



# Mental Health and Wellbeing Self-Help Guide for Students



# ***Crisis? Suicidal thoughts?***

**ASK FOR HELP.** If you have problems that will not go away or you need help to cope, you may need specialist mental health support. Ask your GP or, if you are at school or college, speak to the Guidance staff. **You can also get immediate support from these helplines.**

## Emotional Support Agencies To Call or Text

Childline	0800 11 11	Any worries that you have, no matter how big or small Free and confidential
Samaritans	116 123	Free from any phone, 24 hours a day, 365 days a year to talk about anything that is upsetting you
National Suicide Prevention Helpline	0800 689 5652	A supportive listening service to anyone with suicidal thoughts
SHOUT	85258	A text service for mental health support if you are in need of immediate help
Switchboard	0300 330 0630	If you identify as LGBT+, you can call or use their webservice All operators identify as LGBT+
NHS Urgent Mental Health Helpline	0800 953 1919	Discuss your mental health and be referred for further support

# Ways to be Well

## NURTURE

To nurture ourselves we should try to eat well, sleep well, be active and cut out things that are bad for us.

Try and make time to relax and have fun. Try to think positively rather than negatively.

*Could you find a way to nurture yourself - perhaps eat or drink more healthily?*



### Useful websites and apps

**Eat Better Feel Better** - Make changes to how you shop, cook and eat - tips, recipes and advice.

[www.eatbetterfeelbetter.co.uk](http://www.eatbetterfeelbetter.co.uk)

**Take Life On** - Find out about ways to eat healthier and get active in your local area.

[www.takelifeon.co.uk](http://www.takelifeon.co.uk)

**Relax Melodies App** - Relax, unwind, lose any anxiety and sleep better. Use sounds, meditations, and music to create a relaxing mood.

## BELONG

Our identity is shaped by belonging to a community or a particular group. Feeling that we belong - that we are included - is good for our wellbeing.

*Could you find a new way to connect with someone?*

*Could you join an extra-curricular club?*



### Useful websites and apps

**Bradford on Avon Youth** – Youth Organisation and Community Centre [BoA Youth](#) | [Bradford-on-Avon](#) | [Facebook](#)

**Scouts** - [Scouts](#) – Preparing young people with skills for life – find your local group on the website

**Girl guiding** - [About us](#) | [Girlguiding](#) The leading charity for girls and young women in the UK

# BE ACTIVE

Exercising regularly can make you feel more confident, happier, less stressed, sleep better and be more energised.

Children need to be physically active for at least an hour a day. For adults, activity should add up to at least 2½ hours of moderate activity a week.

*Could you find a way to be more active?*

## Useful websites and apps

**Local facilities** - helping young people to get involved with sport in a fun and safe environment  
[Activities for young people - Wiltshire Council](#)

**Better Health – Get Active** [Get active - Better Health - NHS \(www.nhs.uk\)](#)

**My Fitness Pal App** - A free journal App that you can download to help keep track of food and exercise.



**Strava App** - Millions of runners and cyclists use the Strava Running and Cycling GPS App to record activities and share stories.

# BE KIND

Small acts of support and kindness can make a big difference to people and communities. Being kind helps to build trust and a sense of safety.

Giving and receiving from others helps to build a support network. Take notice of how you feel when you give to another person - it can make you feel good.

*Could you do something kind for yourself or somebody else?*

## Useful websites and apps

**Epic Friends** - Helping you to help your friends who might be struggling to cope emotionally. [www.epicfriends.co.uk](http://www.epicfriends.co.uk)

**Borrow My Doggy** - Leaving 'Pawprints of Happiness' on the lives of dogs and people. Dog lovers help out because they love dogs, not to get paid. [www.borrowmydoggy.com](http://www.borrowmydoggy.com)



# ENJOY AND LEARN

A lifestyle that includes enjoyable activities and interests can help you to have greater wellbeing and feel more fulfilled.

Think about what you enjoy doing - it could be something creative, or musical, or outdoors. Only you can decide what you enjoy doing. Try different things until you find what you like.

*Could you find an activity or interest that you enjoy doing?*

## Useful websites and apps



**Unstuck App** - Unstuck is a digital coach that helps us see and solve situations with fresh perspective through questions, tips, and action tools.

# BE AWARE

Paying more attention to the present moment, being aware of your thoughts, feelings and surroundings can make a difference to how you feel. This is called mindfulness.

Becoming more mindful can help your wellbeing and help you to de-stress. Give yourself some 'me time'.

*Could you find a few minutes of 'me time' each day?*

## Useful websites and apps



**Headspace** - Meditation made simple. [www.headspace.com](http://www.headspace.com)



**Be Mindful** - Learn about mindfulness and how it can help you. [www.bemindful.co.uk](http://www.bemindful.co.uk)



**SafeSpot** - App and website for creating a personal 'safe spot' with tools, resources and planning to get you through tricky times. [www.safespot.org.uk](http://www.safespot.org.uk)



**In Hand App** - A simple tool to help you focus on where you're at and help bring back balance to daily stresses and anxiety. [www.inhand.org.uk](http://www.inhand.org.uk)



**Moodometer App** - Interactive mood diary for monitoring and understanding emotional well-being.

# Self-Help For Mental Health Problems

## *General information and resources about mental health problems*

**MoodJuice** - NHS website designed to help you think about emotional problems and work towards solving them.

[www.moodjuice.nhs.uk](http://www.moodjuice.nhs.uk)

**Young Minds** - The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

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

**Aye Mind** - Improving the mental health and wellbeing of young people by making better use of the Internet, social media and mobile technologies. [www.ayemind.com](http://www.ayemind.com)

**BBC Advice** - Information about mental health.

[www.bbc.co.uk/programmes/articles/4PPP6YxNrgk4dXNjrcvctZg/mental-health](http://www.bbc.co.uk/programmes/articles/4PPP6YxNrgk4dXNjrcvctZg/mental-health)

**Mental Health Foundation** - Information about mental health.

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

**Talk to Frank** - Information about drugs and drug use. Confidential helpline for anyone concerned about drug use.

[www.talktofrank.com](http://www.talktofrank.com)

**Get Self Help** - Self Help and therapy resources.

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

**The Mix** – a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.

[Speak To Our Team | Support For Mental Health & Other Issues | The Mix](#)

**National Self Harm Network** - Support individuals who self harm to reduce emotional distress and improve their quality of life

[The NSHN Forum](#)

**CAMHS Resources Websites** – provides links to a collection of websites that provide information and support to young people and families.

[WEBSITES | CAMHS Resources \(camhs-resources.co.uk\)](#)

**DISCLAIMER:** This self-help guide contains links to websites and apps which are not under the control of St Laurence School. We have no control over the content or availability of listed sites or apps. The inclusion of any links does not necessarily imply a recommendation or endorsement. Use of the websites / apps presented in this self-help guide are not intended to be a substitute for a consultation with a healthcare professional. It is up to you to contact a healthcare professional if you are concerned about your health.