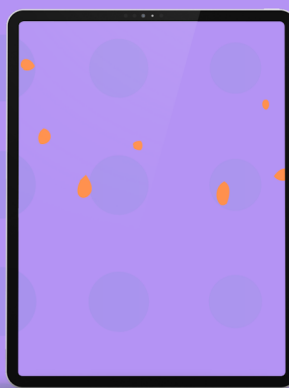
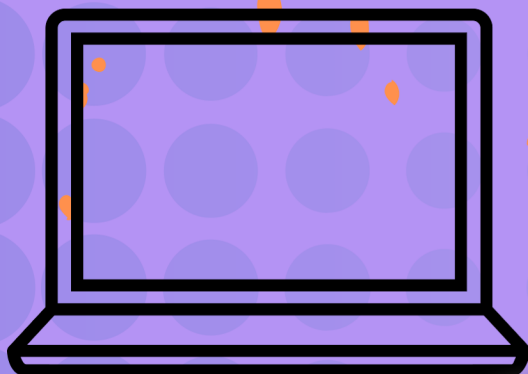
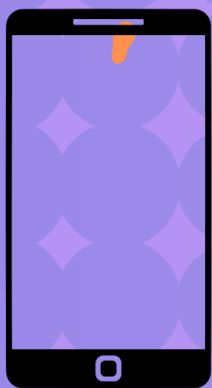


SELF-HELP RESOURCES

Accessible resources
through your
phone, PC or other device



MHST Dunstable &
MHST Leighton CAMHS



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What are self help resources?



Self-help resources are useful ways to help your mental health. These might be apps, activities, books, helplines or online websites.

You might be in a place where;

- You are wanting support to improve your mental health but not quite ready to ask for help.
- You have asked for help from your school but still waiting to know what support you can access.
- You need a little help now and again, but want to sort things out yourself first.
- You might want to help a friend


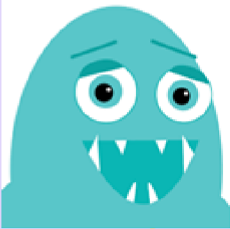


If this describes your situation (or even if it is something else), then these apps, text & helplines, online 1:1 chats, group forums and websites might help you.

General mental health



Title	Type	Description
<p>Betterdays for BLMK</p>  <p>Better Days for BLMK Find us on Instagram, Twitter and Facebook: @BetterDaysBLMK BetterDaysBLMK@Hotmail.com</p>	<p>Free Creative Events</p>	<p>A year of creative engagement across Bedford, Luton and Milton Keynes to help improve the well-being. Website: https://linktr.ee/betterdaysblmk</p>
<p>Breathe</p> 	<p>Free App</p>	<p>Helps to lower your heart rate and reduce physical symptoms of stress and anxiety. The app can take your pulse before and after the breathing exercise. Settings can set reminders, adjust your breathing and length of time. Cons: does not record any data to keep a diary.</p>
<p>CAMHS Talk</p> 	<p>Free Podcasts</p>	<p>Podcasts made by our young people who are CAMHS Service User Participation group members who talk about all issues that affect children & young people's mental health. Podcast: https://camhstalk.blubrry.net/</p>
<p>Daylio</p> 	<p>App: In-app purchase</p>	<p>Record your mood, activities, make notes and select photos to create memories. You can also set goals, complete them daily and get digital rewards for your progress. Cons: Payment needed to use all features of the app.</p>
<p>Discovery College</p> 	<p>Free online & F2F events</p>	<p>Discovery College offers FREE workshops to young people aged 13-18 in Bedfordshire and Luton. Speak to your pastoral link at your school to look at their termly prospectus or email: elft.camhsdiscoverycollege@nhs.net</p>

Title	Type	Description
<p>Emotional Education</p> 	<p>Purchase app</p>	<p>Suitable for children, teenagers and adults to manage a explore, process and express feelings. The app can help you to recognise your feelings and be aware of thought patterns, to help you gain self-awareness and boost your self-esteem and confidence.Uses evidence-based strategies from CBT, Graded exposure, acceptance and commitment therapy. Cons: Cost of £5.99</p>
<p>Habit</p> 	<p>Free app</p>	<p>Helps you to build good habits and reach your goals. The app helps to track your habits. The app also allows you and your friends to build healthy habits together to encourage each other. Cons: app does not always help you to grow motivation for those habits.</p>
<p>Reflect</p> 	<p>Free Text message</p>	<p>Reflect is a free, confidential and 24/7 text support service for anyone in the UK who needs advice or help. It is delivered by trained volunteers and clinicians who are available around the clock to listen and support anyone who is feeling anxious, lonely, overwhelmed or not quite themselves. Text REFLECT to 85258</p>
<p>SuperBetter</p> 	<p>Free app</p>	<p>Helps to build resilience and the ability to stay strong, motivated and optimistic even in the face of change by completing fun challenges and earning digital rewards</p>
<p>Tappy : Self-care fidgeter</p> 	<p>Free with option to make one-off purchase</p>	<p>Free fidgeting activities using the senses of touch and motion to help reduce stress in a fun way. You can tap, slide, pop, switch and spin virtual fidget toys and games to distract and relax yourself. Cons: one off purchase to upgrade the app can cost between £2.49 - 8.99</p>
<p>Young Minds</p> 	<p>Free website</p>	<p>National Charity for Young People's Mental Health, with useful advice and tips on managing your feelings, mental health conditions, medication, helping a friend, coping with mental health and young peoples' stories experiences, films. Website: https://www.youngminds.org.uk/</p>





Anxiety





Title	Type	Description
<p data-bbox="300 689 437 719">Clear Fear</p> 	<p data-bbox="592 689 715 719">Free app</p>	<p data-bbox="770 689 1394 972">Colourful app with information about different types of anxiety, dealing with emotions, managing anxious thoughts and physical reactions to anxiety. Can also help you to set goals and keep a journal. Safety net feature helps you to see the things you can do to help you when anxiety becomes difficult for you to manage.</p>
<p data-bbox="323 1032 413 1061">Root'd</p> 	<p data-bbox="592 1032 715 1133">App: In-app purchase</p>	<p data-bbox="770 1032 1394 1384">6 useful short lessons to understand anxiety and a daily journal to record your emotions and accomplishments. Useful strategies for breathing, sleep & meditation and an emergency panic button to help manage panic attacks. You can also check on your stats to see how well you are doing and complete anxiety check in. Cons: Payment is required to have full use of the app (but the free part is very good.)</p>
<p data-bbox="277 1444 461 1473">Worry Breath</p> 	<p data-bbox="592 1444 715 1473">Free app</p>	<p data-bbox="770 1444 1394 1581">A quick, simple app that helps to manage physical symptoms of anxiety when breathing becomes shallow fast. Follow the dots in the square to slow breathing down.</p>
<p data-bbox="293 1702 445 1731">Worry Tree</p> 	<p data-bbox="592 1702 715 1803">App: In-app purchase</p>	<p data-bbox="770 1702 1394 1912">A CBT technique that helps to record and manage your worries on the go. You can write down your thoughts, create your own distractions and set a reminder to manage your worries. You can also download your worries and email or print them to store.</p> <p data-bbox="770 1917 1394 1984">Cons: the worry tool is free but other functions of the app need to be paid for.</p>

Low mood & depression

Title	Type	Description
<p data-bbox="280 696 456 723">Mood Moove</p> 	<p data-bbox="592 696 716 723">Free app</p>	<p data-bbox="770 696 1398 902">Help manage behaviours that can cause low mood and depression. Helps to set goals, schedule activities and track your mood before and after tasks. You can view your tasks and track your activities and view your rewards.</p>
<p data-bbox="240 965 496 992">Three Good Things</p> 	<p data-bbox="592 965 716 1059">App: In-app purchase</p>	<p data-bbox="770 965 1398 1279">Free feature to list three positive things that happen everyday. This might help to boost your happiness naturally and notice the emotions you felt. It might also help improve your sleep by doing this before bed. You can also look back on your notes and download them to send to yourself or others. Cons: annual purchase costs £11.99 to unlock all features</p>


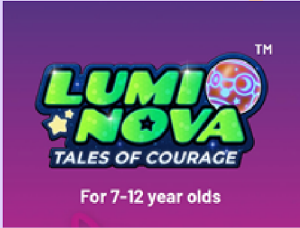

Specific & urgent help - Eating disorders, suicidal thoughts, self harm & abuse

Title	Type	Description
<p>Emergency Services</p> 	<p>Free helpline</p>	<p>If you are struggling to keep yourself safe and want to act on a plan to harm yourself or end your life, then you need immediate help. Call 999 or ask someone to take you to your nearest A&E department</p>
<p>BEAT</p> 	<p>Free website & helpline</p>	<p>National Eating Disorder Charity that supports young people with “disordered eating” and those with symptoms of an eating disorder. Useful information & self-help resources, 1:1 or group online support groups. Website: https://www.beateatingdisorders.org.uk Call: 0808 801 0677</p>
<p>Calm Harm</p> 	<p>Free app</p>	<p>Helps to manage urges to self-harm by encouraging young people to be mindful of their emotions, learn ways to recognise them and manage them differently. Has a range of distraction techniques, a “ride the wave” button to manage urges immediately and a self-monitoring area for diary keeping, a safety net, your progress data and digital rewards. Cons: Having lots of options can make it hard to choose a strategies when having urges (practice and look at the strategies first when calm)</p>
<p>Childline</p> 	<p>Free website & helpline</p>	<p>Childline is a free, private and confidential service where you can talk about anything or report abuse for yourself or someone else. Their online website offers 1:1 counselling, message boards and an “Ask Sam” feature to post a question anonymously on their website. You can also email them directly. Call: 0800 1111. Website: www.childline.org.uk</p>

Title	Type	Description
<p>Hopeline UK</p> 	<p>Free helpline</p>	<p>For children and young people under aged 35. Advisers will work with you to understand why thoughts of suicide might be present and want to provide you with a safe space to talk through anything happening in your life. Call 0800 068 41 41</p>
<p>I Am Sober</p> 	<p>App: In-app purchase</p>	<p>Choose from a list of addictions and start your sober date. Make a pledge of your reasons to stay sober from your addiction and set a goal to track your milestones you reach. You can also see the changes others are reporting. Cons: you can pay £37.99 per year to use all features of the app.</p>
<p>Samaritans</p> 	<p>Free helpline</p>	<p>You can contact the Samaritans for any difficulty you are facing. They will listen to you and help you to talk through your concerns. Worries or troubles. They will focus on your feelings and may ask you questions to help you explore them. Call: 116 123</p>
<p>SHOUT Crisis Messenger</p> 	<p>Free text service</p>	<p>Free and anonymous support. Trained volunteers invite you to share your concerns at your own pace. You can text them back and forth and share what you feel is comfortable and they can help you sort through your feelings until you feel calmer. They could help with suicidal thoughts, abuse or assault, self-harm, bullying and relationship breakdowns. Text "SHOUT" to 85258</p>

Helping others & younger children

Title	Type	Description
<p>Bedfordshire Wellbeing</p> 	<p>Free NHS adult website</p>	<p>The service offers free evidence-based interventions to adults from age 18 and free help to organisations. Support available are wellbeing webinars, individual therapy, leaflets on conditions and self-help apps and workplace wellbeing for staff. Website: https://www.elft.nhs.uk/bedfordshire-wellbeing-service/how-we-help</p>
<p>Combined Minds</p> 	<p>Free app</p>	<p>If you want to support a young person's mental health, this app uses a "strengths-based" approach that can be effective for recovery and focuses on the positive attributes of the person by building on resourcefulness and resilience</p>
<p>Child Bereavement UK</p> 	<p>Free website & helpline</p>	<p>Supports families and educates professionals when child of any age dies or when a child is facing a bereavement. Call 0800 02 888 40 or website: www.childbereavementuk.org</p>
<p>Child Trauma Council UK</p>  <p>UK TRAUMA COUNCIL</p>	<p>Free website</p>	<p>Resources are designed to help carers and professionals understand the affect of traumatic experiences, abuse and neglect. Website: www.uktraumacouncil.org</p>
<p>Chill Panda</p> 	<p>Free app</p>	<p>A free, fun and engaging game that teaches children calming games, breathing and yoga techniques and exercises for anxiety by completing tasks. Cons: May not be compatible on some phones</p>
<p>Famiy Lives</p> 	<p>Free webite & helpline</p>	<p>Offering free and confidential advice, emotional support and guidance on any aspect of parenting and family life. Call 0808 800 2222 or website: www.familylives.org.uk</p>

Title	Type	Description
<p>Feeling Good for Kids</p> 	<p>Free app</p>	<p>Listening to the tracks in the app might help develop skills to cope better with challenges and help to feel better prepared. Young people could develop skills to relax, calm the body, grow confidence and practice seeing yourself doing things even better by finding the positives in yourself and those around you.</p>
<p>Finch: Self-care widget</p> 	<p>app: In-app purchase</p>	<p>Supports and promotes self-care in a fun way with your friends using your special friend code. Meet your own self-care goals, complete adventures and gain points that you can use to care for your finch and others.</p>
<p>Lumi Nova</p> 	<p>App - request via CAMHS</p>	<p>CAMHS Bedfordshire can provide parents and carers with an indirect evidence-based app for children aged 7 - 12 with anxiety. Parents can set their child a goal to manage their anxiety and download the app on a device for their child to use. The child's progress can be monitored through CAMHS. Cons: Parents can only choose one device to download the app on and will need to connect the device occasionally to the internet for the child's progress to be recorded.</p>
<p>Moshi</p> 	<p>App: In-app purchase</p>	<p>Suitable for ages 0-10. Creating a safe space for parents and their children to explore challenging moments through the magic of stories. This app may help children who have trouble sleeping, experiencing anxiety over a big transition or needs a calm moment. Cons: has free content but full content can cost £9.99 per month.</p>
<p>Parentline Bedfordshire</p> 	<p>Text service</p>	<p>A secure and confidential text service for parents and carers of those aged 0-19 to give advice on sleep, emotional health. Text: 07507 331456</p>
<p>Parentline (Young Minds)</p> 	<p>Free helpline</p>	<p>Helping parents with their children up to aged 25 to understand their child's behaviour and offering practical advice. Call 0808 802 5544</p>

Title	Type	Description
<p>Partnership Projects</p> 	<p>Free podcasts</p>	<p>Informative podcasts that reflect on overcoming a child or young person's violent, aggressive, harmful or self-destructive behaviours using Non Violent Resistance Strategies (NVR) Website: https://www.partnershipprojectsuk.com/resources/podcasts/</p>
<p>SAM (Self-help Anxiety Management)</p> 	<p>Free app</p>	<p>Activities are for younger children from age 5+. Interactive, simple activities to enjoy such as mindful colouring, using the breathing circle and a journal to write anxious worries. You can track your anxiety, moods and thoughts and there is an information section with advice how to look after your health, manage your thoughts, physical & how to relax.</p>
<p>Teen Sleep Hub</p> 	<p>Free Website</p>	<p>The one stop shop for all you need to know about sleep. If you're looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind your sleep patterns, you'll find it all here. https://teensleephub.org.uk/</p>
<p>The Mix</p> 	<p>Free online chat & helpline</p>	<p>Helpline and 1:1 or group webchats for young people aged up to 25 to discuss any issue you have. Call: 0808 808 4994 or website: https://www.themix.org.uk/get-support</p>
<p>Worry Dolls</p> 	<p>Free app</p>	<p>Suitable for younger children and can be used as an activity with parents. The dolls hold your worries. You can update your worry by telling the doll you are worrying now, writing why you are worried and when the worry finishes. The doll then stores these worries.</p>

Seeking direct help for mental health

You can always seek support for mental health directly.

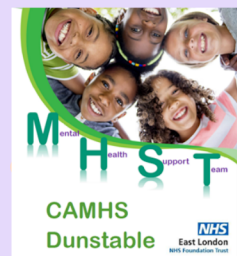
If you are experiencing poor mental health, speak to someone you trust – this could be a family member, teacher or another trusted adult. They can refer you to other agencies.

You can also:

- Make a self-referral to CHUMS
<https://chums.uk.com/>



- Request your school to refer you to the school's CAMHS Practitioner who might be able to offer you a 1:1 or group sessions.



- Self-refer to CAMHS using our self-referral form on our website
<https://www.elft.nhs.uk/services/camhs-south-bedfordshire-and-luton>



MHST DUNSTABLE & MHST LEIGHTON CAMHS

**Beech Close Resource Centre
5 Beech Close
Dunstable
Bedfordshire
LU6 3SD**

Tel: 01582 707635

Dunstable Email: elft.mhst-dunstable-camhs@nhs.net

Leighton Email: elft.mhst-leighton-camhs1@nhs.net

