

Websites, Apps and Helplines

A self help guide intended for people with mild-to-moderate symptoms of anxiety

- <https://www.moodjuice.scot.nhs.uk/anxiety.asp>

CBT self help and therapy resources including worksheets and information sheets

- <https://www.getselfhelp.co.uk/freedownloads2.htm>

Wessex resources for parents and healthcare professionals

- <https://what0-18.nhs.uk/popular-topics/mental-health>

Reading Well supports you to understand and manage your health and wellbeing using helpful reading

- <https://reading-well.org.uk/>

National charity supporting children and young people's mental health. Information on different conditions as well as ideas on how to look after your mental health

- <https://youngminds.org.uk/>
- <https://youngminds.org.uk/find-help/>

Childline is a free and confidential service where you can talk about anything

- <https://www.childline.org.uk/>
 - Childline Helpline – 0800 111
- <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/managing-your-anxiety/>

Recommended apps assessed by NHS standards

- <https://www.nhs.uk/apps-library/category/mental-health/>

Self care suggestions from young people

- <https://www.annafreud.org/on-my-mind/self-care/>

A website for children, young people and their carers, providing education and tools to reduce anxiety.

- <https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>

Stem4 is a charity promoting positive mental health in teenagers as well as building resilience via online resources

- www.stem4.org.uk

Direct Support

GP's

School Emotional Literacy Support Assistants (ELSA's) or School Pastoral Support Teams – speak with your School or College

Southampton Healthy Ambitions Service – Public Health Nurses

- <https://what0-18.nhs.uk/solent/school-nursing>

Southampton Healthy Ambitions Service – Emotional Health and Wellbeing (EHWB) Workers (11-19 yrs Term Time only) – referral via school support teams or contact No Limits to self-refer:

- <https://nolimitshelp.org.uk/get-help/southampton-healthy-ambition-sha/>

Education Psychology (referral via school)

- <https://www.southampton.gov.uk/schools-learning/support-education/education-psychology.aspx>

Parent/Carer Support

Re:Minds is a parent led support group for parents and carers of children and young people with autism and/or mental health difficulties.

- <https://www.reminds.org.uk/>

Young Minds Parent Helpline

- 0808 802 5544

Southampton Parent Carer Forum

- <https://www.sotonpcf.org.uk/>

MindEd is a free educational resource on children and young people's mental health for all adults

- <https://www.minded.org.uk/>

CombinedMinds App provides psycho education for parents, families and friends on young people's mental health

GETTING HELP

Websites, Apps and Helplines

- SAM : Self Help for Anxiety Management – a free app to help you understand and manage anxiety.
- MINDSHIFT CBT app - an app which helps you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.
- Clear Fear is an app developed with young people providing a range of different ways to help manage anxiety.
- Calm – Meditate, Sleep, Relax app contains sleep stories, skills for meditation and music to help with relaxation.
- www.themix.org.uk - If you're under 25 you can talk to The Mix for free on the phone, by email or on their web chat. You can also use their phone counseling service, or get more information on support services you might need. Free phone: 0808 808 4994 (1pm - 11pm daily)
- The Think Ninja App is for young people aged from 11 - 17. It is able to provide mental health and emotional wellbeing support through a variety of different in app approaches.
- www.nopanic.org - No Panic specialises in self-help recovery and services include providing people with the skills they need to manage their condition and work towards recovery, enabling them to lead more fulfilled lives. They provide support with panic attacks, OCD, phobias, and other related anxiety disorders.
 - Crisis Number for 24/7 recording of breathing techniques on **01952680835**
 - Confidential helpline 10am-10pm on **08449674848**

Books

For Children

- Morris and the Bundle of Worries *Jill Seeney*
- What to do when you Worry too Much: A Kids Guide to Overcoming Anxiety *Dawn Heubner*
- Starving the Anxiety Gremlin for Children aged 5-9: A CBT Workbook on Anxiety Management *Kate Collins-Donnelly*

For Young People

- Overcoming Anxiety, Stress and Panic: A 5 Areas Approach *Chris Williams*
- Getting through Anxiety with CBT: A Young Persons Guide *Ben Gurney-Smith*

For Parents

- Helping your Child with Fears and Worries *Cathy Creswell and Lucy Willetts*
- Overcoming your Childs Shyness and Social Anxiety *Cathy Creswell and Lucy Willetts*
- Helping Your Anxious Child: A Step by Step Guide for Parents *Ronald Rapee*

Direct Support

- No Limits Primary Mental Health Workers – Referrals via EHWB Workers or CAMHS West SPA on 023 8103 0061
- No Limits Counselling Service, the service offers both online and face to face options . To make a referral or find out more about this service then please contact Tel: 02380 224 224 or email enquiries@nolimitshelp.org.uk Alternatively go to <https://nolimitshelp.org>
- Counselling services employed directly by schools. This availability varies between schools – please speak with your own school or College provider.
- Southampton City Directory of Services and Support provides details on services within the area that provide different levels of support and intervention - https://search3.openobjects.com/mediamanager/southampton/directory/files/camhs_southampton_city_directory_of_services_and_support_v2_1.pdf

MANAGING ANXIETY

RESOURCES FOR YOUNG PEOPLE, PARENTS/CARERS AND PROFESSIONALS (CAMHS West)

General worries or low level anxiety but with limited impact on daily activities.

Anxieties or worries that are having a greater impact on ability to engage in daily activities and are troubling to the child/young person. Might see some withdrawal from activities/school, difficulties relaxing and/or requiring reassurance that things will be ok.

Anxieties or worries that are having a significant impact upon a person's ability to engage in daily activities. This may be seen in difficulties leaving the house or significant levels of absence from school. There may be an impact on risk. Young people might be struggling to manage their anxieties and be experiencing thoughts of wanting to harm themselves.

GETTING MORE HELP

Referral to CAMHS West Team

- Single Point of Access 023 8103 0061 / 0300 123 6661

Young Minds Crisis Messenger - Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis -

All texts are answered by trained volunteers, with support from experienced clinical supervisors

- Text YM to 85258

Samaritans provide confidential emotional support 24/7

- Call on 116 123
- Email jo@samaritans.org (24hr response time)
- <https://www.samaritans.org/>

Papyrus HOPELINE UK is for anyone under the age of 35 who are experiencing thoughts of suicide or for anyone who is concerned that a young person they know is having thoughts of suicide.

- Call: **0800 068 4141**
- Text: **07860039967**
- Email: pat@papyrus-uk.org

Opening hours: 9am – 10pm w/days, 2pm – 10pm w/ends, 2pm – 10pm bank holidays

StayAlive App – resources for those with thoughts of harming themselves or suicide and people worried about someone.

If you, or someone you know is experiencing a crisis and needs urgent mental health support then you can call 111 or visit www.111.nhs.uk and speak to the NHS Mental Health Triage Service. They provide advice, support and guidance, 24 hours a day, seven days a week, for anyone living in Hampshire and the Isle of Wight.