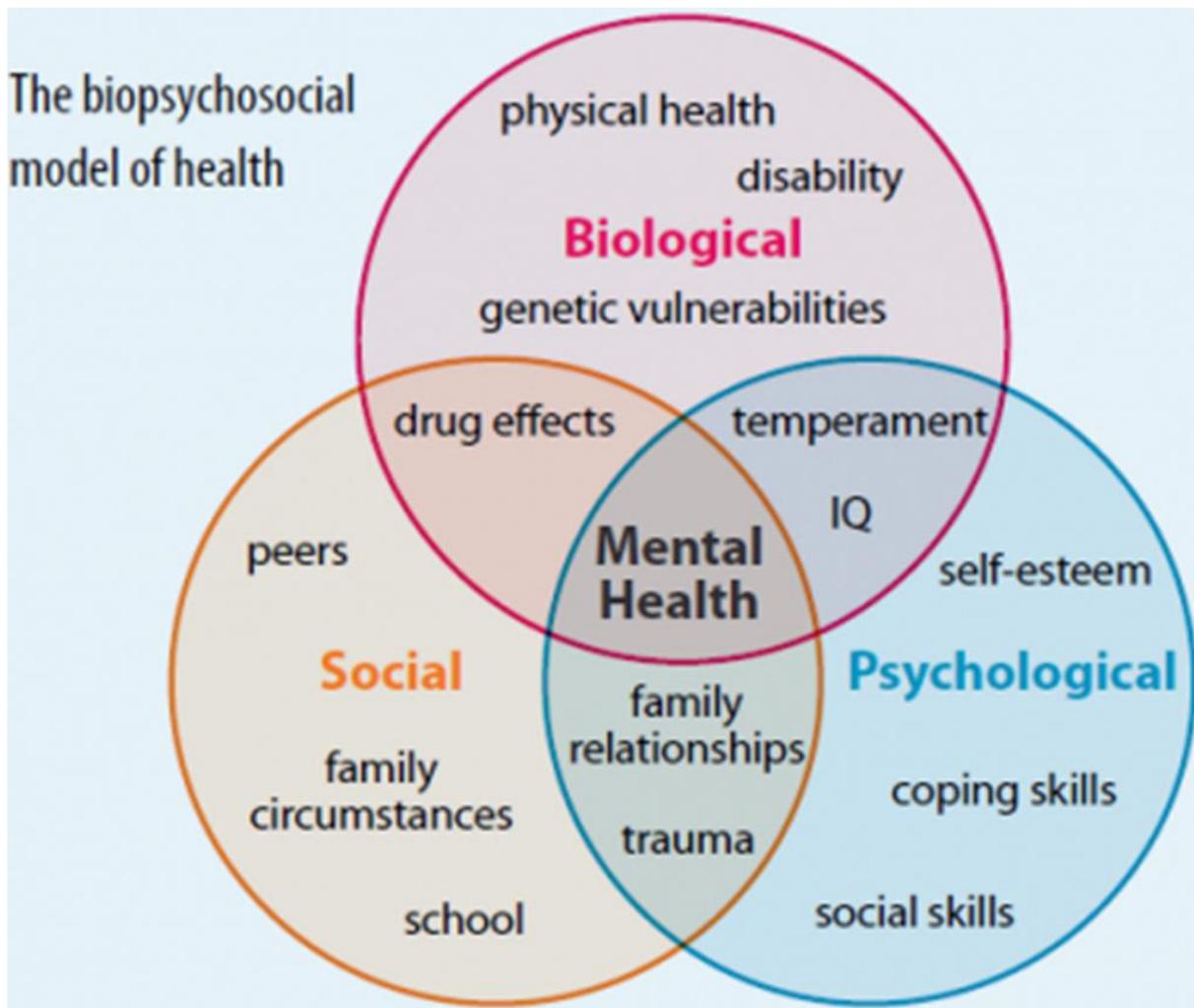




Where to find support for children & young people's emotional wellbeing

A starting point of where to find help for children and young people with anxiety, chronic pain, self-harm, low mood and how to build emotional resilience, or if you want to obtain further information.



Websites

Please take a look at the newly revamped (with big investment) <https://sussexcamhs.nhs.uk>

Resources for carers, young people and professionals

Referral links

Crisis link

Top tips for coping

Brighton and Hove

<https://www.brightonandhovewellbeing.org/children-and-young-people>

<https://youngminds.org.uk/> - THIS IS AN EXCELLENT RESOURCE-

UK's leading charity committed to improving the wellbeing and mental health of children and young people. Information on accessing urgent help, understanding feelings and symptoms, conditions, etc. Includes "Parents' Survival Guide".

VIDEOS (some have American accents!)

Video- for younger kids explaining symptoms of anxiety (2mins)

https://www.youtube.com/watch?v=FfSbWc3O_5M

Video- for teens explaining anxiety symptoms

<https://www.youtube.com/watch?v=rpolpKTWrp4>

Video- explaining to teenagers and parents the science behind brain plasticity and re-wiring the brain (14mins)

https://www.youtube.com/watch?v=zTuX_ShUrw0

Relieve Stress and Anxiety- physio teaching "square" breathing-

<https://www.youtube.com/watch?v=odADwWzHR24>

Yoga for anxiety and Stress- Adrienne (bit like Marmite- love it or hate it!)

https://www.youtube.com/watch?v=hJbRpHZr_d0

PAIN videos - interplay with emotions

What is functional abdominal pain? Brilliant video for children/tweens - Gut-brain axis

<https://www.youtube.com/watch?v=65PeQyvQBHE>

Understanding long standing -what to do about it for adolescents.

<http://www.deutsches-kinderschmerzzenrum.de/en/about-us/videos/video-understanding-pain/#c2569>

Quite amusing for teenager and parent to watch together – its 24 mins long though and Oz accent

Lorimer Moseley 'Body in mind - the role of the brain in chronic pain' at Mind & Its Potential 2011

<https://www.youtube.com/watch?v=RYoGXv22G3k>

Have you watched Pixar’s “Inside Out” kids/tweens/teens

Parents- watch it with your kids- it’s endearing with characters called Fear, Anger, Disgust and Sadness.

Text Messaging

Chathealth: A text service enabling young people age 11-19 years to ask school nursing team regarding range of issues or make an appointment with a school nurse confidentially. Covers issues such as health, bullying, emotional health, sexual health. Available in Surrey and Sussex. Phone Numbers:

07507 329 951 (Surrey)

07480 635 424 (West Sussex)

Apps

STOPP- free to download- simple app- based on CBT approach to notice what is triggering feelings

Chill Panda - Learn to relax, manage your worries and improve your wellbeing. The app measures your heart rate and suggests tasks to suit your state of mind, including simple breathing techniques and light exercises to take your mind off your worries.

MindShift – free to download app- keep track of progress Learn how to relax, develop more helpful ways of thinking and identify active steps that will help you take charge of your anxiety or pain

Stress and Anxiety Companion - Helps you handle stress and anxiety on-the-go. Tools like breathing exercises, relaxing music and games are designed to calm the mind. The app helps you change negative thoughts to help you better cope with life's ups and downs- best for older teenagers

Catch It - Learn how to use CBT to manage feelings, anxiety and depression. Teaches you how to look at problems in a different way, turn negative thoughts into positive ones and improve mental wellbeing. Older teenagers would like this.

#StayAlive - A suicide prevention app which offers help and support to people with thoughts of suicide and to people concerned about someone else. (Information about local services is aimed at adults mainly)

WellMind - Free 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.

Cognitive Behavioural Therapy Books

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

Book recommendations for children to tackle various anxieties.

Ages 5-9 and Ages 10+ (2 Versions)

Starving your anxiety gremlin (Kate Collins-Donnelly) aged 10/tweens can do this workbook themselves or with a parent

Starving your stress gremlin

Age 8-12 years by Dawn Huebner:

What to do when you worry too much - I really like this one

What to do when your temper flares up

What to do when you dread your bed

What to do when you grumble too much

What to do when your brain gets stuck

What to do when bad habits get hold

Young Adults

Don't Call Me Crazy- Kelly Jenson- really good read for teens

Fighting Invisible tigers

Parents: Managing your anxious child, by Rappee et al

Phone Lines

The Mix: Freephone: 0808 808 4994 (13:00-23:00 daily)- 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.

Young Minds Parents Helpline: 0808 802 5544 - The Parents Helpline is available to offer advice to anyone worried about a child or young person under 25. (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

ChildLine: 0800 1111 Free private and confidential help provided by NSPCC on about a range of issues including feelings, relationships, families, schools, bullying, abuse, etc.

Samaritans: 116 123 Call free on to talk about any thoughts and feelings; concerns, worries and troubles.

BRIGHTON AND HOVE 03005000101- Out of Hours Crisis Helpline (Brighton and Hove) and 0300 304 0061 (Brighton Duty CAMHS- In Hours)