

Young People's Wellbeing & Mental Health Support

What is Mental Health?

We all go through times when we feel worried, confused or down. But when it starts to feel difficult to do everyday things it could mean we have a problem with our mental health.

We all have mental health, just like we all have physical health. Sometimes we feel well and sometimes we don't.

Mental health is complicated because it's about how we think, feel and act, and this is always changing.

When our mental health is good, we enjoy being around other people and we feel able to take on challenges and new experiences. But when our mental health is not so good, we can find it much harder to cope.

Remember, if you're struggling with how you think, feel or act, you are not alone and things can get better. You deserve all the help and support you need to feel confident and comfortable being yourself so that you can enjoy life.

What is a mental health problem?

We all have good days and bad days, but when negative thoughts and feelings start to affect your daily life and stop you doing the things you enjoy, or your ability to feel ok, this means you probably need some support with your mental health.

For example, nearly everyone gets anxious before an exam, a job interview or a first date. But if we feel anxious all the time, constantly worrying that the worst could happen, and this stops us sleeping well or meeting up with friends, we might benefit from some help.

Sometimes you feel well, sometimes you don't – and that's ok. It's when not feeling well stops you from doing things you enjoy, or looking after your everyday needs, that you might need to ask for help and think about your mental health.

What causes mental health problems?

There are lots of reasons why we might start struggling with our mental health. These can include:

- difficult things going on in your life
- life experiences, such as trauma, violence or abuse
- physical health problems
- pressure at school, work, or about money
- difficult relationships with partners, family or friends
- family history of mental health problems

Often it isn't just one of these things and sometimes there is no obvious cause. Whatever the reasons you might be struggling it's important to remember that it isn't your fault and that things can get better.

Life affects us all differently. No one is the same. That's why the right mental health support will look different to different people. What works for one person might be not work the same for you, and that's ok.

How do I know when to get help with my mental health?

Most of us will struggle with our mental health at some point in our lives, just like we all get sick once in a while. If you notice a negative change in how you're feeling, or you find yourself doing things that worry you, speak to someone you trust.

Trust your instincts – you know if something is up. Don't wait for things to get really bad before reaching out. The earlier you get help, the more likely it is that you can stop your problem getting worse.

Here are some signs to look out for:

- feeling hopeless – struggling to see the positives in life, or wishing you didn't exist
- getting into lots of arguments or fights
- feeling sad all the time
- feeling angry all the time
- feeling anxious all the time
- numbness – not feeling any emotions at all
- extreme highs and lows, or mood swings
- feeling worthless

- changes to your eating patterns – starving yourself, over-eating, making yourself sick
- hearing voices or seeing things that aren't there
- hurting yourself on purpose
- keeping away from friends and family
- relying heavily on alcohol, drugs or sex
- obsessive behaviour or thoughts – feeling there is something you have to do/think about all the time or something bad will happen
- experiencing nightmares, flashbacks or upsetting thoughts
- obsessing about how you look
- constant unwanted thoughts

If you recognise any of these signs, or anything else that seems out of the ordinary, or not 'normal' for you, then it is important to reach out for help. This doesn't mean that you necessarily have a mental health problem, but it's likely that some support will help you on your journey to feeling your best.

The Five Ways to Wellbeing

The [Five Ways to Wellbeing](#) are simple things that we can all do to improve our emotional health and wellbeing:

1. Connect
2. Be active
3. Take notice
4. Keep learning
5. Give

[Connect](#): Spend time with family and friends. Enjoy doing things together and talking to each other.

[Be active](#): It keeps you physically healthy, and makes you feel good.

[Keep learning](#): Try something new. Try a new hobby or learn about something just because it interests you.

[Take notice](#): Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.

[Give](#): Do something for a friend or relation/adult, as well as making them feel good, it can make you feel good too!

Guidance on talking to someone about your mental health

[Guidance on talking to your GP about your mental health](#)

[Guidance on talking to your family and friends about your mental health](#)

Guidance on CAHMS and the transition to adult services

[Guidance on understanding CAHMS](#)

[Guidance on moving from child to adult services](#)

Guidance for Parents or Carers

[Information and advice for parents/carers worried about a child or young person under 25 years old](#)

[Young Minds Helpline for parents/carers worried about a child or young person under 25 years old](#)

Emotional Wellbeing and Mental Health Services for young people in Sheffield

There are lots of services in Sheffield that support young people with their emotional wellbeing and mental health, please visit the links below to find out more:

[CAHMS \(Child and Adolescent Mental Health Service\)](#): CAHMS (Child and Adolescent Mental Health Service) treat children and young people with a range of difficulties that are seriously impacting on their mental health and emotional wellbeing. They run a number of centres and teams who support children and young people. They take referrals through GPs and other community services.

[Sheffield Futures - Door43](#): Door 43 offers support to 13-25 year olds on a range of emotional wellbeing issues in a young person centred environment, through services

such as a weekly wellbeing drop-in, a wellbeing cafe, social prescribing and structured one-to-one support sessions with a worker.

[Golddigger Trust](#): Golddigger Trust is a registered charity, working with young people aged 11-18 to equip them with the confidence and skills to develop positive mental health and make good choices for themselves.

[Sheffield IAPT](#): Sheffield IAPT is an NHS adult service offering a range of free psychological therapies for people who work and/or live in Sheffield, aged 18 and over. They provide a variety of courses, group sessions and 1-2-1 support options.

[Cornerstone](#): Cornerstone is an established Counselling Centre dedicated to counselling and therapy which aims to offer a range of services to clients. They have the largest range of therapists in Sheffield and are usually able to make an appointment within one week. They charge fees for their services, dependant on the therapist.

[The Apple Tree Centre](#): The Apple Tree Centre provides Counselling, Play Therapy, Art Psychotherapy, Dramatherapy, Family Therapy, Speech Language and Communication Therapy and Autism Support to children and young people up to the age of 25 and their families. We also offer individual and group support for parents and carers. They charge fees for their services, which can be found on their website.

[SHARE](#): Share Psychotherapy has experience working psychotherapeutically with a wide range of issues. They aim to provide therapy at a low cost so that it is accessible to people who have financial difficulties. Their fees are based on your personal income (this might be salary, benefits and/or student funding), you can see their fee scale and how to refer through the link.

[SAYiT](#): SAYiT is a local charity that work with young people from 12-25 who identify as LGBTQ+ (lesbian, gay, bisexual, transgender, questioning+), offering, support, practical advice and social opportunities.

[Together Women](#): Together Women provides holistic services to women and girls with multiple and complex needs across Yorkshire. They run a number of projects for young women in Sheffield, like VIBE (Voice, Influence, Be Empowered), a project for and led by young women aged 12-19 to have a say on issues affecting them and make changes.

[ACCT Sheffield](#): ACCT's provide support to autistic children in Sheffield, their families and others who care for them. They run groups for children aged 5-12 and a Teenage Youth Club, as well as ACCT Academy football coaching, ACCTing Out social support group for young adults aged 18+, family days out and other trips.

They also host drop-in coffee mornings for people to find out more, and meetings for parents and carers.

[The Corner Sheffield](#): The Corner Sheffield can give you advice about drinking and drugs if you are aged between 10 and 18 and live in Sheffield. They won't judge you and they won't tell you what to do. The service is free and confidential.

[SYEDA](#): South Yorkshire Eating Disorders Association (SYEDA) is a local independent charity supporting people affected by eating disorders in South Yorkshire. They provide information, advice and group or one to one therapeutic and practical support for people experiencing eating disorders and for families and friends. They accept referrals for individuals aged 16 and over in Sheffield.

[SHINE](#): SHINE is a community based weight management programme that helps young people aged 10-17 years not only lose weight but also to gain in self-esteem and confidence. SHINE accepts self-referrals and from parents/guardians or support workers/professionals, the referral form can be found on their website.

[Sexual Health Sheffield](#): Sexual Health Sheffield is an NHS run service that offers a range of free and confidential sexual health services to people of all genders in Sheffield. They work to promote safer sex and positive sexual health and well-being choices. They also run a Youth Clinic for any person aged 18 or under, offering free and confidential access to information and advice on any sexual health issue as well as a full range of contraception, testing & treatment for sexually transmitted infections (STIs) and support for pregnancy options.

[SRASAC](#): The Sheffield Rape and Sexual Abuse Centre works to support recovery from the emotional and psychological distress caused by trauma from rape, sexual violence or sexual abuse/exploitation. They offer specialist counselling for survivors aged 13 or above, specialist support groups and support reporting incidents via our Independent Sexual Violence Advisor (ISVA) service for children, young people and adults.

[CEASE Programme](#): The CEASE programme is about creating empowerment and self-efficacy for young people who are at risk or involved with domestic Abuse. This

is a free 4 session educational programme for any suitable young person between the ages of 11-25 in south Yorkshire. To find out more visit the link.

[Sheffield Young Carers](#): They offer support to children and young people aged 8-25 who live in Sheffield who are young carers. Being a young carer means they provide care for one or more family members who have disabilities, long-term physical illnesses, and/or mental health difficulties. They may be providing physical, personal, financial and/or emotional care.

[Roundabout](#): Roundabout is a local housing charity for young people age 16-25 who are homeless or at risk of homelessness. Roundabout provides hostel and independent living accommodation; advice and support, life skills, literacy training, empowerment and confidence building, access to a drug and alcohol support worker and a money advice service. Roundabout also supports young people in their transition to permanent accommodation with ongoing support to help them retain their tenancies. For general enquiries call: 0114 253 6789.

[Depaul](#): Depaul helps people who are homeless, vulnerable and disadvantaged. They can help Young people aged 17 to 24 and young parents aged 16 to 21 with a local connection to Sheffield. You can contact them on 0114 278 7152, Monday-Friday between 9am and 5pm.

[Sheffield Mental Health Guide](#): This website was built by the mental health charity Sheffield Flourish to help local people easily find accurate information about mental health in the city.

Online and Telephone Emotional Wellbeing and Mental Health Support for young people

There are lots of ways you can get information, advice and support for your emotional wellbeing and mental health such as online or over the phone, please visit the links below to find out more:

[Shout](#): Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text Shout to 85258.

We can help with urgent issues such as: Suicidal thoughts, Abuse or assault, Self-harm, Bullying or Relationship challenges.

[Papyrus Hopeline UK](#): Online support and advice for preventing suicide in young people. You can also contact HOPELINEUK for confidential support and practical advice if you are having thoughts of suicide or are concerned for a young person who might be. Call: 0800 068 4141 Text: 07860039967 Email: pat@papyrus-uk.org. 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays.

[Samaritians](#): Can call 116 123 for free, available 24 hours a day, 365 days a year. They offer a safe place to talk any time you like, in your own way – About whatever's getting to you.

[SelfharmUk - Alumina](#): SelfharmUK is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life. They offer a free, online 6 week course for young people struggling with self-harm.

[Door43 Wellbeing Wednesday Service](#): Young people in Sheffield can access one to one emotional support with a wellbeing worker over the phone, via video calls and online chat via Microsoft Teams.

To access this service and arrange a call back get in touch on 07815 698447 or door43@sheffieldfutures.org.uk on a Wednesday morning. A wellbeing worker will then get in touch as agreed for a 20 minute one to one chat between 11am – 1pm or 2pm – 4pm.

[Sheffield Young People's Wellbeing Support Line](#): Young people aged 12-18 living in Sheffield can now access support with issues such as low mood and anxious thoughts by calling 0808 275 8892 Monday to Saturday 9am-9pm.

The team can speak to young people who might be struggling with challenges such as exam stress, relationship issues, bullying or feelings of loneliness and isolation. The service can also signpost young people to additional services if they require more long-term support.

The helpline is for young people who are not already accessing support for their mental health through other services, and it cannot support young people in crisis.

[NeuroLove](#): NeuroLove support young people who are between 8 – 25 years old, to stay emotionally and physically well. Their Social Therapists offer individual wellbeing sessions, providing encouragement and inspiration to help young people improve and maintain their emotional and physical wellbeing. If the Social Therapist think a young person may need extra support, their qualified Psychological Therapists can provide further support and psychological therapy.

The 30-minute sessions are free for young people to book and offer a space to talk and share their thoughts and experiences with someone who will listen and offer support, this can be done via telephone, video or live online chat.

NeuroLove also offer a range of online resources that can support wellbeing including yoga classes, dance classes, art groups, baking classes, digital creativity workshops and more.

[Kooth](#): Free, safe and anonymous online support for young people – Friendly counsellors available for you to talk to online until 10pm, also community support and self-help advice. To access this you just need to sign up on their website.

[Childline](#): You can contact Childline about anything, you can talk to a counsellor 1-2-1 online, send an email when you don't need a reply straight away, or call for free on 0800 1111 to speak to a counsellor.

[Epic Friends](#): This site was set up by Sheffield CAHMS, and it is all about helping you to help your friends who might be struggling to cope emotionally.

[Weheartcbt](#): WeHeartCBT is a collection of resources aimed at helping children and young people who are struggling with anxiety and/or low mood. Resources are based on Cognitive Behavioural Therapy (CBT).

[Living life to the full](#): Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more.

[Sheffield IAPT - Self-help Guides](#): Sheffield IAPT is an adult mental health service, but they have a collection of free self-help guides for a variety of common mental health difficulties which you can download via their website.

[Young Minds](#): Young Minds is a national charity that works to improve the emotional wellbeing and mental health of all children and young people. Their website provides detailed information for young people about their mental health, access to resources and where to find support and help.

[The Mix](#): Lots of useful wellbeing support and advice for young people under 25. They also offer a free helpline you can call on 0808 808 4994, a one to one online chat and an email helpline where they aim to respond in 24 hours.

[Mind - For children and young people](#): They have lots of useful information and advice around wellbeing, mental health and accessing support.

[No Panic - Youth Hub](#): Lots of useful information and advice around managing anxiety, they also have a Youth Helpline on 0330 606 1174 if you would like to chat to someone.

[Beat - Eating disorders](#): Offer wellbeing support, information and advice for eating disorders. They also offer a free confidential helpline on 0808 801 0677 or 0808 801 0711, online support chatrooms and one-to-one web chat with a Beat support Advisor.

[Young Stonewall](#): They offer wellbeing support, information and advice for the LGBTQ community.

[Mermaids UK - Young People](#): A safe place for young trans people to find support and help one another. The website has lots of resources and information. They also offer a helpline, webchat, email service and youth community service (Online community to ask questions, talk about how you are doing and share experiences with others).

[The Hideout](#): Women's Aid has created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you.

Emotional Wellbeing and Mental Health Smartphone Apps

There are a variety of apps for iOS and android devices that can support your emotional wellbeing and mental health:

[Clear Fear](#): A free app to help with managing anxiety.

[Mind Shift](#): A free app with advice managing anxiety and relaxation methods.

[SAM \(Self-help for Anxiety Management\)](#): A free app that will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.

[ReachOut WorryTime](#): A free app for managing the time you spend worrying.

[Calm Harm](#): A free app with password protection that provides a range of techniques to relieve emotional distress. It's particularly helpful if you often use self-harm to cope.

[distrACT](#): A free app that provides help around self-harm and suicidal thoughts.

[For Me](#): A free app from Childline. It offers counselling, group message boards, and advice.

[MeeTwo](#): MeeTwo is a free fully moderated app for young people, providing a neutral space which allows young people to experiment with what it feels like to

open up about their difficulties without drawing attention to themselves while positive feedback and social support builds confidence, increases wellbeing and promotes emotional resilience.

[Calm](#): An app that provides mindfulness meditations and support for sleep and relaxation. Has a 7 day free trial and some content that is free to access.

[Headspace](#): An app that provides guided mindfulness and meditations to help with stress, anxiety, sleep, focus, fitness and more. Can access a 2 week free trial and some content that is free to access.

[Smiling Mind](#): Provides free daily mindfulness meditations and exercises aimed at reducing stress, anxiety and boosting concentration levels.

[Happify](#): An app which provides science-based activities and games that can help reduce stress, overcome negative thoughts, and build greater resilience.

[Action For Happiness](#): An app which gives you daily action ideas designed to help boost your own wellbeing.

[Ten Percent Happier](#): An app that provides guided meditations and practical teachings. Offers free trial.

[Recharge](#): Uses a free, personalised 6 week programme to help you improve your mood and energy levels.

[Daylio](#): A free app to track your mood and daily activities, to help identify habits and triggers.

[Couch to 5k](#): An app that provides a running plan for absolute beginners that takes people from their couch to running a 5K race in 9 weeks.

[Change4Life Smart Recipes](#): An app that provides easy recipes to prepare tasty and healthier meals.

You can find more apps that may be useful on the [NHS Apps Library](#).

Emotional Wellbeing and Mental Health Documentaries

[BBC - Mental Health Collection](#): A collection of programmes shining a light on mental health issues and how they affect individuals and society today.

Emotional Wellbeing and Mental Health Books

[Reading Well - Young People's Mental Health Books](#): Reading Well for young people recommends expert endorsed books about mental health, providing 13 to 18 year

olds with advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams.

The books have all been recommended by young people and health professionals, and are available to borrow for free from public libraries.

[Reading Well - Mental Health Books](#): Reading Well for mental health provides helpful information and support for managing common mental health conditions, or dealing with difficult feelings and experiences. Some books also include personal stories from people who are living with or caring for someone with mental health needs.

The books are available to borrow from your local library. Selected titles are also available to borrow as e-books and audiobooks.

[Overcoming - Books on Mental Health](#): Overcoming provides a list of self-help books for lots of mental health difficulties, including anxiety, depression, low self-esteem and grief.