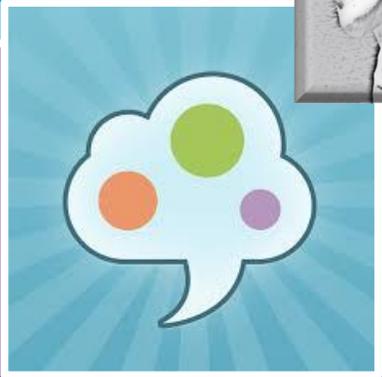
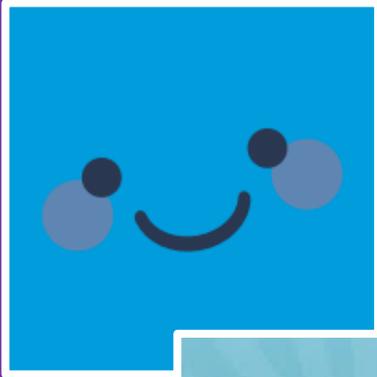


# Deans CHS Health and Wellbeing Support



# Common issues young people may face

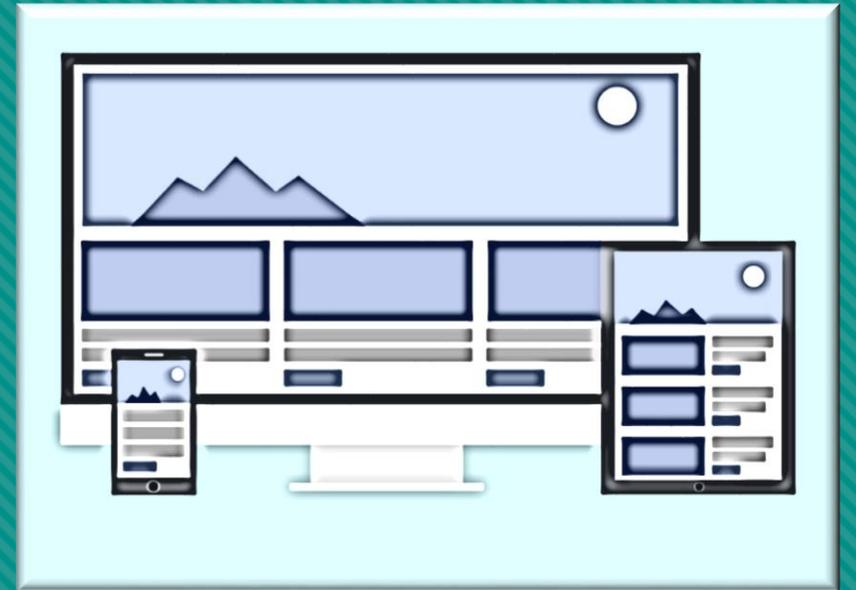
- **Anxiety**
- **Depression**
- **Bullying**
- **Bereavement**
- **Self-Harm**
- **Eating Disorders**



Health and Wellbeing Support and Signposting

# Helpful websites 1:

- [youngminds.org.uk](http://youngminds.org.uk)
- [thecalmzone.net](http://thecalmzone.net)
- [l1tff.com](http://l1tff.com)
- [themix.org.uk](http://themix.org.uk)
- [anxietyuk.org.uk](http://anxietyuk.org.uk)



Health and Wellbeing Support and Signposting

# Helpful websites 2:

- [mind.org.uk](http://mind.org.uk)
- [hopeagain.org.uk](http://hopeagain.org.uk)
- [cruse.org.uk](http://cruse.org.uk)
- [help2makesense.org](http://help2makesense.org)
- [harmless.org.uk](http://harmless.org.uk)



Health and Wellbeing Support and Signposting

# Self Help:

- Try out mindfulness and meditation.
- **Take part in physical activity.**
- Talk to someone or write down your thoughts.
- **Try to maintain a good sleep routine.**
- Keep a diary of your thoughts.



**Health and Wellbeing Support and Signposting**

# Self Help:

- Keep yourself busy – take up a hobby or go out with friends.
- Keep your routine as 'normal' as possible.
- Talk to your friends or family.
- See a GP if things don't improve.



Health and Wellbeing Support and Signposting

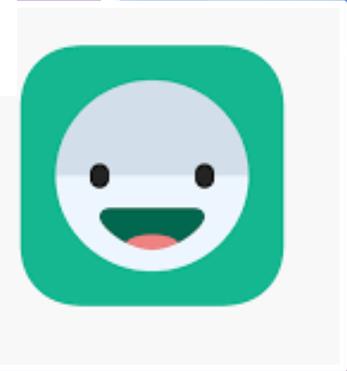
# In School Supports:

- See HOH, PSA, Tutor teacher or Class teacher.
- Speak to one of our MHFA trained staff.
- Complete a Your Space drop in slip.

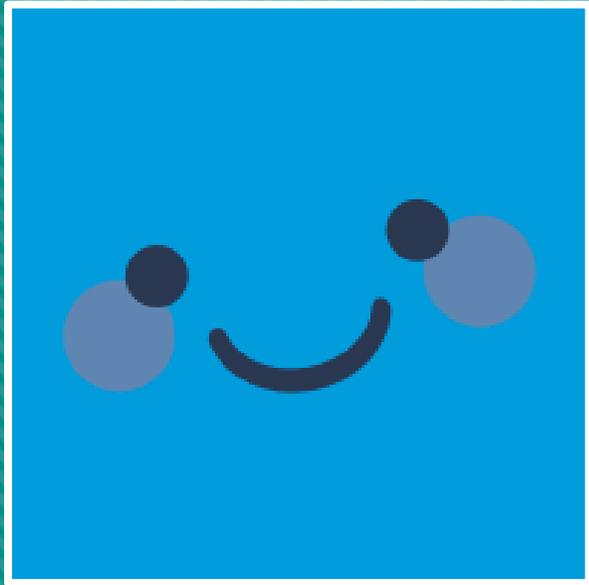


Health and Wellbeing Support and Signposting

# Useful Apps and Information to help you



# My Possible Self

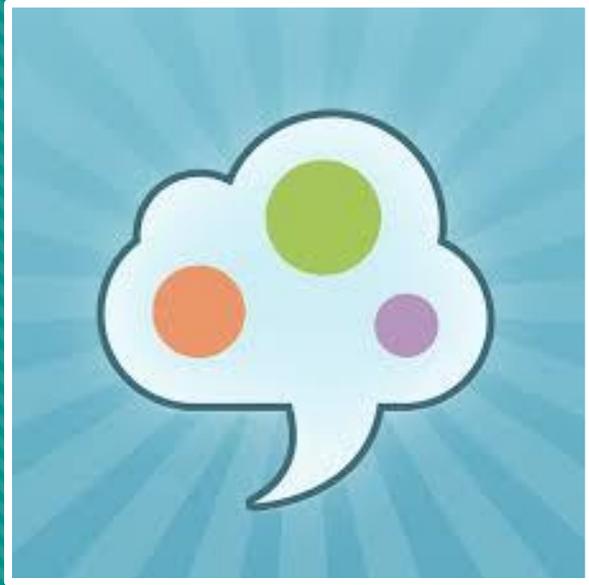


- Track your mood every day.
- Discover practical steps to look after your mental health.
- Featured on the NHS Digital Apps Library.



Health and Wellbeing Support and Signposting

# SAM - Self Help for Anxiety Management



- SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.
- High standards of usability provide an engaging, flexible and practical resource.



Health and Wellbeing Support and Signposting

# Mindshift - CBT



- Mindshift uses scientifically proven strategies based on Cognitive Behaviour Therapy (CBT) to help you learn to relax.
- Behavioural strategies help you take action and make lasting positive change.



Health and Wellbeing Support and Signposting

# Headspace

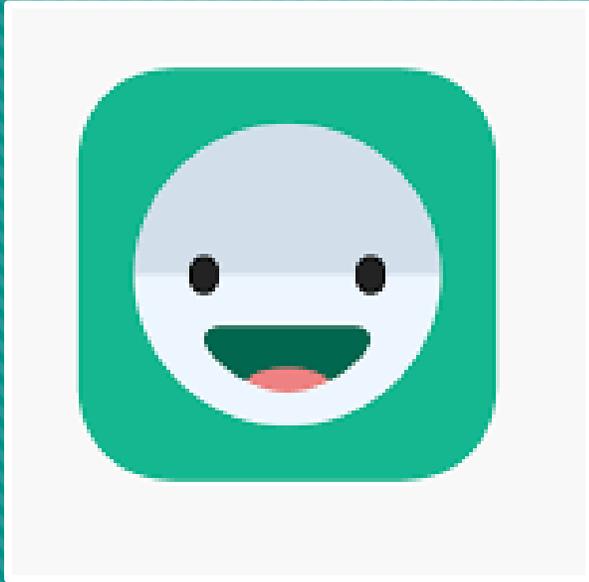


- Headspace is your guide to everyday mindfulness in just a few minutes a day.
- Hundreds of guided meditations for you to choose from.



Health and Wellbeing Support and Signposting

# Daylio



- Daylio enables you to keep a private journal without having to type a single line.
- Pick your mood and add activities you've been doing during the day.



Health and Wellbeing Support and Signposting

# Mee Two



- Designed for young people 13-23.
- A team of experts ensure all questions get smart, safe support.
- Featured on the NHS Apps Library.



Health and Wellbeing Support and Signposting

# Grief Support for Young People

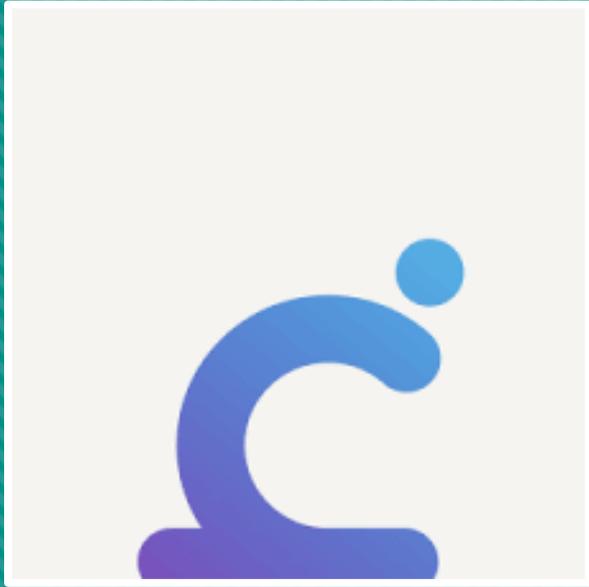


- For 11-25 year olds who have been bereaved of someone important to them.
- The app links to the Child Bereavement UK website for more support.



Health and Wellbeing Support and Signposting

# Calm Harm



- 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.



Health and Wellbeing Support and Signposting

# What's Up?



- Can help you cope with Depression, Anxiety, Anger, Stress and more!
- Has a modern design, simple headings and easy to follow methods.
- You can get to what you want in seconds.



Health and Wellbeing Support and Signposting

# RR Eating Disorder Management



- Recovery Record is great for managing your journey to recovery from eating disorders.
- This app can also be used for general eating, weight and shape concerns.



Health and Wellbeing Support and Signposting

# Rise Up and Recover



- Rise Up is just the app for you if you are struggling with food, dieting, exercise and body image.
- Access a wide range of resources to build a strong recovery mindset.



Health and Wellbeing Support and Signposting

# CBT Thought Diary



- Thought Diary will help you evaluate, understand and change your thoughts and feelings.
- It also allows you to keep track of your positive experiences so you can refer back to them.



Health and Wellbeing Support and Signposting