



Mental Health Support

[We All Have Mental Health - YouTube](#) - watch this video for some positive support for mental health.

If you are seriously concerned a young person is at immediate risk of harming themselves or others please seek emergency help by calling 999, medical help via A&E or for support call one of the numbers below.

NHS Crisis Team	0303 123 1146
Samaritans	116 123
Text Shout to	85258
Young Minds Crisis Messenger	Text YM to 85258 (for free)

[They are there to help and support you and the young person in your care.](#)



Feeling Anxious?

Try the 5, 4, 3, 2 Grounding Exercise - List 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell.

Breathing Games - take a deep breath in then exhale like blowing up a balloon.

Longer exhales can help calm your mind and body.

Humming - Hum your favorite tune. The vibration created by humming can help soothe your nervous system, making you feel more centered and calm.

Nature Walk - Connecting with nature can help reset your nervous system.

Take a walk outside and pay attention to the sights, sounds, and smells around you.



Feeling Anxious?

Progressive Muscle Relaxation - The key with this technique is to tense each muscle group and hold for 5 seconds. Then, you exhale as you let your muscles fully relax for 10 to 20 seconds before you move on to the next muscle group:

1. **Start by lying or sitting down.** Relax your entire body. Take five deep, slow breaths.
2. **Lift your toes upward.** Hold, then let go. Pull your toes downward. Hold, then let go.
3. **Next, tense your calf muscles,** then let go.
4. **Move your knees toward each other.** Hold, then let go.
5. **Squeeze your thigh muscles.** Hold, then let go.
6. **Clench your hands.** Pause, then let go.
7. **Tense your arms.** Hold, then let go.
8. **Squeeze your buttocks.** Pause, then let go.
9. **Contract your abdominal muscles.** Pause, then let go.
10. **Inhale and tighten your chest.** Hold, then exhale and let go.
11. **Raise your shoulders to your ears.** Pause, then let go.
12. **Purse your lips together.** Hold, then release.
13. **Open your mouth wide.** Hold, then let go.
14. **Close your eyes tightly.** Pause, then release.
15. **Lift your eyebrows.** Hold, then release.



Feeling Negative?

Try using a Gratitude Jar or Journal - write a list of all of the things you are grateful for, or proud of yourself for today. These can be things as small as the flowers or trees you can see from your window...



Struggling to Turn off Your Thoughts?

Get some paper and a pen - write down or draw whatever comes to mind. The goal is to let your writing/drawing flow without worrying about grammar, sentence structure, spelling, or even word choice. Just your pen to paper and keep writing/drawing. Then you can choose to keep or destroy it. yourself for today. These can be things as small as the flowers or trees you can see from your window...



Key Contacts for Support

Childline	Information on their website as well as a free support through their webchat and helpline Info and advice Childline
Kooth	Whatever you're feeling, we're here to help: free safe and anonymous support Home - Kooth
Young Minds	Discover information, advice & support for young people affected by mental health youngminds.org.uk
Mind	If you're aged between 11 and 18, this page lists organisations and services that can offer you information and support. Useful contacts for support - for 11-18 year olds Mind
Self-harm UK	Free online self-harm support for 10 - 17 years olds Alumina Selfharm
Grief Encounter	Helping bereaved children, young people and their families find hope and healing after the death of someone close. https://www.griefencounter.org.uk/
Talk Grief (part of Winston's Wish)	grief support for teens and young adults https://help2makesense.org/

