

# Resources

## Useful Videos

### 5 Ways to Wellbeing –

<https://www.youtube.com/watch?v=MfM0Tj-9AIs>

### How to spot signs of mental illness -

<https://www.youtube.com/watch?v=FB49AezFJxs>

### 8 Tips to Relax for Mental Health -

<https://www.youtube.com/watch?v=cyEdZ23Cp1E>

### How to be a good listener -

<https://www.youtube.com/watch?v=RVqjzzfCEk0>

## Useful Questions to Ask

How are you feeling?

How long have you felt like this?

How long has this been going on?

Have you talked to anyone about this?

How can I help?

Is there anything I can do?

## Talking Tips for Hard Conversations

### Talking Tips

Keep your body language open

Try not to make the conversation about yourself

Don't try to give them advice they haven't asked for

Don't say 'cheer up!'

### How to Listen

Accept what they are saying, their feelings and experiences

Don't judge them because they have different beliefs to you

My 5 Ways to Wellbeing

How much time do you have?	Connect	Be Active	Take Notice	Keep Learning	Give
Under 5 minutes					
10-15 minutes					
30 minutes +					

## 1. Connect

Building and maintaining constructive relationships with people is an important part of wellbeing. Spending time around positive and supportive people means you are more likely to have a better self-image, be more confident and feel able to face difficult times. In return, if you are caring and supportive to other people, you are more likely to get a positive response from them.

## 2. Be active

Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective. Pick something you enjoy so you're more likely to stick with it.

## 3. Take notice

Take time during your day to savour the moment. Whether it's pausing for a tea break or talking to a friend, be aware of the world around you and reflect on what you're feeling. It will help you appreciate what's going on around you.

## 4. Keep learning

Setting challenges and learning new things can help improve your confidence and inject some fun into your day. Why not rediscover an old hobby, sign up to a course or take up an instrument? Learn a new skill to mix things up and engage with something exciting.

## 5. Give

Altruism is a wonderful way to look after your wellbeing. Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Allow yourself time to recognise how your role gives something back to your community.

For more information about the Five Ways to Wellbeing, visit [neweconomics.org](http://neweconomics.org)

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

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Cabinet Office



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# Signposting Services

## **CAMHS**

NHS mental health services that focus on the needs of children and young people.

## **Young Carers Bucks**

Young Carers Bucks is part of Carers Bucks and supports children and young people in Buckinghamshire aged 6-18 years old who have a caring role.

## **Barnardo's; R-U-Safe?**

Direct, one-to-one support to young people at risk of Sexual or Criminal Exploitation (CSE/CE).

## **Kooth**

Free, safe and anonymous online support for young people.

## **Switch**

Switch Bucks is an alcohol and drug service for young people in Buckinghamshire.



## **Youth Enquiry Service**

Free and confidential support, information and counselling to young people (13-25) in the High Wycombe area.

## **Child Bereavement UK**

Child Bereavement UK supports families when a child is facing bereavement.

## **Youth Concern**

They offer a drop-in centre, counselling, music studio, IT studio and general guidance and support.

## **Wycombe Youth Action**

Reducing social exclusion by supporting youth volunteering and educational, social, employment and personal development.

## **Bucks Family Network**

Our counselling and therapy service is for individual clients, schools and professionals.



## **Harmless**

Harmless is a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals.

E: [info@harmless.org.uk](mailto:info@harmless.org.uk)

W: [www.harmless.org.uk](http://www.harmless.org.uk)

## **Hectors House**

Suicide prevention charity with a specific focus on young men.

T: 07397 155562

E: [hihector@hectorshouse.org.uk](mailto:hihector@hectorshouse.org.uk)

## **PACE**

PACE is London's leading charity promoting the mental health and emotional well-being of the lesbian, gay, bisexual and transgender community.

T: 020 7700 1323

E: [info@pacehealth.org.uk](mailto:info@pacehealth.org.uk)

W: [www.pacehealth.org.uk](http://www.pacehealth.org.uk)

## **Respect**

Respect is the UK membership organisation for work with domestic violence perpetrators, male victims and young people. Confidential helpline offering advice, information and support to help you stop being violent and abusive to your partner.

T: 0808 802 4040 Monday-Friday 9am-5pm (Freephone Helpline)

E: [info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk)

W: [www.respect.uk.net](http://www.respect.uk.net)

### **Self-Injury Support**

Self-injury Support is a national organisation that supports girls and women affected by self-injury or self-harm

T: 0808 800 8088 (CASS Self-injury helpline) / 0780 047 2908 (TESS text support)

E: [info@selfinjurysupport.org.uk](mailto:info@selfinjurysupport.org.uk)

W: [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

### **The National Autistic Society**

The National Autistic Society (NAS) is a British charity for people with autistic spectrum disorders (ASD), including autism and Asperger syndrome.

T: 0808 800 4101

E: [nas@nas.org.uk](mailto:nas@nas.org.uk)

W: [www.autism.org.uk](http://www.autism.org.uk)

### **For more information and other services please see the [Bucks Mind Guide to Mental Health Services](#).**

**In association with Oxford Health NHS Foundation Trust, this is a new directory of services, apps and other help available to anyone who is worried about their own mental health and well-being or that of a friend or relative.**

W: [www.bucksmind.org.uk/buckinghamshire-mind-guide](http://www.bucksmind.org.uk/buckinghamshire-mind-guide)

### **CAMHS**

NHS mental health services & training that focus on the needs of children and young people.

T: 01865 901951

E: [oxfordhealth.bucksCAMHSSPA@nhs.net](mailto:oxfordhealth.bucksCAMHSSPA@nhs.net)

W: [www.oxfordhealth.nhs.uk/camhs/](http://www.oxfordhealth.nhs.uk/camhs/)

### **Young Carers Bucks**

Young Carers Bucks is part of Carers Bucks and supports children and young people in Buckinghamshire aged 6-18 years old who have a caring role.

T: 01494 463536

E: [yc@carersbucks.org](mailto:yc@carersbucks.org)

W: <http://www.youngcarersbucks.org/>

### **Barnardo's; R-U-Safe?**

Direct, one-to-one support to young people at risk of Sexual or Criminal Exploitation (CSE/CE).

Informal, independent follow up to Police Safe and Well Checks - 'Return Interviews'. County wide, targeted prevention work within primary and secondary schools across Bucks. Awareness raising to professionals and young people.

T: 01494 785 552

E: [rusafe@barnardos.org.uk](mailto:rusafe@barnardos.org.uk)

W: [www.barnardos.org.uk/rusafebucks.htm](http://www.barnardos.org.uk/rusafebucks.htm)

### **Kooth**

Free, safe and anonymous online support for young people.

W: [www.kooth.com](http://www.kooth.com)

### **Switch**

Switch Bucks is an alcohol and drug service for young people in Buckinghamshire.

T: 01494 527000

E: [switchbucks@cranstoun.org.uk](mailto:switchbucks@cranstoun.org.uk)

W: [www.cranstoun.org/service/switch-bucks/](http://www.cranstoun.org/service/switch-bucks/)

### **Youth Enquiry Service**

Free and confidential support, information and counselling to young people (13-25) in the High Wycombe area.

T: 01494 437373

E: [info@yeswycombe.org](mailto:info@yeswycombe.org)

W: [www.yeswycombe.org](http://www.yeswycombe.org)

### **Child Bereavement UK**

**Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.**

**T:** 01494 568 900

**E:** [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

**W:** [www.childbereavementuk.org/young-people/](http://www.childbereavementuk.org/young-people/)

### **Youth Concern**

Informal, flexible and responsive support for young people, Youth Concern are there to listen to young people and try to understand how they feel. They offer a drop-in centre, counselling, music studio, IT studio and general guidance and support.

**T:** 01296 431183

**E:** [admin@youthconcern.org.uk](mailto:admin@youthconcern.org.uk)

**W:** [www.youthconcern.org.uk](http://www.youthconcern.org.uk)

### **Wycombe Youth Action**

We provide unique services and projects to reduce social exclusion by supporting youth volunteering and educational, social, employment and personal development needs through creative and engaging projects including Street Dance, Young Roots, Wycombe Youth Forum and WY.TV.

**T:** 01494 525557

**E:** [INFO@WYCOMBEYOUTHACTION.CO.UK](mailto:INFO@WYCOMBEYOUTHACTION.CO.UK)

**W:** [www.wycombeyouthaction.co.uk](http://www.wycombeyouthaction.co.uk)

### **Bucks Family Network**

Our counselling and therapy service is for individual clients, schools and professionals. We support children, young people, adults and families, whilst also encouraging positive attitudes towards mental health and wellbeing.

**T:** 07948 247 958

**E:** [hello@bucksfamilynetwork.com](mailto:hello@bucksfamilynetwork.com)

**W:** [www.bucksfamilynetwork.com](http://www.bucksfamilynetwork.com)

### **Phoenix Animal Assisted Therapy**

P.A.A.T. offer lots of sessions based around nurturing mind, body and soul. Sessions are for children and adult and can be block booked at a discounted rate. We offer... Chill-out With Horses, Chill-out and Chat, Healing with Horses, Equine Assisted Therapy, Corporate Sessions, Memory Lane Sessions.

**T:** 07949 599645

**E:** [amy-holland@live.com](mailto:amy-holland@live.com)

**W:** [www.phoenixanimaltherapy.co.uk](http://www.phoenixanimaltherapy.co.uk)

### **Winston's Wish**

We provide professional therapeutic help in individual, group and residential settings for people in our catchment areas. We are the only specialist provider of support for children bereaved through homicide and suicide, as well as military families who have been bereaved.

**T:** 08088 020 02

**W:** [www.winstonswish.org.uk/](http://www.winstonswish.org.uk/)

### **Buckinghamshire Mind**

We deliver high quality community-based services across the county of Buckinghamshire to reach out and ensure everyone with a mental health problem gets access to the help they need. We do this through services such as counselling, befriending, employment support, group activities and more.

**T:** 01494 463364

**E:** [info@bucksmind.org.uk](mailto:info@bucksmind.org.uk)

**W:** [www.bucksmind.org.uk](http://www.bucksmind.org.uk)

### **Samaritans**

Offering a safe place for you to talk any time you like in your own way – about whatever's getting to you.

T: 116 123

E: [jo@samaritans.org](mailto:jo@samaritans.org)

W: [www.samaritans.org](http://www.samaritans.org)

## **Apps:**

### **Calm Harm App**

Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.



### **Headspace**

Using proven meditation and mindfulness techniques we'll show you how to train your mind for a healthier, happier, more enjoyable life.



HEADSPACE®

### **Big White Wall**

Big White Wall is an online mental health and wellbeing service offering self-help programmes, creative outlets and a community that cares.

When you're dealing with everyday stressors or major life events, we'll help you get through it.

**Big White Wall®**

### **Mindshift**

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety



### **Companion**

The Stress & Anxiety Companion app gives you the tools you need to manage anxious feelings and identify their triggers, so they won't trip you up in the future. It can help build your mental muscles to make you stronger and happier.



### **What's Up**

What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more!



### **SHOUT**

Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Get Help Text 85258



### **YES High Wycombe**

Youth Enquiry Service drop-in clinic for young people in High Wycombe. This is a weekly drop-in clinic for young people under 25, offering full sexual health screening and HIV tests, plus **contraception**.



## Switchboard LGBT+ Helpline

Welcome to Switchboard – the LGBT+ helpline – a place for calm words when you need them most.

We're here to help you with whatever you want to talk about. Nothing is off limits, and we understand how anxious you might feel before you pick up the phone.



## Self Talk

### Turning Negatives into Positives

## What can I say to myself...?

Can you think of any other negative comments you have heard people say or you have said to yourself?

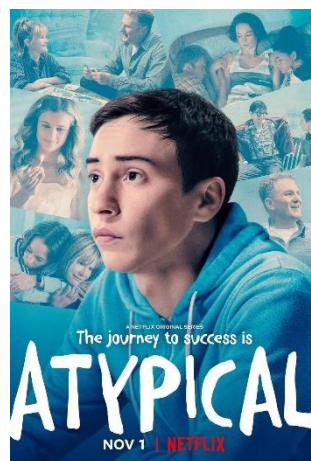
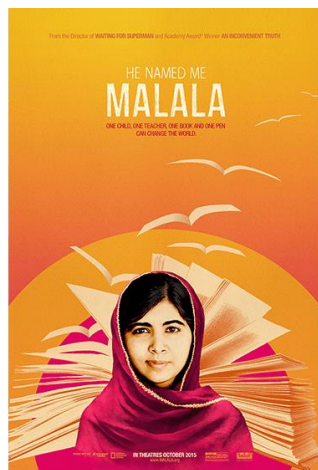
How could you turn these into positive comments?

Instead Of...	Try Thinking...
I'm no good at this, I'm useless	I'm ok at this, I'm still learning
I give up, I don't want to do this	I can try again
I can't do this, I don't want to get it wrong	I can do this; I can get help
I'm stupid, I can't do anything	I'm smart, I can name some things I'm good at
I'll never get this finished, I'm so slow at learning	I can finish this, I am taking my time to do my best at this
I'm stuck and no one can help me	I know where I can get help, I just need to ask
I really messed that up, I mess everything up	I can only do my best, no one can ask for more than that

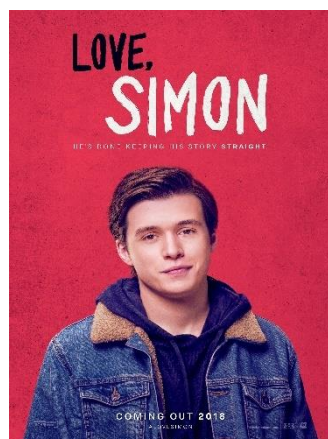
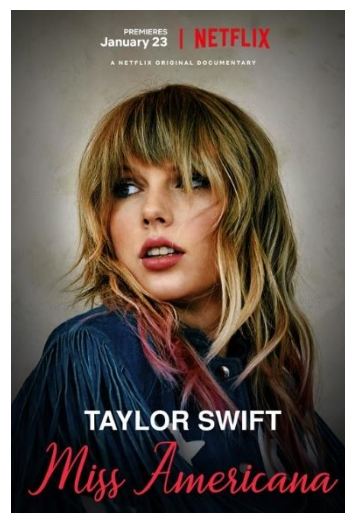
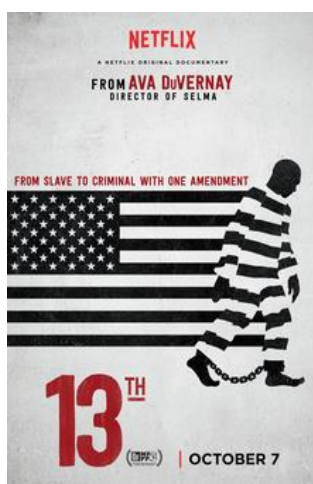
## Have you ever said any of these to yourself...?

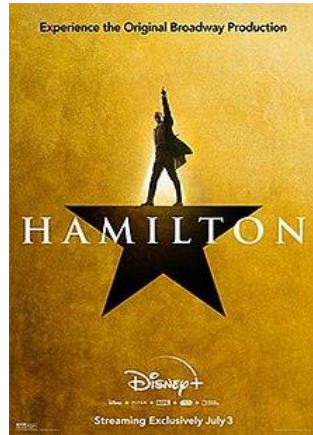
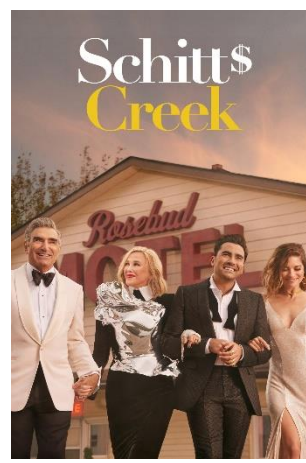
Try turning your negative thoughts about yourself into constructive, positive thoughts. We all have strengths and weaknesses, taking time to think about who we are and all our amazing qualities helps our confidence. Sometimes we all think negatively about ourselves, but by focusing on our strengths, we can try maintain a positive self esteem.

# TV:

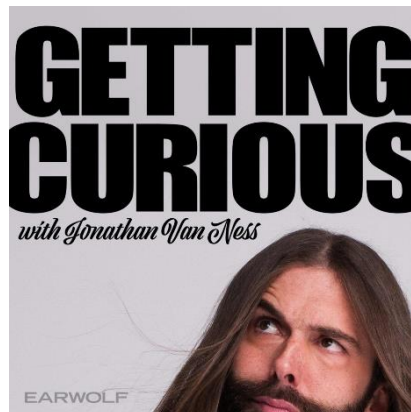
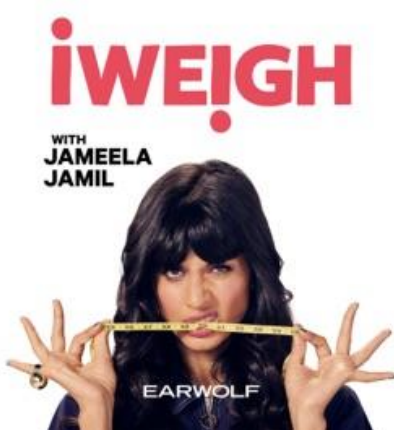


The School That Tried to End Racism (Channel 4)



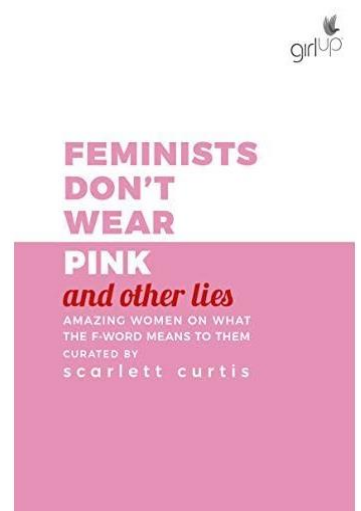
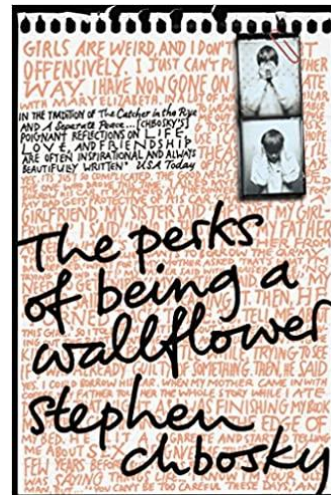
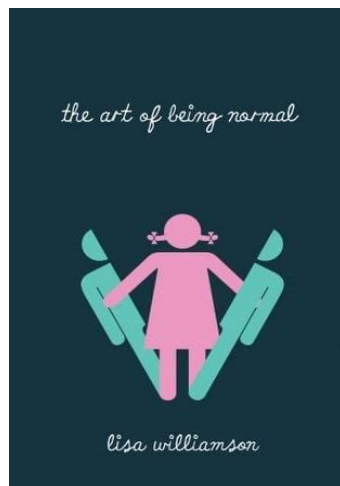
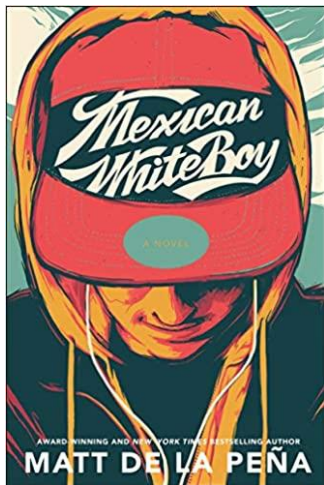
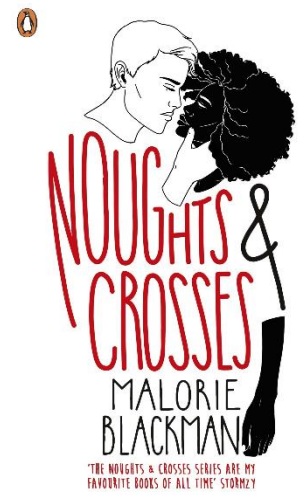
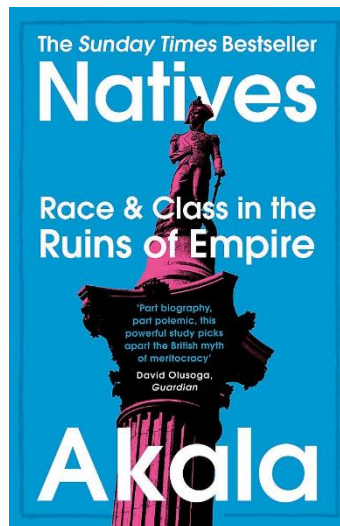


## Podcasts



## Books



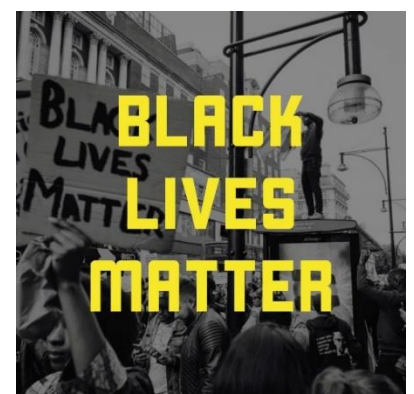


[www.mermaids.org.uk](http://www.mermaids.org.uk)

## Websites



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



[www.blacklivesmatter.uk](http://www.blacklivesmatter.uk)