

# Help and Advice

**Childline**-0800 1111

[childline.org.uk](http://childline.org.uk)

Free 24-hour helpline for children and young people in the UK.

**NSPCC**- helpline (children and young people): 0800 1111

[help@nspcc.org.uk](mailto:help@nspcc.org.uk)

[nspcc.org.uk](http://nspcc.org.uk)

Specialises in child protection and the prevention of cruelty to children.

**Young Minds** - 020 7089 5050 (general enquiries)

0808 802 5544 (parents helpline, for any adult with concerns about the mental health of a child or young person)

[youngminds.org.uk](http://youngminds.org.uk)

National charity committed to improving the mental health of all babies, children and young people. Provides information for both parents and young people.

**Mind**— **InfoLine** - 0300 123 3393

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

Email [info@mind.org.uk](mailto:info@mind.org.uk)

Mind offers advice, support and information to people experiencing a mental health difficulty and their family and friends. .

**Rethink Mental Illness Advice Line**- 0300 5000 927 (9.30am - 4pm Monday to Friday)

**Email:** online contact form

**Website:** <http://www.rethink.org/about-us/our-mental-health-advice>

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

**Saneline**- 0300 304 7000 (4:30pm-10:30pm)

**Website:** [www.sane.org.uk/what\\_we\\_do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

**The Mix**— 0808 808 4994 (11am-11pm, free to call)

**Email:** Helpline email form

**Crisis Support:** Text 'THEMIX' to 85258.

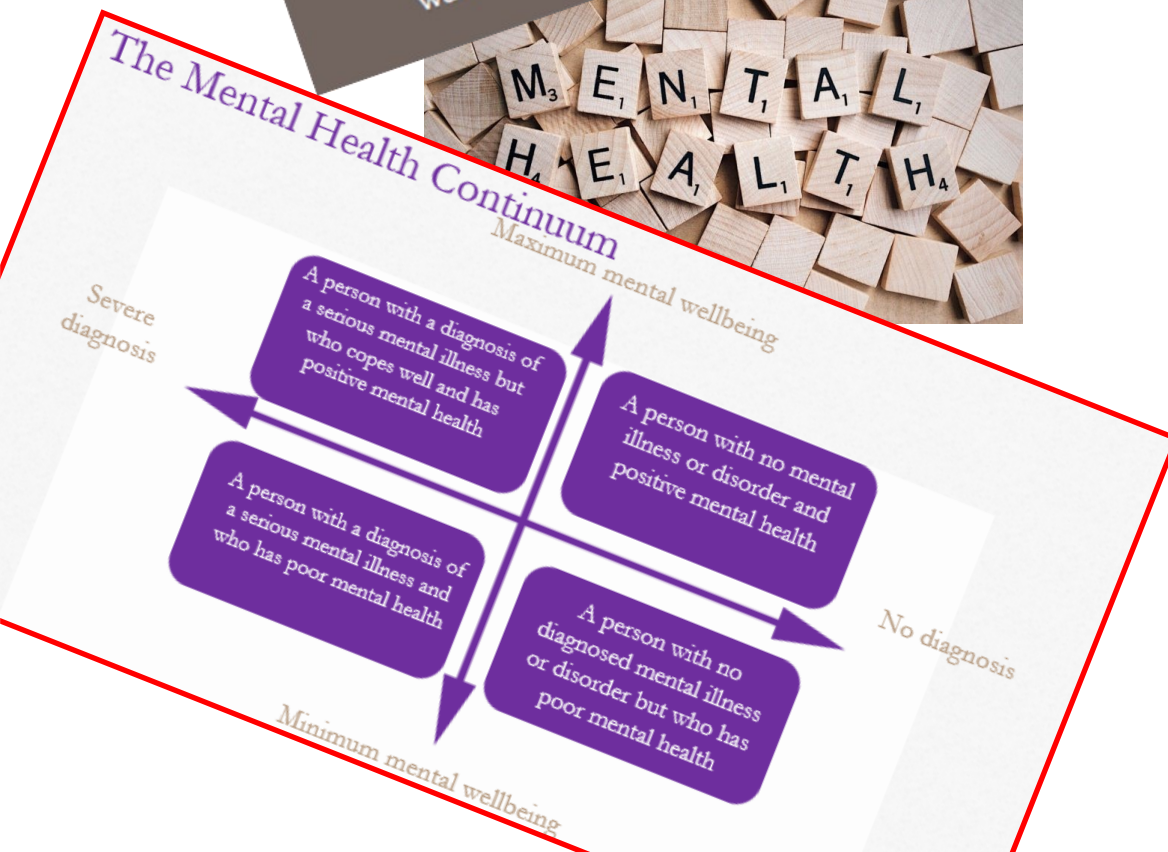
**Website:** [www.themix.org.uk/get-support](http://www.themix.org.uk/get-support)

The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, webchat, peer to peer and counselling services.

# Mental Health & Wellbeing







## Give

Do something nice for a friend, thank someone, smile, volunteer your time, join a community group, look out, as well as in.

### Key message:

Any acts of kindness, whether small or large can make you feel happier and more satisfied about life. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

### Ways to give:

Smile and be willing to give your time to a conversation

Check up on a friend

Say thank you to someone who has helped you. Send a text, or message or write them a letter to show how much it meant to you

Donate your time to do something for someone else; help out a neighbour; carry shopping or offer to baby-sit

Offer to help your parents or people you live with round the house

Bake a cake and give it to someone

Do some volunteering

Help out at a local fete or event

Nominate someone for an award

Give some food to a food bank

Give someone a hug

Raise money for charity

Help an elderly neighbour

Be a good role model

Learn how to put someone in the Recovery Position

Give your pocket money to someone who needs it more than you

Give yourself some time to relax

pick up litter in the park

Volunteer for an extra responsibility at school

Give unwanted items to a local charity shop



## How can I help a child experiencing anxiety?

### These are things that can really make a difference:

1. Talk to your child about anxiety, what is happening in their body and why it happens. Many children and young people don't know what they are feeling when they are anxious, and it can be very frightening and overwhelming. They might even think they are very ill or that they are having a heart attack.
2. Help them to recognise anxious feelings so they can tell when they are becoming anxious and can ask for help.
3. Tell your child the anxiety will pass. It can be helpful to describe the anxiety as a wave to ride or surf that gets smaller after it peaks.
4. Get your child to breathe deeply and slowly, in through their nose for three counts and out through their mouth for three counts.
5. Distract them by focusing on something else.
6. Give them a cuddle or hold their hand if they will let you - touch can be soothing.
7. It can help to talk to your child about finding a safe place in their mind - somewhere that they feel relaxed and happy. It may be a grandparent's or friend's house or a holiday beside the sea which they can picture when 'wrong thoughts' come into their head or they are feeling anxious. Sometimes holding a memento, like a seashell or pebble, can help.
8. Encourage your child to notice what makes them anxious. Talking it through can help but your child could also try keeping a diary or a 'worry book'.
9. Make a 'worry box'. Your child can write each worry down and post it in the box out of sight. Small children will enjoy decorating the box too. They can leave the worries in there for, say, a week to see if they were worth worrying about (if not they can be torn up). Alternatively, you could designate a specific 'worry time' for around 10 or 20 minutes, (but not too close to bedtime, or when the child is in bed), so worries can be saved up for that time. This gives the message that we are in control of their worries and not vice versa.
10. Work on positive-thinking. Name their worst case scenarios and think through together how to sort out the situation if it happens, e.g. 'I'm worried that we'll miss the bus.' 'What do you think we could do if that happens?' 'We could get the next bus'.
11. Help them maintain a healthy lifestyle with regular exercise to reduce the levels of stress hormones, good sleeping habits, calm bedtime routines, limited screen or computer time in the evening, and a healthy diet.

## Take notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to school, eating lunch or talking to friends. Be aware of the world around you and what you are feeling; reflecting on your thoughts and feelings may help you to identify why you may be feeling a certain way.

### Key message:

Take time to be still, reflect, become aware of your surroundings. Reflecting on your experiences will help you appreciate what matters to you.

### Ways to take notice:

Take a different, more beautiful route to or from school  
Stop and really take in your surroundings  
Reflect on the positives, what can you be grateful for – there is always something  
Take notice of what you are thinking. Not to judge or be hard on yourself, but just to be more aware of what you are thinking  
Really savour every mouthful of your lunch, noticing the texture, flavour, how the food feels, tastes  
Consider your strengths and how you make the most of them.  
Think about who inspires you and why  
Notice your neighbours and people around you  
Notice wild flowers and where they grow  
Watch animals and birds outside  
Do some people watching in the middle of town or in the park



## Keep learning

Try something new. Sign up for that course. Fix a bike. Learn to play an instrument or how to cook your favourite food.

### Key message:

Set a goal. Learn something new. Try something fun. Achieve a goal.

Learning can involve any manner of subjects, not just what you have to do in school. Learning can be social, you may make new friends as well as new skills.

### Ways to keep learning:

Research something you've always wondered about

Discover something new, find out more about something you're interested in

Read the news or a book

Use a conversation as a way to learn new things, be curious

Sign up for a class or group outside of school

Learn a new word

Visit your local library

Learn something new about yourself

Go to a quiz or host one among your friends

Learn an inspirational quote

Download a random fact app

Go to a museum

Learn a new hobby or a new language

Learn a new dance routine or the words to a new song

Learn a new route home

Find out more about something your friends or family are interested in

Learn more about your family history

If you hear something you don't understand, google it straight away

Use a dictionary for words you don't know



## Anxiety

### What is anxiety?

Anxiety is a feeling of fear or panic. Feeling generally anxious sometimes is normal. Most people worry about something - money or exams - but once the difficult situation is over, you feel better and calm down.

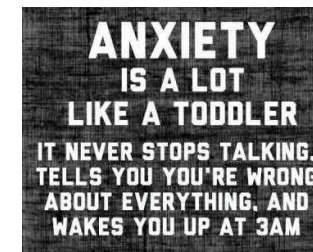
If the problem has gone but the feeling of fear or panic stays or even gets stronger, that's when anxiety becomes a problem.

With as many as one in six young people experiencing anxiety at some point, it is very common to have anxiety.

### The symptoms of anxiety

The symptoms of anxiety start out the same as just feeling generally anxious but get worse or last longer than they should. These include:

- Feeling frightened, nervous or panicky all the time
- Difficulty sleeping
- Low appetite
- Lack of concentration
- Tired and irritable
- Palpitations - when your heart feels like its racing
- Dry mouth
- Trembling
- Feeling faint
- Stomach cramps and/or diarrhoea



# five ways to wellbeing



## Logging your Five Ways to Wellbeing

In each box write down what activity you did e.g. football.  
And then circle the smiley face to show how it made you feel.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BE ACTIVE</b>					
	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
<b>NOTICE</b>					
	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
<b>LEARN</b>					
	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
<b>GIVE</b>					
	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
<b>CONNECT</b>					
	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
<b>HOW DO YOU FEEL OVERALL TODAY</b>	😊 😊 😞	😊 😊 😞	😊 😊 😞	😊 😊 😞	😊 😊 😞

## Connect

Connect with the people around you. With family, friends, and neighbours. At home, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

### Key message:

Connect, build, broaden and strengthen relationships and social networks. Spend time with others, friends and family and make time for conversation or having that chat.

### Ways to connect:

- With family – share your day and ask about theirs
- At school - speak to someone new. Smile and speak to someone as you pass them in the corridor
- Ask a friend about their weekend and pay attention and listen when they tell you
- Talk to someone in person or on the phone instead of messaging or social media
- Make contact with someone you used to hang out with
- Find an old photo of friends or family and share it with them
- Don't use your phone for a day (or at least for a few hours!)
- Take your headphones off when in a shop
- Ask your parents or carer about their childhood
- Don't use the self-checkout in a shop and talk to the shop assistant
- Write a letter or send a postcard to someone
- Smile at a person on the street and say hello
- Share a random or inspirational photo with your friends





## Be active

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Evidence suggests that physical exercise changes your brain chemistry and releases happy hormones which in turn can make you feel more positive. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

### Key message:

Being active is for people of all ages and does not need to be intense physical activity. Being active, such as walking, can also encourage social interactions.

### Ways to be active:

Play your favourite song and dance to it

Go for a walk at lunchtime

Walk to school

Get off the bus one stop earlier and walk the final part of your journey

Go to your local park

Stretch and move your limbs in the morning, midday and evening

Join a new sports club or team

Walk the dog

Do some gardening

Make bread – it's hard work!

Climb a tree

Go to PE – no excuses!

Try out a new exercise class like yoga  
or zumba

Learn how to swim or ride a bike

Create a five a side football team

Try crazy golf or bowling with your mates

Walk to see friends instead of going in the car

Have a Wii fit competition



1

**Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.



2

**Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.



3

**Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.

4

**Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.

5

**Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.



6

**Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.

7

**Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.

8

**Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.

9

**Look for clues about feelings:** Listen to the child's words, tone of voice and body language.

10

**Some ways to start a conversation about feelings might be:**

"How are you feeling at the moment?"  
"You don't seem your usual self. Do you want to talk about it?"  
"Do you fancy a chat?"  
"I'm happy to listen if you need a chat."

