Inside you will find tips on a range of topics relating to stress, sleep and mental wellbeing, plus information about support for young people and adults

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This updated special issue marks World Mental Health Day 2018 (10 October)

For the most up-to-date information about local support visit www.hart.gov.uk/mental-health-and-wellbeing
Tips and support for adults

Feeling stressed?

Everybody from time to time will experience stress in their lives and this is quite a natural thing. Our bodies are made to handle stress and use it to prepare us to handle whatever circumstances we face.

Unfortunately, sometimes the stress can be too much and affects the way we think and can make us uncontrollably anxious or panicky. This anxiety feeds itself and can take over our thinking.

There's no quick-fix cure for stress, but there are simple things you can do to help you stress less. Take a look at the top tips below.

For more information and advice about stress and how to stress less visit www.nhs.uk/oneyou/stress or www.mind.org.uk/information-support/tips-for-everyday-living/stress

1. Take control of worries

Lots of things can cause stress including work, housing, relationships and money worries

Get free and independent advice including managing debt, benefit applications, your rights at work, family and relationship issues, and much more.

Advice by phone is available on: 03444 111 306

Alternatively, visit our Fleet or Yateley office where our reception team can arrange an appointment for you. Our opening hours for both offices are:-

*Monday to Thursday 9:30am – 3:30pm*

For more information or to webchat with an advisor visit citizensadvicehart.org.uk/contact/

You don’t need to cope with stress alone. For practical advice about **work and stress** visit www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/

Find local **relationship counselling** services on the NHS Choices website www.nhs.uk – check out the full list of services in the ‘Find local services’ section

Find BACP approved counsellors at www.bacp.co.uk
2. Talk to someone

If you're feeling too stressed, talking to someone can really help. You could start by telling your GP about how you feel. They'll be able to help you start to get help. Ask about free Cognitive Behavioural Therapy (CBT), a talking-based treatment for people who need help with managing their difficult feelings.

Local services TalkPlus and iTalk offer evidence based treatments for stress and worry. For contact details see Talking Therapies on page 5.

For advice on how to talk to your GP about how you're feeling visit www.mentalhealth.org.uk/publications/gp-visit-guide

For more information, take a look at the local support section on page 5.

3. Take steps to help yourself

Try this simple breathing exercise

www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/

It takes just a few minutes, so whether you're waiting for a train, in a queue for your morning coffee or waiting to pick the kids up from school, this exercise could help you feel calmer.

Find helpful books at your local library


Move More - find a way of being active that you enjoy and you're more likely to keep it up. For ideas visit www.hart.gov.uk/healthy-lifestyles
Pay more attention to the present moment

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Some people call this awareness "mindfulness". You can take steps to develop it in your own life.

For more information visit www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/. Mindfulness courses are also available from local psychological therapy services TalkPlus and iTalk, the North East Hampshire & Farnham Recovery College, and some libraries. For more information about these services visit www.hart.gov.uk/mental-health-and-wellbeing.

Do you wake up looking forward to bedtime?

Our mood and how well we sleep affect each other and getting too little sleep can have a big impact on our daily life

De-stressing is one great way to help you sleep better. Having a bedtime routine, removing technology and other distractions from the bedroom and making small lifestyle changes can also help.

For more information about sleep and how to sleep well visit www.nhs.uk/oneyou/sleep

Local services TalkPlus and iTalk can offer evidence based treatment to help with sleep and insomnia. For contact details see Talking Therapies on page 5.

Mental health and wellbeing

Whatever our age, good mental wellbeing helps us to cope with the stresses of daily life and get on with life in the way we want to. There are 5 simple steps we can all take to improve our mental wellbeing.
“People occasionally feel low and this can be the natural reaction to events around us, however for some people that low mood grabs hold of them and they are unable to shake it off. It can worsen and make ordinary day to day things difficult to manage. They have ongoing negative thoughts that can be very difficult to get rid of.

Both anxiety and low mood can come and go naturally but the problems start when they take over our thinking and start to interfere with our day to day living and relationships with other people. Nobody is immune, and anxiety and low mood can affect people without warning regardless of their social, financial or physical condition.

To struggle with either is not a sign of weakness or failure, in fact it is often as a result of our strength or success.”  *Phil Cunnington from the NHS TalkPlus service*

**Websites and helplines for adults**


Mind - [www.mind.org.uk](http://www.mind.org.uk)

Elefriends - supportive online community (for people aged 18+, run by Mind) [www.elefriends.org.uk](http://www.elefriends.org.uk)

Samaritans - 116 123 (free to call 24 hours a day) or email jo@samaritans.org

Sane Line - 0300 304 7000 (4.30pm - 10.30pm daily)

CALM (Campaign Against Living Miserably) - accredited confidential, anonymous and free (see note below) support, information and signposting to men anywhere in the UK through a helpline 0800 58 58 58 and webchat [www.thecalmzone.net](http://www.thecalmzone.net) (open 5pm to midnight)

**Local Support**

**Talking Therapies**

Free access to approved therapies including Cognitive Behavioural Therapy (CBT) for anybody aged 16 and above who is feeling stressed, anxious, low in mood or depressed. If you are registered with a GP practice in Fleet, Church Crookham, Crondall, Blackwater or Yateley you can access the [www.talkplus.org.uk](http://www.talkplus.org.uk) service. If you are registered with a GP practice in Odiham, Hook or Hartley Wintney, you can access the [www.italk.org.uk](http://www.italk.org.uk) service.
Wellbeing Service
For people with a mental health diagnosis as well as those who may be concerned about their mental health or just need advice on maintaining well-being. Provides comprehensive advice and information, a variety of group activities, 1 to 1 support, workshops and training courses from a number of different community settings. Contact the Wellbeing Centre direct on 01252 317481 or email well-beinghartrashmoor@andovermind.org.uk. Or drop-in to the weekly wellbeing service on Wednesdays from 9:15am until 12pm, in rooms GF3 and GF4 at Hart District Council offices, Fleet.

North East Hampshire & Farnham Recovery College
Education courses and workshops for people aged 18 and over, which aim to help people improve their health and wellbeing. This includes courses in relation to a range of wellbeing issues such as stress and sleep, mental, and physical health conditions. Call 01276 454150, email recovery.college@sabp.nhs.uk or www.sabp.nhs.uk/our-services/recovery/recoverycollege

Sunshine and Showers groups
Local depression and anxiety support groups for people with mild to moderate depression or anxiety. Call Hart Voluntary Action 01252 815652 or email admin@hartvolaction.org.uk.

Urgent help
If you feel in need of immediate help contact your GP in the first instance. If you cannot contact your GP, you can contact the NHS Out of Hours service on 111 (free to call, 24 hours).

Visit a Safe Haven - an out of hours drop-in service for anyone experiencing a mental health crisis or their carer. Safe Havens are available at Aldershot, Guildford and Woking. For locations and opening times visit www.sabp.nhs.uk/our-services/mental-health/safe-havens

Find out about other urgent help services at www.hart.gov.uk/mental-health-and-wellbeing

In an emergency phone 999

Top tip
Don’t try to change too much at once. Make one change at a time and see what difference it can make.
Support for young people and parents

Self-care and support for young people

Some coping strategies are more helpful than others. As with any skill, we can always learn new ways of dealing with stress.

Here's some self-care tips to help protect against stress:

**Try**

- **Nurture your physical health** - body and mind are connected, so eat regular meals and find a fun form of exercise that suits you and your schedule.

- **Set aside time to have fun or do something nice for yourself** - positive emotions can help build a buffer against stress.

- **Spend time on an activity you enjoy** - whether painting, playing guitar, or learning a new sport.

- **Talk to someone** - tell a trusted friend or family member about how you're feeling, or chat online on a support site like Childline or The Mix.

**Avoid**

- **Overdoing it on caffeine, alcohol or sugar** - they're a quick fix which can increase stress in the long term.

- **Overworking** - we all need time to unwind so try to build in short, regular breaks while you're studying, working or revising.

- **Chasing perfection** - it can create unrealistic expectations. It's not fair to compare yourself, as a whole person, to social media highlights from someone else's life.

- **Too much screen time** - it can affect your sleep, so try to switch off now and then, and don't feel pressured to always be reading, watching or playing something.

- **Bottling up your feelings and assuming they will go away** - this can make things worse in the long run.

If you're struggling to manage your stress, don't keep it to yourself - there is no shame in seeking help.

A good place to start can be talking to your GP, your parent or carer, or a counsellor at your school/college/university.

There are also plenty of organisations out there who can help. See a list of support organisations at mhfaengland.org
**Local Support**

**CAMHS** - talk to a parent/carer, teacher, GP or other professional about making a referral or refer yourself by ringing on 0300 304 0050, Monday to Friday between 9am and 5pm.

Find out more about CAMHS and get information and tips for young people and parents/carers at [https://hampshirecamhs.nhs.uk/](https://hampshirecamhs.nhs.uk/)

Hampshire Eating Disorders Service is part of CAMHS – call the team on Hampshire 0300 304 0062. Meet the team and find out what they do [www.youtube.com/watch?v=T88bdynfznm](https://www.youtube.com/watch?v=T88bdynfznm)

Free weekly counselling sessions for young people aged 11-25. Call 01252 815652

For children aged 5-10 contact Hampshire Youth Access. Call 02382 147 755

Why not contact 121 Youth Counselling about the possibility of having counselling sessions to support you over the summer months?

Tel: 01252 815652 or e-mail 121@hartvolaction.org.uk for more information.

We can help parents source paid for counselling with fully qualified children’s counsellors for their children aged 5-18 years if they would rather not go on a waiting list – average session cost is £40 per hour – please contact us on the details above.
Online counselling service across Hampshire
Aged 14-17 and registered with a Hampshire GP? Are you ready to talk about what’s going on with you?
6 sessions of live chat counselling with a qualified online counsellor
Visit counselling.hampshireyouthaccess.org.uk for details

Surrey & Borders Youth Counselling
A Youth Counselling service for those aged between 12 and 24 is also provided by Surrey & Borders Partnership NHS Foundation Trust. The service can offer up to 6 appointments and each appointment will last up to 50 minutes. Referrals can be made by all health, social care and education practitioners. All children and young people need to be registered with a GP in Surrey or North East Hampshire to be referred to the service. Further information can be found at www.sabp.nhs.uk/mindsightssurreycamhs/services/early-intervention/youth-counselling-service or to make a referral call 0300 222 5755. We are open 8am - 8pm Monday to Friday and 9am -12pm Saturday.

Local youth clubs and services
Fleet Phoenix (Fleet) www.fleetphoenix.co.uk
We co-ordinate a variety of projects for young people in Hart aged from 11-25 years including music projects, youth clubs and mentoring projects, in addition to community outreach.
The Base Youth Centre (Hook) http://thebaseyouthcentre.co.uk
A wide range of activities on offer including drop-in sessions, fitness classes and teen yoga, self-defence, and courses to develop practical life skills such as babysitting and cookery.
Vision4Youth (Yateley) www.vision4youth.org.uk
We run a Friday night youth club for ages 11-18 in addition to community outreach. More activities will be added in 2018 at the new dedicated youth suite at The Tythings.
We are a Hampshire wide charity for young people who identify as lesbian, gay, bisexual, transgender or those who are unsure or questioning their gender identity and/or sexual orientation.

We run groups in Andover, Basingstoke, Eastleigh, Hart, Isle of Wight, New Forest, Romsey, Rushmoor and Southampton. The service is for children and young people up to the age of 21, up to 25 if additional needs are present.

In Hart we offer a weekly 11-21 group and a 7-11 weekly family support group for children who have an affiliation with the LGBTQ+ community. In the Rushmoor area we are currently offering a weekly youth group for young people aged 11-21.

Our groups offer a safe and confidential space for young LGBTQ+ people to socialise, learn and have fun. We offer activity based and educational sessions and we encourage young people to join in to help build their confidence.

We can signpost and refer young people to other services they require. We can support members with telling people about their gender or sexual orientation and/or gender identity, plus helping them to find ways to cope with challenges in their lives and support them to stay safe in their relationships and community.

Breakout offers a confidential service which means we won’t talk about the young people to anyone outside of Breakout unless there is a serious risk of harm to them or another person.

If you feel that the group sessions will be of help to yourself or a young person you know, please email enquiries@breakoutyouth.org.uk for more information about how to get involved.

Books recommended by young people and health experts. Look at the book list at www.reading-well.org.uk/shelfhelp. Join the library and find books at www.hants.gov.uk/library
Websites and helplines

Childline – you can contact Childline about anything. Whatever your worry, it’s better out than in. Call 0800 1111 (free to call 24 hours a day) or 1-2-1 counsellor chat online www.childline.org.uk/get-support/

Papyrus HOPELineUK – for young people who may be having thoughts of suicide. Call 0800 068 41 41 (10am-10pm weekdays, 2pm-10pm weekends, and 2pm-5pm Bank Holidays)

www.youngminds.org.uk
www.bullying.co.uk
www.harmless.org.uk/

Urgent help

If you feel in need of immediate help and are in distress or crisis, contact your GP in the first instance. If you cannot contact your GP, you can contact the NHS Out of Hours service on 111 (free to call, 24 hours).

You can also call Childline 0800 1111

Or visit The Young Persons Safe Haven – non-judgemental support for young people aged 10 to 17. At Hillside Road, Aldershot. Open between 6.30pm and 8.30pm from Tuesday to Friday and the same time on Sunday. No appointment is needed. A free helpline is also available within these hours: 0800 061 4132. www.justwellbeing.org.uk/young-people

In an emergency phone 999

For parents and carers – if you’re worried about a young person

CAMHS https://hampshirecamhs.nhs.uk/help/parents-carers/

Two 45 minute workshops on:

How to support a young person with an eating difficulty https://youtu.be/-ApfAzKOy60

How to boost body image, self-esteem and confidence in young people https://youtu.be/agijF6H2u6w
For parents and carers – if you’re worried about a young person

**Young Minds Parent Helpline** 0808 802 5544; [www.youngminds.org.uk/find-help/for-parents](http://www.youngminds.org.uk/find-help/for-parents)

**Family Lives** Someone to talk to about parenting challenges and your own coping strategies. 0808 800 2222; [www.familylives.org.uk](http://www.familylives.org.uk)

**MindEd for families** Online NHS resource providing advice and support you can trust. Is your child in crisis? Are you worried about them? Perhaps you just want some parenting tips. This site will help you understand and support your child. [www.minded.org.uk/families](http://www.minded.org.uk/families)

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**Top tip**

Create your own distraction box – great for people of all ages

When we are feeling anxious, low or distressed we can get caught up in negative thoughts and how bad we are feeling. It can be helpful to have a self-soothe box, which you can fill with different things to distract you and help you feel better in those moments. Including things which soothe all five senses can help us feel better in all sorts of ways and take us out of our head and how we are feeling.

1. Get an empty box (an old shoe box works well)
2. Decorate the box inside and out with anything you like
3. Collect items together that are meaningful to you, or you know will help you feel better. Here are some ideas to get you started:
   - Photos, DVDs, pictures of cute animals, funny or inspiring YouTube videos, letters or cards from family or friends, your favourite music, a reminder of people you can call or talk to, reminders of podcasts, bubble wrap, bubbles to blow, a blanket or teddy, perfume, something you love to eat, colouring book, craft materials.

When you use these items, try to pay attention to your physical senses, look around you and notice what you see, what you hear, what you smell or taste, and what you can touch.

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The Hart Local Children’s Partnership is made up of people working in schools, health services, the district and county councils, and community organisations. More information from Hart Voluntary Action info@hartvolaction.org.uk