

Signposts to support for anxiety and low mood For children and young people and their parents/ carers

List curated by Wokingham Borough Council, Public Health Team

Children and Young People needing urgent help

Young Minds – Get Urgent Help

If you need support in a crisis you can text the Young Minds Crisis Messenger, for free 24/7 support across the UK. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. The Crisis Messenger service can help with urgent issues such as: suicidal thoughts, abuse or assault, self-harm, bullying, relationship issues

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

The Mix

Offers a phone helpline and one-to-one webchat service; both are open every day 3pm to 12am. The Mix also provide an email service (they aim to respond to emails within 24 hours) and up to eight telephone counselling sessions for anyone under 25.

<https://www.themix.org.uk/get-support>

Shout

Shout provides free, confidential support with trained crisis volunteers via text for anyone, 24 hours a day, 7 days a week. Text SHOUT to 85258 in the UK. Shout have conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and need immediate support.

<https://giveusashout.org/>

Childline - call, chat online or email

You can contact Childline about anything. Whatever your worry, it's better out than in. "We're working a little differently because of coronavirus. You can still start a 1-2-1 chat with us from 9am - 10:30pm. Or you can call 0800 1111 for free from 9am - 3:30am."

<https://www.childline.org.uk/get-support/>

Local Resources and Services

Little blue book of sunshine

Everyone has mental health. Everyone you know will sometimes feel down, worried or anxious. So read this book whenever you're feeling blue and try out some of the ideas.

<https://cypf.berkshirehealthcare.nhs.uk/media/168458/little-blue-book-of-sunshine.pdf>

Arc Youth Counselling

"Counselling is where you meet with another person, your counsellor, on a one-to-one basis. Sharing your fears, anxieties and concerns with someone else or exploring your feelings and thoughts, can help you to make sense of what is going on in your life. Having a better understanding of your life, yourself and your situation, can help you to identify what you need to do."

<https://arcweb.org.uk/>

Kooth

“Kooth is a free online counselling and emotional well-being support service providing young people aged 11-18 years (up to 19th birthday) in **Berkshire West** with a safe and secure means of accessing support with their emotional health and wellbeing needs. Kooth integrates with face-to-face local services to ensure a seamless transition for young people. Kooth’s team of qualified counsellors, therapists and support workers provide guided, outcome-focused help for each individual. Young people can access this service anonymously by signing onto the Kooth site. Kooth is open 7 days a week, 365 days a year from noon until 10pm weekdays and from 6pm until 10pm at weekends.”

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

#coping guides for children, young people and families

To support the wellbeing of children and young people during the coronavirus pandemic, three concise guides for parents and carers and for children and young people themselves have been created. The guides list some of the best reliable and free sources of information and advice to help children and young people and their families to cope with life under lockdown.

[#Coping – Five ways to wellbeing - Primary](#)

[#Coping – Five ways to wellbeing - Secondary](#)

[#Coping – Young people’s guide](#)

National Services

The Mix

“Understanding mental health can be tricky but The Mix is here to make sure you don’t have to do it alone. Whether you’re worried about your mental health, or someone else’s, we have everything you need to know about mental health, from anxiety and depression to self care and counselling.”

The Mix has a range of articles and blogs on a variety of topics from help with your own mental health, caring for someone else with a mental health condition to practical topics such as housing and money.

<https://www.themix.org.uk/mental-health>

Childline – getting help

“Take a look at our advice and tips to support your mental health and find ways to cope.” Childline has pages on types of mental health issues, taking care of yourself, getting through a tough time, coping with anxiety, depression and feeling sad, advice about helping a friend and supporting a family member with a mental health issue. The website also has a section called Calm Zone which includes activities and tools to help when feeling anxious, scared or sad.

<https://www.childline.org.uk/info-advice/your-feelings/mental-health/>

Young Minds

Whether you want to know more about how you’re feeling, get information about a mental health condition or know what support is available to you, Young Minds guides can help. Young minds have specific pages on anxiety and depression which includes self-help techniques and information about medication. The website has tips, advice and real stories on living with various mental health conditions.

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

The Young Minds website also has a section for [parents](#) which includes advice on helping children with specific mental health conditions and life events. It includes activity ideas and conversation starters. There is also a parents helpline for confidential advice via phone, email or webchat if a parent is worried about a child or young person under 25. Parents also use the helpline to ask questions about their child's treatment or for help with what to say to their GP.

Mind

Mind supports young people by helping them to understand that they're not alone and help them to find support. The website has a section on helping young people to understand their feelings. There is also a section on looking after mental wellbeing as well as a guide to different mental health problems and help understanding a diagnosis. The website also has a section for what to do in a crisis e.g. 'what can I do to help myself cope?' and 'how can I distract myself?'

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

Mind also has a section for [parents, carers or guardians](#) supporting a young person who are worried about a young person's mental health, supporting a young person who's living with a mental health problem, or looking for support for yourself. It also includes a guide to parenting with a mental health problem.

NHS One You – Every Mind Matters

This site includes mental health and self-care for young people which has videos, self-care tips, ideas to help and how to get support. There is also a section for [parents](#) on looking after a child or young person's mental health. It includes top tips to support children and young people, signs that something is wrong and how parents can look after their own mental health.

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

Rise Above

Rise Above has articles, videos and games on various topics. These include pages on unhelpful thoughts and activities such as the Worry Tree.

<https://riseabove.org.uk/topic/my-mind/>

When the tension goes

When you're not feeling great about something, or someone, or about yourself, here are some things you can do to feel a bit better.

<https://whenthetensiongoes.com/#video>

Apps

ThinkNinja

Empowering children and young people to build resilience, manage their emotional health and to fulfil their potential. ThinkNinja has been updated with specific COVID-19 content. DURING THE CORONAVIRUS, ThinkNinja IS FREELY AVAILABLE TO ALL.

<https://www.healios.org.uk/services/thinkninja1>

Chill Panda

This app is currently being tested in the NHS. It includes exercises and activities to help children and adults to manage stress and worry.

<https://www.nhs.uk/apps-library/chill-panda/>

MeeTwo

This app is for teenagers who would like to anonymously discuss issues they're facing with experts or other teenagers. You can post messages and posts and replies are moderated so supportive responses are received from other teenagers going through similar experiences in areas such as mental health, self-harm, relationships and friendships. MeeTwo experts will also give guidance. The app is designed to build confidence, increase wellbeing and improve emotional resilience.

<https://www.nhs.uk/apps-library/meetwo/>

NHS Go

This app is designed for those aged 16 to 25. Young people are able to access information about issues such as mental health.

<https://www.nhs.uk/apps-library/nhs-go/>