

Self-help resource sheet

The videos are on the main trust website on this link:

<https://www.oxfordhealth.nhs.uk/health/mental-health/>

<p>SHORT FILMS ABOUT MENTAL HEALTH</p>	<p>Short films about mental health Oxford Health NHS Foundation Trust Oxford Health NHS Foundation Trust</p> <p>If you or someone you know is affected by the issues raised in this film, there are places you can go for help and support. In the list at the end of this page, you will find some trusted organisations that publish high quality, reliable information and give advice on evidence-based treatments.</p> <p>www.oxfordhealth.nhs.uk</p>
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These can also be found on you YouTube:

https://youtu.be/WNvKs_l-3kk - Anxiety

<https://youtu.be/u9ZOqSw9ZLc> - Neurodiversity

<https://youtu.be/oe11chDqbBo> - Personality Disorders

<https://youtu.be/WL5erfC4yE8> - Psychosis



Useful Websites

[NHS Choices](#)

An information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

[Samaritans](#)

Talk to the Samaritans any time you like, in your own way, and off the record – about whatever’s getting to you. You don’t have to be suicidal.

[Childline](#)

Contact ChildLine anytime on 0800 1111 calls are free and confidential. Take your mind off things with games, advice and useful videos all in a [handy toolbox](#).

[Buckinghamshire Children Safeguarding Board](#)

The BSCB has produced a guide for 16 – 18 year olds called ‘You Matter’. The guide provides information on topics such as how to stay safe, relationships, drinking and drugs, body image, sexuality, feeling low and living with a disability.

[BEAT](#)

The UK’s leading charity supporting anyone affected by eating disorders.

[YoungMinds](#)

YoungMinds is the UK’s leading charity committed to improving the emotional wellbeing and mental health of children and young people.

[National Autistic Society](#)

Find out about diagnosing autism (including Asperger syndrome), and the impact on people and their families, and find advice and support on all aspects of life with autism.

[Get Self Help](#)

This website provides CBT self-help and therapy resources, including worksheets and information sheets and self-help mp3s

[Health Help Now](#)

This free website is to help you find the most appropriate local health service for common symptoms in Buckinghamshire. Search by symptoms, services or advice to get the right help for you.

[THRIVE](#)

Get a better understanding of some of the feelings you may be experiencing and some good advice on some tips you can take to improve your wellbeing.

[Upside Online](#)

Upside is a Barnardo’s website, which is free, safe and confidential to support the emotional wellbeing and mental health of young people aged 11-18 years

[National Autistic Society](#)

guidance and helpline for parents', young people and staff

[Mencap](#)

Easy Read guide to Coronavirus

[Place2Be](#)

Guide to helping parents answer questions from their children and to support family wellbeing

[Carers UK](#)

Guidance for carers

[Covibook](#)

An interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic

[Amaze](#)

Information pack for parents

- [Public Health England have produced an easy read version of their Advice on the coronavirus for places of education. You can download it here.](#)



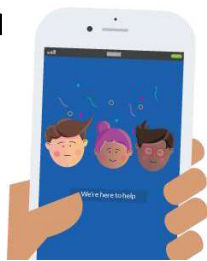
Apps

[Stop, Breath and Think](#)

Stop, Breath and Think is an emotional wellness platform for the “under 25” generation. At Stop, Breathe & Think, they believe that when more people find peace of mind, it makes the world a better place. Their mission is to help kids, teens and young adults build the emotional strength to tackle life’s ups and downs.

[Calm Harm](#)

Calm Harm is an award-winning app that uses the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT). Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password and personalise the app if you so wish. You will be able to track your progress and notice change.



[Clearfear](#)

Clear Fear is an app that uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.

[SAM](#)

Self-help for Anxiety Management – a self-help app to learn to manage anxiety.

[For Me](#)

Wherever you are and whatever life throws at you, Childline is now easier to access than ever before. ‘For me’ is the brand new way to get advice and support on loads of topics – from issues that can play a big part in everyone’s life, like school and exam stress, through to extremely personal issues, such as self-harm and mental health.

- Get access to selfhelp advice and support on a huge range of issues
- Watch videos to help you feel better
- Create your own mood tracker and have your own private locker space that’s just for you
- Chat to other young people about whatever you want on our lively and supportive message boards
- Call, or email a Childline counsellor

[What’s up?](#)

What’s Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more!

[Headspace](#)

Meditation made simple. Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress.

[Optimism](#)

A mood charting app for managing depression, bipolar and anxiety disorders to keep a journal and chart recovery progress.

[Relax Melodies](#)

Select sounds and melodies to help you sleep.

[Mindshift](#)

An app to help teens cope with everyday anxieties, it teaches relaxation, suggests activities to help you shift and face it.

[Moodtrack Diary](#)

Monitor and track your emotional health. The app records a range of emotions for anxiety, depression, stress, posttraumatic stress and your general well-being.

[Grief: Support for Young People](#)

This app has been created by leading bereavement charity Child Bereavement UK and the bereaved young people we work with. It is for 11-25 year olds who have been bereaved of someone important to them. It can also be used by friends, teachers, parents and professionals who would like to know how to support bereaved young people.

[CALM](#)

Relax with Calm, a simple mindfulness meditation app

Learn about common conditions

These guides are designed to help you learn about conditions that might be effecting you, and access the care you need.

[ADHD](#)

[Anxiety](#)

[Autism \(ASD\)](#)

[Bereavement](#)

[Bipolar disorder](#)

[Depression and Mood Disorders](#)

[Eating Disorders](#)

[OCD](#)

[Psychosis](#)

[Self-Harm](#)

[Sexuality](#)

[Suicidal thoughts](#)

[Tourettes syndrome](#)



Feeling unwell

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

Only call 111 if you cannot get help online.

Stay At Home advice can be found [here](#).

More information can be found on the NHS website [here](#).