



CRISIS AND EMERGENCY SUPPORT

In a life threatening or emergency situation call 999

NHS: For non-emergency professional health advice please dial **111** or contact your **GP** to make an **urgent appointment** to discuss your mental health needs.

Police: For all non-emergencies please dial **101**

Samaritans: Provide free and confidential emotional support 24/7.
Call **116 123**

Childline: Provide a 24 hours counselling service for children, young people and parents.
Call **0800 1111**

HPFT Single Point of Access (SPA): Take referrals for NHS Mental Health Services. Call **0300 777 0707** (8am-7pm)

Nightlight Crisis Service: if you are 18+ years and **in Hertfordshire** you can seek support Fri-Mon, 6pm-midnight. Call **01923 256391**

INFORMATION AND SUPPORT FROM HCC DURING CORONAVIRUS

Every Mind Matters - Information from the NHS about looking after your mental health and emotional wellbeing during coronavirus including guidance, advice and tips on how to maintain your mental wellbeing if you need to stay at home:

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

Epic Friends has been created by CAMHS to support young people who are worried about their friends emotional wellbeing. It is specifically designed for 12-18 year olds.

Think Ninja - A downloadable APP for age 10+ with Coronavirus support content.

Young Minds advice/resources for young people and parents/carers during the pandemic, including for those with eating disorders, OCD and anxiety:

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

The Association for Child and Adolescent Mental Health have published this podcast: Coronavirus, and helping children with Autism - "Autism, a parents' guide"

This website provides additional links and resources that are quality assured and provide supportive guidance about how to support children and young people's emotional wellbeing during Covid 19. It also has other sections with useful APPs and videos:
<https://www.camhs-resources.co.uk/coronavirus>

British Eating Disorders Society: Individuals can sign up to BREDS (British Eating Disorders) webspace where a wealth of useful information, support and guidance is being shared. The link to sign up to BREDS is [bred.org.uk](https://www.breds.org.uk) where a form needs to be completed to get login details for the site, which can be found at <https://bred.facebook.com>. It looks a lot like Facebook, so it is very easy to navigate. The society has a dedicated East of England Clinical Network group, one of the many people can join.

In addition, our Student and Family support team have also produced a number of useful Self-help guides in conjunction with our school Counsellors, to support and empower students and their families in working through some of the more common issues experienced. Links to each of these documents are included within the relevant sections below:

NATIONAL ORGANISATIONS SUPPORT GENERAL MENTAL HEALTH

Childline offer, free, confidential counselling to Under 19's through their helpline and webchat. Call **0800 1111**, <http://www.childline.org.uk>

Kooth – Provide free, anonymous online counselling 10 - 25 year olds. You can IM counsellors Mon-Fri, midday-10pm, and Sat-Sun 6pm-10pm. No referral needed. <http://www.kooth.com>

Young Minds – Are the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. A wealth of advice for young people and their parents/carers can be found at: <http://www.youngminds.org.uk>

STEM4 – Aims to improve teenage mental health by stemming commonly occurring mental health issues at an early stage. www.stem4.org.uk

Mind – have information to better understand diagnoses and managing mental illness on their website - www.mind.org.uk or call: **0300 123 3393**

Rethink Mental Illness – Are a national mental health membership charity working to help everyone affected by severe mental illness to recover a better quality of life. It aims to make a practical & positive difference by providing hope & empowerment through effective services, information & support. www.rethink.org or call **0300 5000927**

MindEd – a free educational resource on children & young people’s mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand early issues and best support your child. <https://www.minded.org.uk>

Hub of Hope – the UK’s biggest mental health database aims to bring together all of the mental health support available in the UK in one place. www.hubofhope.co.uk

Wellbeing Service offer CBT (Cognitive Behavioural Therapy) and group therapy to anyone over 16 years struggling with their mental health. Visit the website to self refer - www.talkwellbeing.co.uk

IN HERTFORDSHIRE

Signpost offer free, confidential counselling for 10-25 year olds in West Herts. Call **01923 239 495**, www.signpostcounselling.co.uk

Healthy Young Minds in Herts provides information for children and young people on keeping mentally well and where to seek support. www.healthyyoungmindsinherts.org.uk

Chathealth is a text service for 11-19 year olds in Hertfordshire where you can text a school nurse for guidance and support. Mon-Fri 9am-5pm. Text **07480 635050**

Single Point of Access (SPA) can put you in touch with the relevant MHS mental health service. Call **0300 777 0707** (8am-7pm)

Apps which you may find helpful in promoting positive mental health

Apps should not be viewed as a substitute for proper professional support and are recommended below only as an addition

For Me – is a free app from **Childline**. It offers counselling, group message boards and advice. <https://www.childline.otg.uk/toolbox/for-me/>

Headspace – an app which teaches mindfulness meditation principles to improve wellbeing. www.headspace.com

Moodpanda – app-based platform allowing people to track their moods. www.moodpanda.com



Recharge - Move well, Sleep well, Be well uses a free, personalised 6 week program to help you improve mood and energy levels.

Smiling Mind - provides free mindfulness meditations aimed at reducing stress, anxiety and concentration levels.

SuperBetter – evidence-based app that has been created to help young people build resilience to become stronger, happier and healthier. <https://www.superbetter.com/>

StressHeads – an app approved by the NHS Choices website to help 16-25 year olds identify and cope with stress. It includes games to help distract young people from immediate stress and monitor their causes. <https://www.themix.org.uk/apps-and-tools/stressheads>

ORGANISATIONS SUPPORTING ANXIETY AND DEPRESSION

Students against Depression – offers information & resources validated by health professionals alongside tips & advice from students who have experienced it themselves. www.studentsagainstdepression.org

Anxiety UK – helps all those suffering with anxiety disorders. Self-help leaflets and contact lists as well as groups, counselling & email support. Section on young people and anxiety. www.anxietyuk.org.uk

No Panic – a registered charity which helps people who suffer from panic attacks, phobias, OCD and other related anxiety disorders. www.nopanic.org.uk

OCD-UK – Information & support for OCD in children & young people. Useful guides including teens', children's & parents' guides. www.ocduk.org

Charlie Walker Memorial Trust - Awareness, information and resources for those who are depressed. www.cwmt.org.uk

Apps which you may find helpful to support with Anxiety and Depression issues:

Apps should not be viewed as a substitute for proper professional support and are recommended below only as an addition

Mindshift – is a free app with advice on managing anxiety and relaxation methods. <https://www.anxietybc.com/resources/mindshift-app>



MoodKit – approved by NHS Choices, this app uses CBT principles to help people with depression & anxiety manage & track their moods. It has a ‘thought checker’ to identify negative thoughts & an ‘activities’ tool to suggest wellbeing activities. <http://www.moodtools.org/>

SAM – self-help app for anxiety which includes a personal toolbox, negative thought buster, colouring exercise and information. It won Best Anxiety App 2016 in the Healthline awards. <http://sam-app.org.uk/>

Stop Panic and Anxiety Self-Help – an app for people experiencing panic attacks. It can provide immediate audio assistance during a panic attack & help prevent them occurring. It may not be suitable for all forms of anxiety. <https://www.excelatlife.com/apps.htm#panicapp>

Youper (for Social Anxiety) – helps those suffering from social anxiety to gain confidence in situations, using the principles of CBT, ACT (Acceptance Commitment Therapy) & MBSR (Mindfulness-based Stress Therapy). It aims to help people understand their anxiety, control it & then challenge it using real-life guided practice exercises. <http://www.youper.co/start-now>

ORGANISATIONS SUPPORTING SUICIDAL CRISIS/THOUGHTS

Stamp Out Suicide – points of contact for those feeling suicidal, bereaved by suicide or concerned about suicide. Promoting awareness & prevention. www.stampoutsuicide.org.uk

CALM (Campaign Against Men Living Miserably) – a charity helping to prevent male suicide in the UK. They provide a helpline, webchat service & advice if you are worried about someone. www.thecalmzone.net

Cruse – Bereavement Care – offers support, advice & information to children, young people & adults when someone dies and work to enhance society’s care of bereaved people through face-to face talk, telephone, email and website support. www.cruse.org.uk

PAPYRUS (Parents Association for the Prevention of Young Suicide) offer support through their helpline (HOPEline UK) to those under 35 that are having thoughts of suicide, Mon-Fri, 10am-10pm, Sat-Sun 2pm-10pm, call **0800 068 4141** text **07786 209 698**, www.papyrus-uk.org

Hector's House was set up by the family of Hector who died by suicide. Their website offers advice on where you can seek further support, www.hectorshouse.org.uk

IN HERTFORDSHIRE

The OLLIE Foundation – a Hertfordshire-based charity aiming to increase the awareness of suicide & help prevent young people from feeling this is the only option left for them. www.theolliefoundation.org

Spot the Signs - Is a suicide prevention campaign helping to remove the stigma of talking openly about suicide. Spot the signs aims to increase public awareness of suicide in young people, reduce the stigma associated with seeking mental health support and promote support for families where a family member is at risk. www.hpft.nhs.uk/spot-the-signs

Apps which you may find helpful to support with Suicidal crisis and/or thoughts

Apps should not be viewed as a substitute for proper professional support and are recommended below only as an addition

Stay Alive – offers help & support to people with suicidal thoughts & those concerned about someone else. Key features include: Quick access to UK national crisis support helplines, a mini-safety plan, a LifeBox to which the user can upload photos from their phones to remind them of their reasons to stay alive, strategies for staying safe, tips on how to help a person thinking of suicide & suicide bereavement resources. https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html

Child Bereavement UK – developed by Child Bereavement UK and a group of young people who have experienced bereavement. It helps young people who have experienced loss to feel less alone & provide information on where they can get more support. <https://childbereavementuk.org/our-app/>

ORGANISATIONS SUPPORTING PSYCHOSIS

Rethink Mental Illness – a national mental health membership charity working to help everyone affected by severe mental illness recover a better quality of life. It aims to make a practical & positive difference by providing hope & empowerment through effective services, information & support. www.rethink.org

Sane / Saneline – a national out-of-hours helpline which provides support & information to anyone coping with mental illness. It has a helpline which offers support to callers.

The website offers extensive literature on subjects including schizophrenia, depression & therapies. www.sane.org.uk or call 0300 3047000

bipolarUK – a user-led charity working to enable people affected by bipolar disorder to take control of their lives. The organisation provides support for people with bipolar disorder, their families & carers. www.bipolaruk.org

Apps which you may find helpful to support with Psychosis

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EMoods Bipolar Mood Tracker – an app to help users track their moods, medication, sleep & other common symptoms related to bipolar disorder. <http://emoodtracker.com/>

ORGANISATIONS SUPPORTING SELF-HARM

Selfharmuk – supports young people impacted by self-harm, providing a safe space to talk, ask questions and be honest about what's going on in their life. Part of Youthscape. www.selfharmuk.co.uk

Alumnia – An online course by selfharm.co.uk for young people aged 14-18 helps them to find other ways of dealing with the ups & downs of life. <http://alumnia.selfharm.co.uk/>

Lifesigns – charity aiming to guide people who hurt themselves towards new ways of coping when they're ready for the journey. Helpful resources & strategies to minimise harm. www.lifesigns.org.uk

Harmless – provides a range of services about self-harm including support, information, training & consultancy to people who self-harm, their families, friends and professionals. www.harmless.org.uk

National Self-Harm Network – monitored forums supporting individuals who self-harm to reduce emotional distress and improve the quality of their life. www.nshn.co.uk

Self Injury Support – for girls & young women up to 24 years in the UK affected by self-harm. www.selfinjurysupport.org.uk

CALM (Campaign Against Living Miserably) offer support to males struggling with low mood, self-harm and suicidal thoughts. Helpline runs daily 5pm-midnight **0800 585858**, or you can use their webchat at www.thecalmzone.net

Self-Injury Support provide **TESS**, a support and information text service for females under 24 years who are struggling with self-harm. Call **0808 8008088**, text **07800 472908** or visit www.selfinjurysupport.org.uk

Apps which you may find helpful to support with Self-Harm

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Calm Harm – is a free app with password protection that provides a range of techniques to relieve emotional distress. It is particularly helpful for those who often use self-harm to cope.

<http://www.stem4.org.uk/calmharm/>

Self-Heal – uses DBT principles to help users resist the urge to self-harm. Also uses an image library for distraction & to promote recovery. <http://www.self-healapp.co.uk/Home/>

ORGANISATIONS SUPPORTING EATING DISORDERS

Anorexia and Bulimia Care (ABC) – provides personal advice & support to anyone affected by anorexia, bulimia, binge eating & all kinds of eating distress. They support sufferers & their family & friends towards full recovery. www.anorexiabulimiacare.org.uk

Male Anorexia – information about anorexia in boys in association with the book ‘Boys Get Anorexia Too’ by Jennifer Langley. www.boyanorexia.com

Student Minds – information about a project aiming to improve support available to students & young people with eating disorders by setting up a network of student run self-help groups. The website contains information about existing self-help groups & how to get involved. www.studentminds.org.uk

BEAT (Beating Eating Disorders) – offers advice and guidance on all aspects of eating disorders

www.b-eat.co.uk or call **0808 801 0711**

CAMHS Community Eating Disorder Team - to self-refer call SPA on **0300 777 0707** 8am-7pm



Apps which you may find helpful to support with Eating Disorders

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Recovery Record Eating Disorder Management App – includes: meal logging, meal planning, coping skills, rewards for recovery wins. It is social & secure and can be used in conjunction with treatment teams & has good reviews. <https://www.recoveryrecord.com/>

Rise Up Recovery Warriors – eating disorder recovery tools including meal logging, behaviour tracking, emotions & thought tracking. Also has information & activities around body image, mindfulness & relationships. Can be used in conjunction with treatment teams.

<https://www.recoverywarriors.com/app/>