

Where can we get help?

Information for young people and their families in Torbay

GENERAL



The Mooring@ Croft Hall Medical Practice – Torquay. Over 16's service
From 6pm – Midnight for help in managing distress and connecting to support. Tel 07483991848

WORRY / Anxiety

SAM: is an app to help you understand and manage anxiety

LOW MOOD

Useful websites

Mood juice a Self-help resource site www.moodjuice.scot.nhs.uk

Young Minds: information and resources about young people's mental health www.youngminds.org.uk

Teenline: trained counsellors offering online support
www.teenline.org.uk

Get Self Help: online resource and self help worksheets
www.getselfhelp.co.uk

Self-Harm

Useful websites

National Self Harm Network: advice and information about self harm
www.nshn.co.uk

Selfharm UK: Information about who, why, statistics and getting help.
www.selfharm.co.uk also links to the online support group – Alumina

Apps

Calm harm: provides tasks to help you resist or manage the urge to self-harm.

Virtual hope box: an app which brings together a selection of tools to aid relaxation, coping and positive thinking.

Mandala colouring: Colouring app which aids distraction, relaxation and mindfulness

Smiling mind A variety of programs divided into age groups which allow people to develop Mindfulness techniques to support good mental health

What's up: app which uses CBT and ACT self-help approaches to help you cope with a variety of strong emotions.

Low self esteem

Dove: Resources and information for young people, parents and professionals about boosting young girls body image and self-esteem
www.selfesteem.dove.co.uk

Young minds: Tips and advice for young people and parents about how to improve low self esteem.
<http://www.youngminds.org.uk/>

Other Services

Eat that frog: supporting unemployed people (16yrs +) who have a health or disability related issue to get back into work or training. This free program includes 1:1 mentoring, well-being support, life style skills and fitness. www.workshopseatthatfrog.org

Tool Kit

Using the 5 senses, to help you shift focus of attention and ground you into the present moment:

5 things I can see

4 things I can hear

3 things I can touch

2 things I can smell or taste

1 breath. Then continue to just notice your breathing and the sensations of breathing



Our mood can be greatly affected by what we do, when, and with whom.

- **ACHIEVE** - work, chores, study
- **CONNECT** - with friends, family, community
- **ENJOY** - play, fun, pleasure



Apps and resources online

- **HEADSPACE** Your Gym membership for your mind www.headspace.com
- **MOOD JUICE** emotional problems work towards solving them www.moodjuice.scot.nhs.uk
- **GET SELF HELP** problems, solutions, downloads, videos www.getselfhelp.co.uk
- **SUPPORT LINE** confidential advise www.supportline.org.uk
- **MIND** Apps for wellbeing and mental health www.mindcharity.co.uk