

Apps: Some great apps you can use to support yourself



Headspace – Mindfulness App –
First 10 sessions are free.



StayAlive – A suicide prevention app,
packed full of useful info.



WellMind – A free NHS mental health
and wellbeing app designed to help
you with stress, anxiety and depression.



Pacifica – Designed to help relieve symptoms
of stress, anxiety and depression.



MoodPath – An app that asks daily questions to
help awareness of thoughts.



7Cups – 24x7 Therapeutic support for anxiety
and depression.



SupperBetter – A gaming app that unlocks your
heroic potential to overcome tough situations and
achieve goals that matter to you most.



Happify – Offering activities and games to help
your emotional well-being.

**Please speak to a member of staff if you
are in crisis or need support.**

Student Information Sheet



Call **0800 1111** to speak to a counsellor or go to
www.childline.org.uk for online 1-2-1 chat with a counsellor or to
post on their message boards.



Call **116 123** to be listened to 24 hours a day, email them using
jo@samaritans.org or go to www.samaritans.org for more
information.



Text **YM** to **85258** to access their Crisis Messenger, available 24
hours a day.



Call **0800 068 4141**, text **07860039967**, email pat@papyrus-uk.org
Information at www.papyrus-uk.org offering confidential support
services for young people having thoughts of suicide.



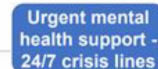
Call **0808 800 2222** for information and advice on any aspect of
parenting and family life, including bullying.



Call **0344 334 0550** for emotional support for transgender and gen-
der diverse young people and their families / friends. Information at
www.mermaidsuk.org.uk.



Call **0808 801 0711** or visit www.b-eat.co.uk helping people who
have or are worried they have an eating disorder, as well as others
affected, such as friends and family members.



Crisis line available 24/7 for people of all ages children,
young people and adults. The lines which are free to
call can provide advice to those in a crisis. Call **0800
028 8000**.

Some tips to help ground / calm you



TEMPERATURE

Change your body temperature. Splash your face with cold water, hold an ice cube, let car AC blow on your face, take a cold shower



INTENSE EXERCISE

Do intense exercise to match your intense emotion. Sprint to the end of the street, do jumping jacks, push ups, intense dancing



PACED BREATHING

Try Box Breathing: Breathe in for 4 seconds, hold it for 4 seconds, breathe out 4, and hold 4. Start again, and continue until you feel more calm.



PAIRED MUSCLE RELAXATION

Focus on 1 muscle group at a time. Tighten your muscles as much as possible for 5 seconds. Then release & relax. Repeat with other muscle groups.

IMAGERY

Imagine yourself dealing with the problem successfully & feeling accomplished when it's over. Visualize yourself in a calm and positive place.

MEANING

Find meaning in the current challenge. Ask yourself, What can I learn from this experience? How can I grow from this?

PRAYER

This can come in any form that works for you. Prayer can be to the universe, God, or your higher self. Connect, surrender your problems, and ask for guidance.

RELAXATION

Due to fight or flight, we tense up in stressful situations. Relax your muscles, practice deep breathing & engage in relaxing activities.

1 THING IN THE MOMENT

Stay present, find one thing to do & focus entirely on it. Thinking about the past or future will not help.

VACATION

Take a break to do something you enjoy. Call a friend or go for a walk. OR Take a vacation in your mind. Visualize yourself on the beach or going for a long drive.

ENCOURAGEMENT

Activate your inner cheerleader. Repeat affirmations like, "I've got this," "I'm strong enough to handle this," "This too shall pass."