

## Wellbeing Apps

### MindShift

Designed to help teens and young adults cope with anxiety. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. (FREE)



### Silvercloud

A wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. Such as, addressing wellbeing, life balance, time management, communication skills, relationship management, anger management, stress management, relaxation and sleep management. (FREE)



### Smiling Mind

Free mobile mindfulness app for young people



## Welcome to the Crisis Line for Young People



**Open to all Young People aged 11 – 17**  
**Monday, Tuesday, Wednesday and**  
**Thursday**  
**between 3pm – 8:30pm**

**Freephone 0300 303 1590**



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East Hants



## Useful Resources Pack

### Who can I contact for advice and support?



The Samaritans  
Available 24/7 365 days  
Call: 116 123 (FREE)  
Email: Jo@samaritans.org

**YOUNG MINDS**  
Crisis Messenger

Young Minds  
Available 24/7  
Text: 85258 (FREE)



ChildLine  
Available 24/7  
Call: 0800 1111 (FREE)

You can contact any of these services in an emergency OR you can contact the Emergency Services by calling: 999

### Wellbeing Apps

#### Stay Alive

This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. (FREE)



#### Calm Harm

Calm Harm provides tasks that help you resist or manage the urge to self-harm through distraction, comfort, expression and release. It's completely private and password protected. (FREE)



#### WellMind

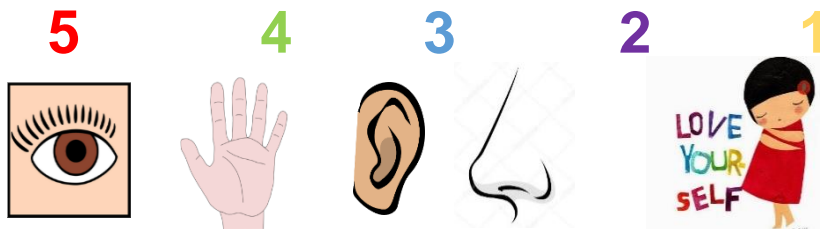
The NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips



and tools to improve your mental health and boost your wellbeing. (FREE)

## Coping Strategies

Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you like about yourself OR 1 deep breath



### STOPP

#### TAKE A BREATH

**OBSERVE:** What am I thinking?

What am I reacting to?

What am I feeling in my body?

**PULL BACK:** Put in perspective. Is this Fact or Opinion? How would someone else see this?

**PRACTISE WHAT WORKS:** What's the best thing to do for me, for others for the situation?



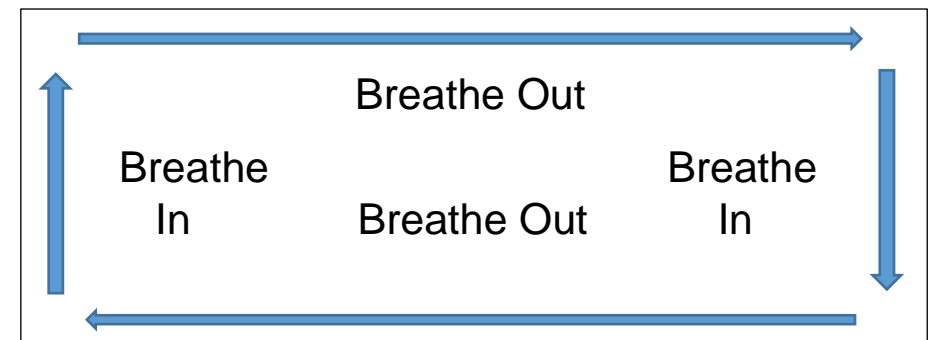
## Coping Strategies

A graphic for 'The Fizz Scale'. It features a red bottle with 'THE FIZZ' written on it. To the right is a horizontal scale from 0 to 10. The scale is yellow from 0 to 5 and red from 6 to 10. Below the scale are two red text prompts: 'Where am I on the Fizz Scale?' and 'What do I need to do to move down the scale?'

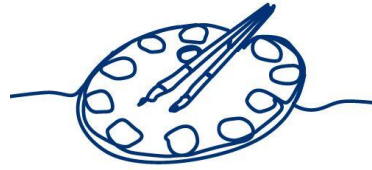
Where am I on the Fizz Scale?

What do I need to do to move down the scale?

Shape breathing: Choose any 4 sided shape and breathe out along the long edge and breathe in along the short edge.



## A-Z of Coping Skills



**Activity:** Do something you love

**Breathe:** Deeply and slowly

**Create:** Find creative ways to express yourself: Paint, draw, doodle, dance or sing

**Distract:** Keep yourself busy

**Exercise:** Get moving through physical activity or sport or go for a long walk

**Friends and family (and pets!):** Spend time with your loved ones

**Goal setting:** Break things down into small steps & focus on one thing at a time

**Helpline:** Call for confidential help, advice and support

**Ice:** Lower your temperature to help you to feel calm

**Jokes:** Find things that make you laugh! A funny film or your favourite comedian

**Keep things simple:** Prioritise what you need to do & let go of the rest

**Look for less harmful alternatives:** What else can you do? Write a list of other options

**Meditate:** Use yoga or mindfulness. Try using a meditation app

**Nurture & nourish:** Look after yourself by eating & drinking

**Outside:** Get some fresh air to clear your mind & take notice of your surroundings.

**Problem solve:** What do you need? Who or what can help you with this?

**Quiet time:** Keep things calm & peaceful around you

**Read:** A good book or magazine or listen to an audio book or podcast

**Support:** Who can you trust? Call or Text a friend.

**Thoughts:** Challenge negative & focus on the positive. Think of 3 good things or practice gratitude

**Use your talents and strengths:** Focus on what you are good at & spend more time doing it

**Visualise:** A calm, happy or safe place such as the beach

**Write it down:** Keep a journal, write a letter or a blog. Get it out of your mind.

**Xbox or other guilty pleasures:** It's ok to have downtime! Spend some time on your favourite hobby or interest.

**Zone out & relax or catch some Z's:** Good sleep can help you to feel refreshed and tackle problems with a clear mind.