

Signposts for Savvy Services

Young People's Emotional Health and Wellbeing / Mental Health

At the moment Young People's emotional health and wellbeing / mental health seems to be in crisis and every day brings a fresh news story or report about the pressures our young people face.

Every Savvy Young Person Friendly Service has a role to play in helping to:

"Develop the resilience of Young People, empowering them to identify and access the resources they require to feel positive about themselves and promote wellbeing, where they are and where they can get to"

Savvy Kernow offers services and your Young Person Champion training / support / resources to help you help young people.

Resilience: "The inner strength to deal competently and successfully day after day with challenges and demands."

Details of how / where to signpost young people to in Cornwall can be found on the Savvy Kernow website. This flier can also be downloaded (and it will be regularly updated).

www.savvykernow.org.uk

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Working together to promote Young People Friendly Services and Support in Cornwall & the Isles of Scilly



Thank you to our colleagues in the Cornwall & Isles of Scilly CAMHS team for allowing us to use / adapt their work to create this flier

Help and Support for Young People

Local Support in Cornwall and the Isles of Scilly

www.kooth.com Free online support for young people in Cornwall and the Isles of Scilly

www.mindyourway.co.uk Mental health and wellbeing services for young people in Cornwall

www.savvykernow.org.uk Friendly advice and services in Cornwall and the Isles of Scilly

www.youthkernow.org.uk A website designed and developed by young people in Cornwall for young people in Cornwall. Things to do, places to go, education, jobs and volunteering...



Websites to support emotional health and wellbeing and mental health



www.youngminds.org.uk The voice for young people's mental health and wellbeing



www.epicfriends.co.uk Advice on how to help friends who are struggling to cope emotionally



www.thesite.org Non-judgmental support, information, discussion boards and live chat for 16-25 year olds



www.childline.org.uk ChildLine offers free, confidential advice and support whatever your worry, whenever you need help.

www.samaritans.org 08457 90 90 90 Telephone support for anyone who needs to talk



www.kidscape.org.uk/ We equip young people, parents and professionals with the skills to tackle bullying and safeguarding.

www.lifesigns.org.uk User-led information and support for people who self-harm



www.selfharm.co.uk selfharmUK is a project dedicated to supporting young people providing a safe space to talk, ask any questions and be honest about what's going on in your life.

www.headmeds.org.uk HeadMeds is a website for young people providing information about mental health medication

www.b-eat.co.uk/ supporting anyone affected by eating disorders or difficulties with food, weight and shape



Podcasts on emotional health and wellbeing and mental health

www.mentalhealth.org.uk/help-information/podcasts

free podcasts from the Mental Health Foundation can help you relax and improve your sense of wellbeing and help you live a mentally healthier life.



www.nhs.uk/Conditions/stress-anxiety-depression/Pages/moodzone-mental-wellbeing-audio-guides.aspx a series of eight mental wellbeing podcasts that you can listen to in your own time, that may help you through times when your mood is low or you're facing an anxious time in your life.



Free apps to support emotional health and wellbeing that you can download on your iPad, iPhone or Android! (NHS Reviewed)



moodscope
...with a little help from your friends

Moodscope enables users (to accurately measure and track their mood every day so they're able to learn what causes their ups and downs.

Happy Healthy All the healthy choices you make during a day affect your mental wellbeing. Rate yourself daily on key categories and receive motivating expert advice. Lifestyle, exercise, nutrition and sleep are tracked along with overall wellbeing.



SAM: Self-help for Anxiety Management SAM is a self-help app for people who want to learn to manage their anxiety.

Panic Attack Aid is designed to bring instant calming relief from panic and anxiety attacks through breathing techniques, reassurance and distraction exercises.



The Stress & Anxiety Companion app draws on the fundamentals of Cognitive Behavioural Therapy to provide a useful 'CBT in your pocket' tool to help people manage their stress and anxiety.

Five ways to wellbeing. Reflect on your wellbeing, set activities to help you improve your wellbeing and track your progress



School Nurse Matters is a new and exciting mobile app for young people aged 10 to 18. The app provides students with easily accessible information relating to a wide range of sensitive topics which are NHS assured, in a setting that is familiar to them, safe and user friendly.

www.docready.org We know that it can be difficult to talk to people when you're having difficulties with your mental health. Doc Ready helps you get ready for the first time you visit a doctor to discuss your mental health.



www.thesite.org/apps-and-tools/stressheads Stressheads was developed by the charity YouthNet. We worked with young people to find out what would help you feel calmer during moments when life gets too much. You told us you wanted a way of managing stress that could be carried in your pocket, and so we created Stressheads - the de-stress app for young people

www.headspace.com Meditation app for mindfulness techniques. Headspace is meditation made simple. Learn online, when you want, wherever you are, in just 10 minutes a day.



These apps have been reviewed by the NHS Choices website or by Young People in Cornwall. All the apps are available free of charge (although there are paid for versions for some of them) More information about apps at <http://apps.nhs.uk/>

The Savvy Kernow Guide to 5 Ways for Wellbeing

'5 ways to wellbeing' is a simple idea based on the same concept as the fruit and veg '5 a day'. In the same way that '5 a day' is meant to be good for your physical health, 5 ways to wellbeing are a shorthand way of reminding ourselves about some simple steps to help us in our everyday emotional health and wellbeing...

As the 5 ways to wellbeing have become more well known slightly different versions, using different wording, have developed but they all have the same basic message. Here are some of our favourites:

Connect

Talk with family. See friends. Share.

We all need to have people in our lives to build relationships with, socialise with and share our lives with. Developing relationships with your family, friends, people at school/college, your neighbours and people in communities will enrich your life and bring you support



Be Active

Be active. Rest, relax, Repeat

Our body and our mind are connected. Being active makes us happier as well as being good for our physical health. It instantly improves our mood and can even lift us out of a depression. And don't forget to just **play** sometimes!



Take Notice 'Appreciate your world'

Look around you. Listen. Rest. Be.

We can all sometimes walk round with our heads down, only paying attention to what we need to get done and not really lifting our heads up to see all the different things around us. By taking a little more notice of our surroundings and appreciating some of the things we have in our lives can have a really positive impact on our wellbeing



Try Something New

Find time to grow. Keep learning new things.

There are many ways to learn new things - not just through formal qualifications. We can share a skill with friends, join a club, and learn to sing, play a new sport and so much more



Give

Volunteer. Share. Do good. Feel good.

Helping friends and strangers can be rewarding. It makes them feel good and you too. There are many things we can do to give a little of our time to help others who need it. It will make those we help feel important and give us a sense of pride and achievement in ourselves.

