Helpful Websites

### Mood Panda: FREE

MoodPanda helps you track how you're feeling, with personal analysis, visualisations and interpretations of your mood, and lovely, friendly and anonymous community of people there to support you if you need them. Compatible with: Iphone, Ipad



### MOODJUICE



MOODJUICE is a website that offers carer support and self-help guides for various issues such as anxiety, anger, depression and sleep problems. [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

### Get Self Help



Get Self Help is a website that offers lots of resources for professionals, carers and young people to support themselves. [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

### Young Minds



Young Minds have a section on their website for young people to access information about any questions they might have about various issues. [www.youngminds.org.uk](http://www.youngminds.org.uk)

### Mind



Offer information and useful thoughts about how to cope with some issues a young person might be facing. [www.mind.org.uk](http://www.mind.org.uk)

### Teen Mental Health



Teen Mental Health offer live, learn, care, explore on their website to learn more about mental health. [www.teenmentalhealth.org](http://www.teenmentalhealth.org)









# WHAT IS MINDFULNESS?

You may have heard that mindfulness — the ability to be fully present in the moment — can have numerous benefits, everything from decreased stress and sadness to increased focus and happiness, according to general mindfulness research.

But what exactly is mindfulness?  
And, how can you recognise it and reap its many benefits?  
Mindfulness meditation practice is one way to truly experience the current moment and integrate that awareness into your everyday life.



# MINDFULNESS AND MEDITATION TECHNIQUES



Here's a breakdown of eight of the more popular mindfulness techniques — all of which are used in the Headspace app. Some will sound intriguing, while others may not be your cup of tea. See which ones work best for you.

1. **Focused Attention:** Likely the most common form of meditation, this technique uses the breath to anchor the mind and maintain awareness. Focus your attention on the breath — specifically the rise and fall of the chest — and return to the breath whenever you get distracted or notice your mind starting to wander.
2. **Body Scan:** This technique, which uses meditation to connect with the body, involves scanning your body from head to toe and being aware of any discomfort, sensations, or aches that exist (which could be indicators of stress and anxiety).
3. **Noting:** This is a mindfulness technique in which you “note” a particular thought or feeling when you become distracted during meditation. The practice of

noting helps to create space and learn more about our habits, tendencies, and conditioning.

4. **Loving Kindness:** Instead of focusing on the breath, this technique involves focusing on the image of different people: people we know, people we don't; people we like, people we don't. We direct well-wishes and goodwill first to ourselves, and then, as a ripple effect, to others, which helps us let go of unhappy feelings we may be experiencing.
5. **Skillful Compassion:** Similar to the loving kindness meditation technique, this one involves focusing on a person you know or love and paying attention to the sensations arising from the heart. It's aptly named because it's thought to be helpful in opening our hearts and minds for the benefit of other people, which in turn fosters a feeling of happiness in our own mind.
6. **Visualization:** This technique uses visualization, to focus on a person or something more abstract, to hold attention. The idea here is that the familiar image will

help create and maintain a relaxed focus.

7. **Resting Awareness:** Rather than focusing on the breath or a visualization, this technique involves letting the mind rest; thoughts may enter, but instead of distracting you and pulling you away from the present moment, they simply leave.
8. **Reflection:** For this technique, ask yourself a question, for example, “What are you most grateful for?” (Note that asking yourself a question using the second person — you — will discourage the intellectual mind from trying to answer it rationally.) Be aware of the feelings, not the thoughts, that arise when you focus on the question.

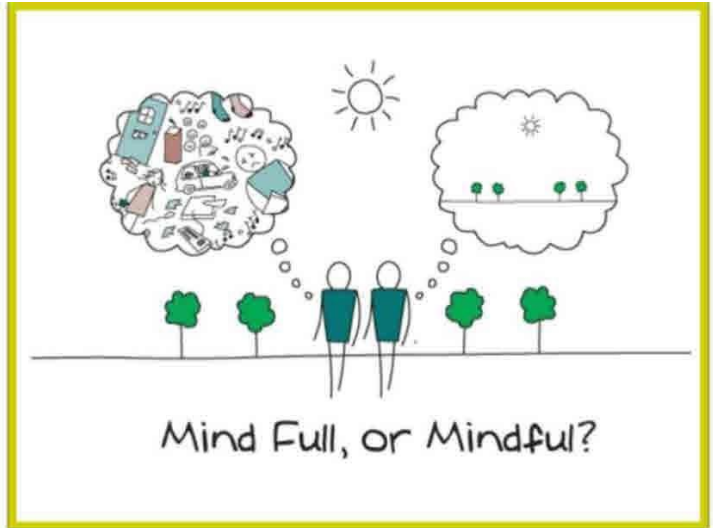
Please see the videos on page 23 to support your use of these mindfulness techniques.

*Taken from Headspace.com/  
mindfulness*

“

MINDFULNESS IS ABOUT BEING AWARE OF THE PRESENT MOMENT, NOT DWELLING ON THE PAST OR WORRYING ABOUT THE FUTURE. ITS ABOUT SIMPLY BEING INSTEAD OF CONSTANTLY DOING, OF BEING GRATEFUL FOR WHAT WE HAVE NOW AND BEING COMPASSIONATE WITH OURSELVES & OTHERS.

HAPPY IN THE MOMENT



- Video 1: Mindfulness is...being alive and knowing it!  
[https://www.youtube.com/watch?v=mNojLd\\_Jbh8](https://www.youtube.com/watch?v=mNojLd_Jbh8)
- Video 2: Letting Go of Stress  
<https://www.youtube.com/watch?v=qxyVCjp48S4>
- Video 3: Meditation – Training the Monkey Mind  
<https://www.youtube.com/watch?v=qxyVCjp48S4>
- Video 4: Changing Perspective and Understanding Our Thoughts  
<https://www.youtube.com/watch?v=iN6g2mr0p3Q>
- Video 5: Playing Attention – A Guided Mindfulness Session  
<https://www.youtube.com/watch?v=LgXZW6Xqokw>

If you like these Mindfulness videos, SmilingMind is a free mindfulness app which you can use to support your own mindfulness practice. Headspace and Calm are also mindfulness apps, which come with an initial free trial and a cost, but are also useful tools to explore if you find this source of support helpful.







# SELF-CARE: MAKING YOUR MENTAL HEALTH A PRIORITY

Self-care is about doing the things you enjoy and making time for yourself, your hobbies and interests. Everyone's self-care is different and everyone's mental health journey is their own. Take time first of all to notice what you enjoy, who you like to spend time with, what you like to eat/drink, what you like to watch or listen to, where you like to go...and then work out how you can make time for it!

Self-care in times of change or stress is particularly important. This is the time we often neglect ourselves when actually it's the time we need to make sure we are looking to activities and hobbies to make us feel calm and reassured.

This table illustrates some self-care ideas, but remember, everyone's idea of self-care is different.

## SELF-CARE IDEAS

Listen to that one song. Repeat. 	Talk to a friend. Or pet. (Wait, those are synonyms.) 	Comfort food. 	Fold laundry. (Repetition + Productivity = calm.) 
Write. Or draw. 	Play like a kid. Silly putty, bubbles, Legos, cartoons, coloring... 	Make your bed. Fresh Sheets! 	Drink cocoa by the fireplace.  Don't forget the marshmallows!
Look up funny memes. 	Compliment Someone and watch their face light up. Nice hat! 	Take a shower. Better yet, soak in the tub with a magazine. 	Read a book. Bonus points if it has pictures. 
Make something without caring whether it's "good." 	Have a good cry, but keep it short. Use the expensive tissues. 	Buy yourself a smallish gift, just because. 	Forgive yourself for what you couldn't do today, and resolve to try again tomorrow. 

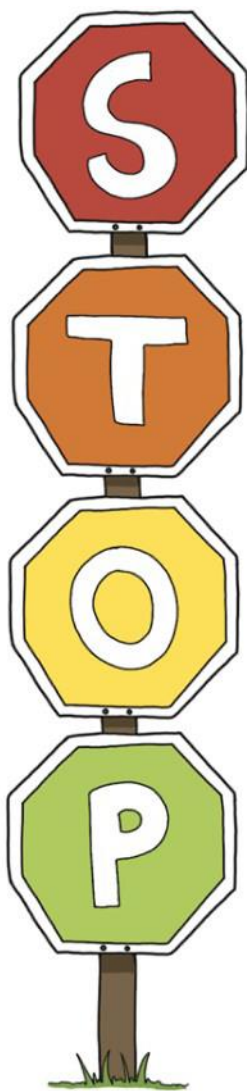
@introvertdoodles



The following guidance from the Anna Freud Foundation and Childline Calm Zone will also help with ideas around self-care and prioritising activities which promote positive mental health.

<https://www.annafreud.org/on-my-mind/self-care/>

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



#### STOP

When you notice a feeling of anxiety or stress, stop what you are doing, press pause.

#### TAKE

A deep breath. Now take several more. Breathe slowly, deep into your belly.

#### OBSERVE

Continue to breathe slowly & observe your thoughts. Observe your body. Notice your present experience.

#### PROCEED

Press play & proceed with something helpful & useful to you in this moment. Engage in self-care & be mindful about how you continue on in your day.



# SLEEP HYGIENE

We all have evenings when we find it hard to fall asleep or find ourselves waking up in the night. How we sleep and how much sleep we need is different for all of us and changes as we get older.

Longer stretches of bad sleep can negatively impact our lives. It can cause extreme tiredness and make usually manageable tasks harder. If you regularly have problems sleeping, you may be experiencing insomnia. Insomnia can last for months or even years, but usually improves if you change your sleeping habits.

Sleep problems are common, and the tips on this page should help.

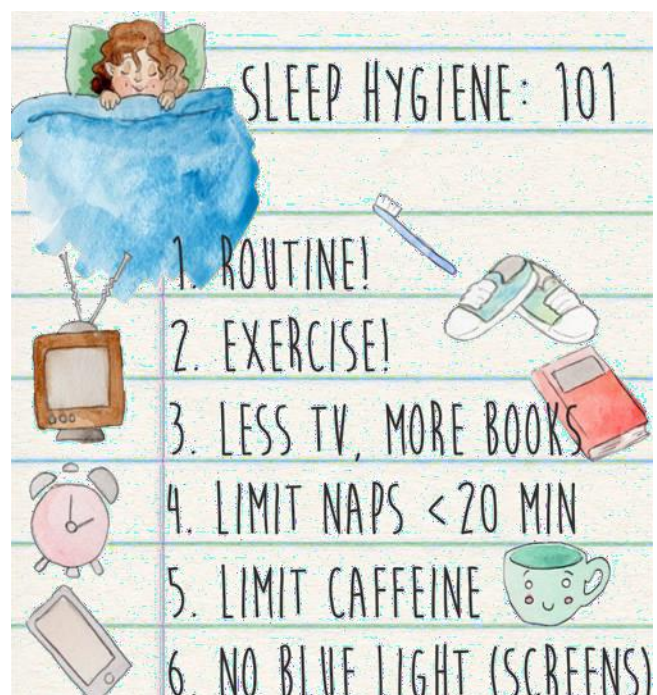
Remember, [www.kooth.com](http://www.kooth.com) is a great place to talk about your worries if you struggle talking face-to-face with family or friends.

Visit this NHS website for information and top tips on how to have a good night's sleep and help your sleep routine!

<https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

**Good quality sleep plays a significant role in our day-to-day wellbeing.**

But if they have not worked, or you have had trouble sleeping for months and it affects your daily life in a way that makes it hard to cope, please speak to someone close to you about your feelings.





# THE 5-4-3-2-1 GROUNDING TECHNIQUE

Feeling overwhelmed or pacing? This countdown method can help you calm your mind.



Find **5** things you can  
**SEE** around you



Find **4** things you can  
**TOUCH** around you



Find **3** things you can  
**HEAR** around you



Find **2** things you can  
**SMELL** around you



Find **1** thing you can  
**TASTE.** (Swallow)



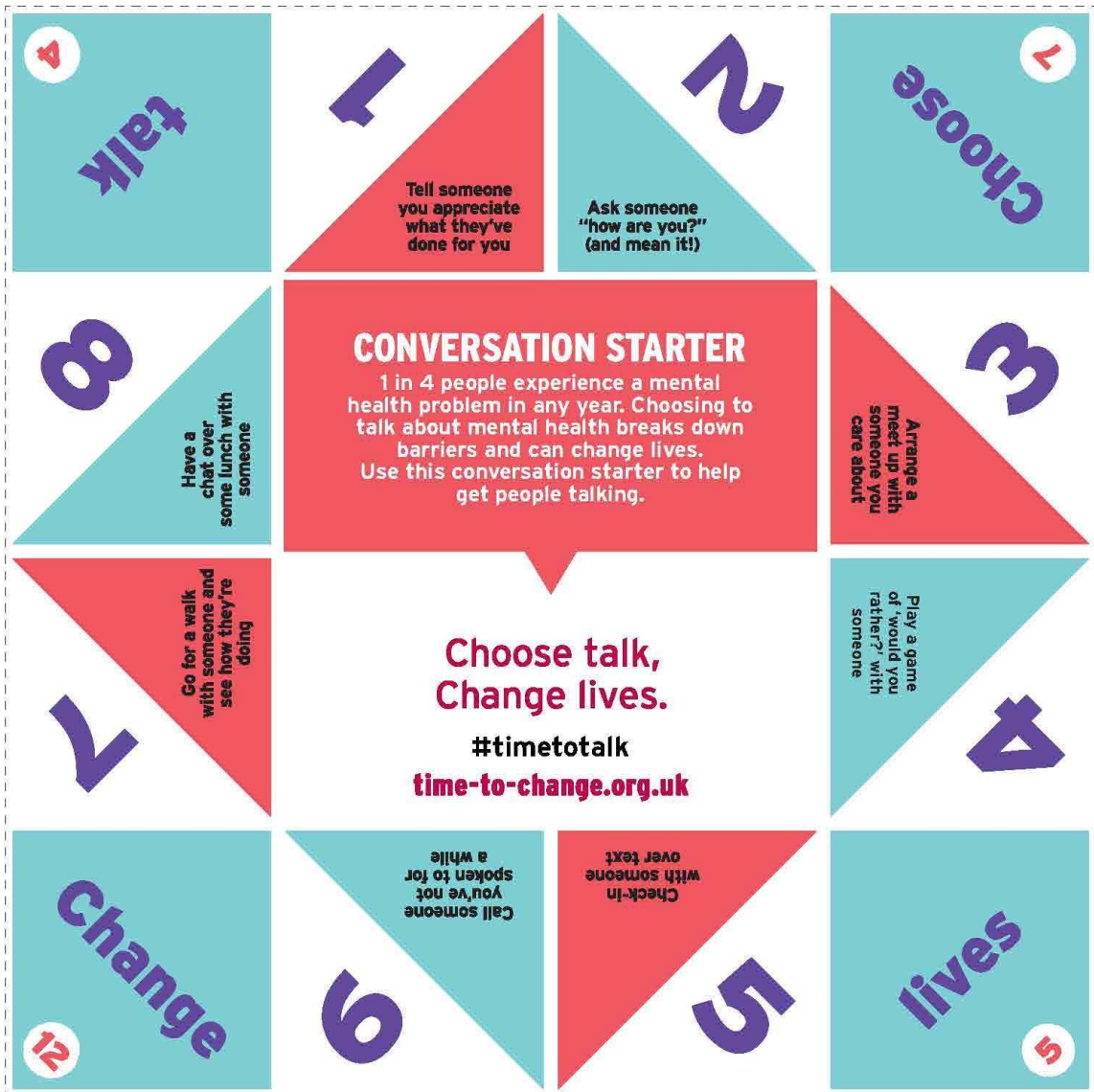
## 'MAKE TIME' FOR YOUR MENTAL HEALTH

Kindness is something we often associate with acts we do for others. However, being kind to ourselves is the most important place to start. We have put together a series of activities which may help you look after your emotional wellbeing.

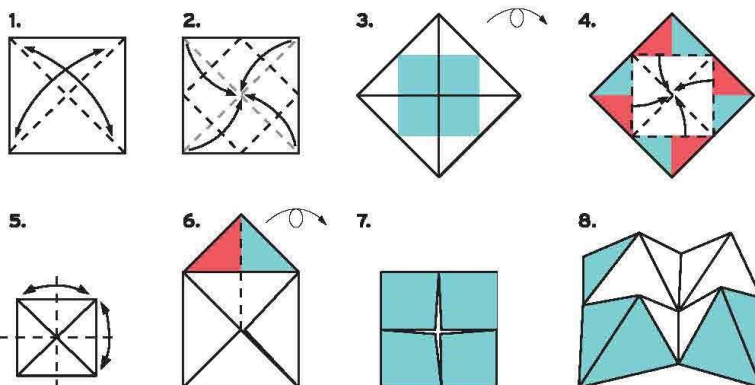
If you are struggling with managing anxious thoughts or finding it challenging to relax, please try the following activities to support alongside accessing support services.

**K**now that it's ok to ask for help  
**I**nspire yourself by writing down small goals  
**N**otice the positives if you can  
**D**on't put too much pressure on yourself  
**N**otice how your mental health is  
**E**xpress your feelings - in writing or out loud  
**S**peak to family and friends  
**S**leep: try to get enough

**Beat**  
Eating disorders



## Folding Instructions



## How to start a conversation

- Pick a circled number and open in alternate directions that amount of times
- Pick a purple number and open alternately that amount of times
- Pick your final number, open flap and start your conversation

**time to change**

let's end mental health discrimination



# Bedtime Gratitude

As well as being mindful of our breath and our thoughts, there are other things we can do to help support good mental health.

One way is to  
be mindful of  
gratitude.

Gratitude is when we feel thankful, or grateful about something.

An excellent way of developing gratitude is to purposely remember things during the day that we have been grateful for.

Before bedtime, pick up one of these cards and write three things from that day that you are grateful for.

You can be grateful for anything. It can often be quite small.

Maybe you remember a friend saying a nice word, or perhaps talking to a parent or sibling. It might be just enjoying the taste of food, the smell of soap or perhaps it was just a fun game you played.

When you have the three things you are grateful for written down, smile to yourself and then prepare for sleep.



By simply taking some time to focus on things to be grateful for, you can develop positive habits that make us more likely to notice times when we feel happy!

**Today I am grateful for...**

1. -----  
\_\_\_\_\_

2. -----  
\_\_\_\_\_

3. -----  
\_\_\_\_\_

**Today I am grateful for...**

1. -----  
\_\_\_\_\_

2. -----  
\_\_\_\_\_

3. -----  
\_\_\_\_\_

**Today I am grateful for...**

1. -----  
\_\_\_\_\_

2. -----  
\_\_\_\_\_

3. -----  
\_\_\_\_\_

**Today I am grateful for...**

1. -----  
\_\_\_\_\_

2. -----  
\_\_\_\_\_

3. -----  
\_\_\_\_\_

**Today I am grateful for...**

1. -----  
\_\_\_\_\_

2. -----  
\_\_\_\_\_

3. -----  
\_\_\_\_\_

**Today I am grateful for...**

1. -----  
\_\_\_\_\_

2. -----  
\_\_\_\_\_

3. -----  
\_\_\_\_\_

# Challenging Anxious Thoughts

Anxiety can be a healthy emotion—it forces us to focus on our problems, and work hard to solve them. But sometimes, anxiety grows out of control, and does just the opposite. It *cripples* our ability to solve problems. When this happens, **irrational thoughts** often play a role.

In this exercise, we will practice catching our irrational thoughts, and replacing them with rational alternatives. With enough practice, this will become a natural process that can help you manage anxiety.

## Describe a common situation that triggers your anxiety:

example: “giving a speech in front of a crowd” or “driving in rush hour traffic”


Anxiety distorts our thinking by causing us to **overestimate the likelihood of something going wrong**, and **imagine the potential consequences as worse than they really are**. Sometimes, just taking a moment to think about these facts can help us recognize our irrational thoughts.

## Imagine you are faced with the anxiety-producing situation from above. Describe the...

Worst outcome:
Best outcome:
Likely outcome:

## Imagine the worst outcome comes true. Would it still matter...

1 week from now:
1 month from now:
1 year from now:

Usually, anxious thoughts focus on the worst possible outcomes, even when they aren't likely. For example, a person who is nervous about giving a speech might think: “*I am going to forget everything and embarrass myself, and I'll never live it down*”.

As an outside observer, we know that an alternate, more rational thought might be: “*My speech might only be OK, but if I do mess up, everyone will forget about it soon enough*”.

## Using your own “worst outcome” and “likely outcome” from above, describe your...

Irrational thought:
Rational thought:



# "Hot Chocolate Breath"



Breathing  
TECHNIQUE

- 1 HOLD OUT YOUR HANDS LIKE YOU'RE HOLDING A MUG OF HOT CHOCOLATE
  - 2 BREATHE IN SLOWLY THROUGH YOUR NOSE, LIKE YOU ARE SMELLING THE COCOA
  - 3 BREATHE OUT SLOWLY THROUGH YOUR MOUTH, LIKE YOU ARE TRYING TO COOL THE HOT CHOCOLATE DOWN.
- REPEAT ←





# RELAXATION TECHNIQUES

When a person is confronted with anxiety, their body undergoes several changes and enters a special state called the fight-or-flight response. The body prepares to either fight or flee the perceived danger.

During the fight-or-flight response it's common to experience a "blank" mind, increased heart rate, sweating, tense muscles, and more. Unfortunately, these bodily responses do little good when it comes to protecting us from modern sources of anxiety.

Using a variety of skills, you can end the fight-or-flight response before the symptoms become too extreme. These skills will require practice to work effectively, so don't wait until the last minute to try them out!

## Deep Breathing

It's natural to take long, deep breaths, when relaxed. However, during the fight-or-flight response, breathing becomes rapid and shallow. Deep breathing reverses that, and sends messages to the brain to begin calming the body. Practice will make your body respond more efficiently to deep breathing in the future.

- Breathe in slowly. Count in your head and make sure the inward breath lasts at least 5 seconds. Pay attention to the feeling of the air filling your lungs.
- Hold your breath for 5 to 10 seconds (again, keep count). You don't want to feel uncomfortable, but it should last quite a bit longer than an ordinary breath.
- Breathe out very slowly for 5 to 10 seconds (count!). Pretend like you're breathing through a straw to slow yourself down. Try using a real straw to practice.
- Repeat the breathing process until you feel calm.

## Imagery

Think about some of your favourite and least favourite places. If you think about the place hard enough—if you really try to think about what it's like—you may begin to have feelings you associate with that location. Our brain has the ability to create emotional reactions based entirely off of

our thoughts. The imagery technique uses this to its advantage.

- Make sure you're somewhere quiet without too much noise or distraction. You'll need a few minutes to just spend quietly, in your mind.
- Think of a place that's calming for you. Some examples are the beach, hiking on a mountain, relaxing at home with a friend, or playing with a pet.





Paint a picture of the calming place in your mind. Don't just think of the place briefly—imagine every little detail. Go through each of your senses and imagine what you would experience in your relaxing place. Here's an example using a beach:

a. **Sight:** The sun is high in the sky and you're surrounded by white sand. There's no one else around. The water is a greenish-blue and waves are calmly rolling in from the ocean.

b. **Sound:** You can hear the deep pounding and splashing of the waves. There are seagulls somewhere in the background.

c. **Touch:** The sun is warm on your back, but a breeze cools you down just enough. You can feel sand moving between your toes.

d. **Taste:** You have a glass of lemonade that's sweet, tart, and refreshing.

e. **Smell:** You can smell the fresh ocean air, full of salt and calming aromas.

## Progressive Muscle Relaxation

During the fight-or-flight response, the tension in our muscles increases. This can lead to a feeling of stiffness, or even back and neck pain. Progressive muscle relaxation teaches us to become more aware of this tension so we can better identify and address stress.

Find a private and quiet location. You should sit or lie down somewhere comfortable. The idea of this technique is to intentionally tense each muscle, and then to release the tension. Let's practice with your feet.

a. Tense the muscles in your toes by curling them into your foot. Notice how it feels when your foot is tense. Hold the tension for 5 seconds.

b. Release the tension from your toes. Let them relax. Notice how your toes feel differently after you release the tension.

c. Tense the muscles all throughout your calf. Hold it for 5 seconds. Notice how the feeling of tension in your leg feels.

d. Release the tension from your calf, and notice how the feeling of relaxation differs.

Follow this pattern of tensing and releasing tension all throughout your body. After you finish with your feet and legs, move up through your torso, arms, hands, neck, and head.

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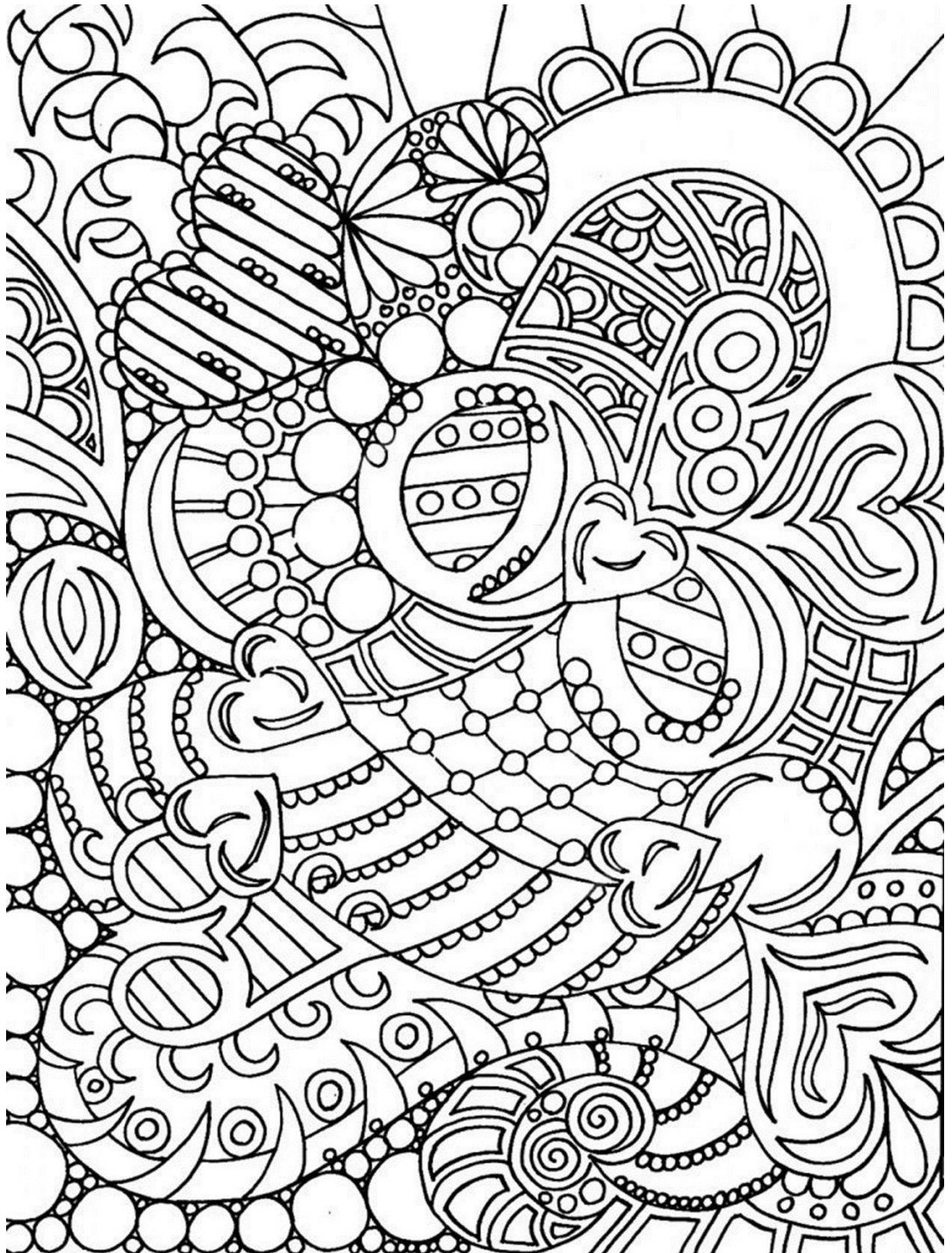




## MINDFUL COLOURING

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Further colouring pages can be printed for free from Google Images. You can also ask Student Services who will provide these.





# MINDFUL CHALLENGES







# SUPPORTING SOMEONE YOU CARE ABOUT

## For Parents:

### How to cope with change

<https://mentallyhealthyschools.org.uk/resources/10-ways-for-parents-to-help-their-children-cope-with-change?pdf=coronavirus-toolkit-6-resilience>

### Building confidence and resilience

[https://mindedforfamilies.org.uk/Content/building\\_confidence\\_and\\_resilience/#/id/59e4d478ab5c1b176f1e2aea](https://mindedforfamilies.org.uk/Content/building_confidence_and_resilience/#/id/59e4d478ab5c1b176f1e2aea)

### Supporting your child with grief and loss

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/>

## For Students:

### TELL US

<https://www.lymmhigh.org.uk/tell-us/>

### Young Minds

<https://youngminds.org.uk/find-help/looking-after-yourself/friends-and-family/>

<https://youngminds.org.uk/blog/how-to-support-your-friends-when-theyre-struggling-with-their-mental-health/>





## HOW TO BE A GOOD LISTENER

If you notice a change in someone's behaviour, it may be a sign they are struggling with their mental health. If a person you know suddenly becomes anxious, irritable, talks negatively about themselves or starts acting recklessly, is tearful or doesn't want to do things they usually enjoy, these could all be signs they may not be OK.

When someone you know is struggling to cope, it can be worrying. But talking about how they're feeling and listening to what's going on can be an important step to them getting the help and support they need.

Opening up can be really difficult for both the person struggling, as well as the person who may be hearing about their struggles for the first time. To help, we've created a list of tips on how to be a good listener, based on what young people have told us works for them.

### 1. Start a conversation

It can be really hard to know how to start a conversation with someone who seems to be going through a tough time. You could begin by talking about something you're both interested in or just give it a go by asking a few questions about how they are feeling. Just being there for

someone can make a huge difference.

YoungMinds Activists said:

"My mum approached me and casually mentioned that it seemed like I wasn't myself. I don't think I'd realised until she said this how unwell I'd become. This casual chat evolved into a big conversation where I opened up completely and talked about everything I was feeling."

"I find the easiest way to open up is if someone asks me how I am doing. People might just want to rant about how they're feeling and you can help by listening or other times they might want advice."

### 2. Be patient

Sometimes, the other person may not be ready to open up. It can be incredibly difficult for them, so don't take it personally. Don't give up, either – it may take a while before

you're able to get through to them. If they really don't want to talk to you, you can try to direct them to someone who may be able to help like a teacher, a professional, or a helpline.

YoungMinds Activists said:

"Sometimes all you need to do is show a friend you're there. I realised a friend was going through a bad breakup so I reached out and asked them if they wanted a drink. He ended up talking for hours and he now feels a lot more comfortable to talk about his feelings."

"Even if they don't want to talk, don't give up on that person. Try to find another time to do it."

"Everyone has ups and downs, it's about having someone who is open and perseveres so you know that they are there."

## HOW TO BE A GOOD LISTENER

### 3. Give your full attention

If they're ready to talk, give them your full attention. Focus on the other person, hear them out, and allow them to speak without judgement or interruption. Try not to look at your phone while they're talking and be open minded to what they have to say.

YoungMinds Activists said:

"Give them time to talk. It may have been hard for them to start talking, and they've started the conversation because they want to either get something off their chest or are reaching out for help, shutting them down will only make them feel worse."

"Give them your full attention to show that you are listening. It can help to do it where they feel comfortable like their house or in a park."

"Be an active listener - give them space to talk, but interact by asking questions to show you're interested and that you care."

### 4. Listening is enough

Sometimes people aren't searching for advice. Don't try to be a professional - you're not a therapist and you don't need all the answers. Although you may worry about saying the wrong thing, know that you don't need to have the perfect response. All you need is to listen and make the other person feel heard.

YoungMinds Activists said:

"I have been a shoulder to cry on for my friends and family. Creating a non-judgemental, safe and trusting space helps them open up and talk to you in confidence. Sometimes people just need someone to listen and reassure them."

"Advice is always well-meaning, but sometimes people just want to talk about their problems and have someone listen to them. However, if they ask for advice, try your best to be positive to help them feel reassured."

### 5. Look after yourself

Keep in mind that you might not always be in the best place yourself to be a listener. There are many other ways that you can help someone who might be struggling. Urge them to talk to someone they trust like a teacher or professional, find support online or contact a helpline.

YoungMinds Activists said:

"Empathy is important – relating to the person you are with will help them feel less alone. But always remember to look after yourself as well."

If you're struggling with your mental health, it's important to know that help is out there. Speak to a friend, a parent, teacher or helpline. If you're a young person in crisis, you can use our Crisis Messenger service by texting YM to 85258.

For more information about mental health, finding help, and looking after yourself, visit <https://youngminds.org.uk/find-help/>



# THANK YOU

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Thank-you for taking the time to read our support guide. We hope you have found the information useful and please be in touch with Student Services if you have any questions around the advice or support highlighted in this booklet.

Looking after our mental health needs to be a priority and we are here in school to ensure that everyone has the opportunity, resources and time to do this.







Birchwood Community High School, Brock Road, Birchwood,  
Warrington, WA3 7PT. 01925 853500 | [contactus@birchwoodhigh.org](mailto:contactus@birchwoodhigh.org)  
[www.birchwoodhigh.org](http://www.birchwoodhigh.org)