

Support and self help guide

for children, young people and families in Suffolk*

This booklet is for young people and anyone supporting them. Inside, you will find some top tips on supporting emotional wellbeing, some self-help strategies and information signposting you to where you can get more help if you need it.



*Excluding Waveney

Five ways to wellbeing

Many factors can influence our wellbeing but research says that doing one or more of these five different things regularly can help boost your mood and make you feel happier.

1

Be active

Go for a walk or run. Step outside. Cycle. Play a game. Do some gardening. Dance. Exercising makes you feel good. Pick something you enjoy and try to do it regularly.

2

Help someone

Do something nice for a friend or someone you know or give thanks. Smile. Volunteer your time. Join a community group.

3

Connect with the people around you

With family, friends, colleagues and neighbours. At home, work, school or in your local community.

4

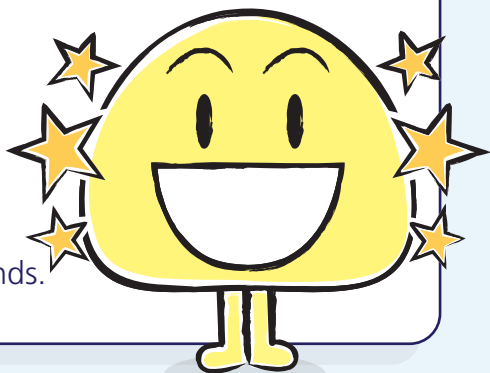
Try something new and keep learning

Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. It'll help boost your confidence and can be fun.

5

Take notice

Be aware of the world around you and what you are feeling. Catch sight of the beautiful. Notice the changing seasons. Savour the moment, whether you are walking to school, eating lunch or talking to friends.



Self help techniques

Managing anxiety and emotions

7/11 breathing technique

Inhale deeply for seven counts and exhale slowly for eleven counts. This technique aims to slow down the heart rate and prevent panic from escalating. We would encourage practising the 7/11 breathing technique for at least 5-10 minutes, or until the feelings of panic and worry decrease.

5, 4, 3, 2, 1 grounding technique

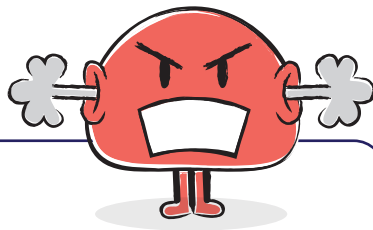
Aims to reduce feelings of being overwhelmed and to encourage relaxation:

- Note 5 things - you can **see** around you
- Note 4 things - you can **touch** around you
- Note 3 things - you can **hear**
- Note 2 things - you can **smell**
- Note 1 thing - you can **taste**

Managing anger

It's okay to feel angry but there are ways to manage anger:

- 1 Breathe slowly
- 2 Relax your body
- 3 Try mindfulness techniques
- 4 Exercise
- 5 Use up your energy in other ways
- 6 Do something to distract yourself mentally or physically



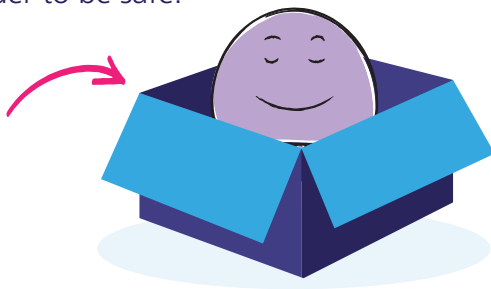
Further information on coping with anger can be found at: www.mind.org.uk/information-support/types-of-mental-health-problems/anger/about-anger

Self-soothe box

You could access a self soothe box when you are experiencing symptoms of anxiety. The self soothe box would contain items which should help you feel more relaxed and comfortable.

A self soothe box could be in an easy to reach location, such as a bedroom or in the living room. If possible, you could use this box in a quiet environment which you consider to be safe.

These are items that could be included in your self soothe box:



Touch: Items which are interesting to touch, which serve as a good distraction for hands. This may include fidget cubes/spinners, playdough or stress balls. This may encourage muscles to relax, which can help to reduce feelings of anxiety.

Memories: These could be items which have positive memories attached to them. This could include photos, toys or novelty items. This may help to boost positive emotions and reduce feelings of worry or frustration.

Smell: Smells which can help promote positive feelings and relaxation. This may include peppermint or lavender.

Music: This may be a favourite music playlist or music aimed at promoting relaxation. This could be a wind-up music box or played through a music device.

Water: Regular sipping of water is a good way to keep a steady rhythm to breathing and heart rate, helping to reduce feelings of worry.

Additional suggestions about items for a self soothe box can be found at www.youngminds.org.uk/blog/how-to-make-a-self-soothe-box

Click link or scan QR code



There are a number of other suggested self-care things we can do to look after our own mental health – here are some of them:

Eat a healthy diet and avoid certain foods

Swapping processed food for healthier alternatives.

Try some relaxation techniques

Having a few minutes in your day just to be aware of your breathing and become fully relaxed can calm the mind completely.

Take time away from technology

See how it feels to take yourself away from your phone for a bit, it doesn't have to be for long but it can make a lot of difference.

Dance

Put on your favourite songs and have a little boogie in the living room. Even small movements can make a big difference.

Develop friendships that are important

Being with people who make you feel confident and good about yourself can really boost your mental health.

Write three positive things that you did each day

Writing things down can help to arrange thoughts.

Be kind to yourself

Self kindness won't necessarily stop your thoughts or feelings from being difficult, but it might provide some small comfort in the midst of them.

Talk to a friend about how you are coping

Ring for a chat could help you get away from how you're feeling.

- Talk to your friends online or find a safe online support group.
- Take part in a photography challenge with your family or friends.
- Create a playlist with your friends.

Organise your day

Writing a list and organising yourself may help to prevent stress.

Try to get showered and dressed each morning

Set some goals for the future

Goal-setting can give you some extra motivation and encouragement. It may also help with your daily routine, giving you something to work towards to get through the day.

Support available now

You don't need a referral, you can access this support straight away.

- **Free parent/carer workshops to support young people and families:** Our Psychology in Schools Team runs parent workshops throughout the year to provide up-to-date advice and guidance on how parents and carers can support the young people in their lives. For live interactive workshops, book through [Eventbrite](#). For pre-recorded workshops, visit: www.nsft.nhs.uk/parent-workshops



**Click link or
scan QR code**

- **Barnardo's Phoneline:** Parents and young people call **0345 600 2090** and select option for general wellbeing information and guidance to emotional wellbeing support (age 0-25)
- **Emotional Wellbeing Hub:** Call **0345 600 2090** and select Option 2 if you are professional seeking mental health advice (age 0-25)
- **The Source:** Information and advice for young people in Suffolk
Visit: www.thesource.me.uk
- **Kooth:** FREE online counselling and peer support for 11-25 year olds.
Visit: www.kooth.com
- **ChatHealth:** A secure text messaging service for parents, carers, and young people to confidentially ask for help about a range of issues and find out how to access local services.
Suffolk: Text **07507 333356**
- **Young Minds:** Parent helpline 0808 802 5544 (9am - 4.30pm Monday to Friday) and webchat service: www.youngminds.org.uk/parent/parents-helpline-and-webchat/
- **MAP:** FREE confidential support, information and advice on issues such as housing, money and mental health for people aged 11-25.
Visit: www.map.uk.net or call the MAP helpline: **0800 0744454**
- **The Mix:** Support service for young people, from mental health to money, homelessness to finding a job, break-ups to drugs. Visit: www.themix.org.uk or call The Mix Helpline: **0808 808 4994**

Anxiety

It is impossible to get rid of anxiety, and it would be unhelpful to do that. To learn more about anxiety and find ways to support your child/young person so that the anxiety does not get in the way of what's important in their life, visit: www.nsft.nhs.uk/anxiety



Low mood

Low mood or sadness are feelings that everybody experiences. For some, though, the feeling rarely passes and it can make even the smallest tasks feel impossible. To learn more about low mood, and find ways to support your child/young person so that the low mood does not get in the way of what's important in their life, visit: www.nsft.nhs.uk/low-mood

Self-harm

Many young people use self-harm as a way of coping. Here are some resources for young people and their families on understanding and supporting young people who engage in self-harm.

- **Harmless:** Email info@harmless.org.uk or visit www.harmless.org.uk
- **Self harm support group:** Alumina is a free online self-help group for young people. Visit www.selfharm.co.uk
- **Self-injury support (for women and girls):**
Call **0808 800 8088** or visit www.selfinjurysupport.org.uk
- **National Self Harm Network forums:** Visit www.nshn.co.uk
- **Mind:** Call **0300 123 3393** or visit www.mind.org.uk
- **CALM (for men):**
Call **0800 58 58 58** or visit www.thecalmzone.net/issues/self-harm/

For further information, please visit: www.nsft.nhs.uk/self-harm

Eating disorders

- **BEAT:** Visit www.beateatingdisorders.org.uk Helpline: **0808 801 0677**
Email: help@beateatingdisorders.org.uk
- **Free eating disorder workshop series for parents and carers:**
Visit [NewMaudsleytrainingcourse.dates\(charliewaller.org\)](http://NewMaudsleytrainingcourse.dates.charliewaller.org)

Bereavement support

- **Winston's Wish**

Freephone helpline and website of resources to help children and young people journey through grief.

Visit: www.winstonswish.org or call **08088 020 021**.

- **Living Hub (East Suffolk)**

Bereavement support and co-ordination of grief services in East Suffolk. Information on other services also available.

Visit: livinggriefeastssuffolk.co.uk or freephone **0300 303 5196**.

- **Nicky's Way, St Nicholas Hospice (West Suffolk)**

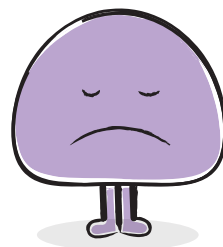
Support for children and young people aged five to 18 in West, who are bereaved due to any cause of death. Call **01284 715572**.

- **Cruse**

Support, advice and information to people who have experienced the death of someone close to them.

Visit www.cruse.org.uk or call **01473 230888**.

For further information, please visit: www.nsft.nhs.uk/grief-and-loss



Young carers

A young carer is a child or young person who helps to look after a relative. This may be due to them having an illness, a disability, mental health concern or a drug or alcohol problem. Support is available for young carers by contacting:

- **Suffolk Family Carers in Suffolk:**

Visit www.suffolkfamilycarers.org or call **01473 835477**.

- **Suffolk County Council:**

Click to visit Support for Young Carers [web pages](#) or scan the QR code.



Children and young people with additional needs

Special educational needs and disabilities (SEND), can affect a child or young person's ability to learn, their behaviour or ability to socialise, reading and writing, ability to understand things, concentration levels, or physical ability.

- **Suffolk Local Offer:**
Visit www.infolink.suffolk.gov.uk

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- **SENDIASS in Suffolk:** Confidential and impartial information, advice and support service on issues related to Special Educational Needs and Disability (SEND). Visit www.suffolksendiass.co.uk or call **01473 265210**

- **Neurodiversity parent/carers workshops:** Suffolk Psychology in schools team offers a programme of free virtual workshops to explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face.
Visit www.nsft.nhs.uk/parent-workshops for more information and book through Eventbrite.



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- **Suffolk Neurodevelopmental pathway:** Visit www.infolink.suffolk.gov.uk

Family support

- **Family Information Service:** Directory of childcare, local groups, organisations, activities, and financial support
- **Homestart:** Offers informal, friendly family support for families with children under 12 years. Visit: www.home-start.org.uk
- **The Parent Hub, Suffolk County Council:** For parent advice and support. Visit: www.suffolk.gov.uk



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LGBT+ support service

- **Outreach Youth:** If you are lesbian, gay, bisexual or transgender or in doubt of your sexuality or gender identity, you can get advice, peer-support and information. Visit: outreachyouth.org.uk
Call or text: **07999 730 289** Email: info@outreachyouth.org.uk

Visit: www.nsft.nhs.uk/gender-identity

Apps

There are lots of free apps available which have been assessed by the NHS. You could try some of them to see which ones work best for you. Here are just a few of them:



Bluelice: This app helps young people manage their emotions and reduce urges to self-harm.



Calm Harm: Reduce urges to self-harm and manage emotions in a more positive way.



Catch It: Learn to manage negative thoughts and look at problems differently.



Combined Minds: Helps friends and family to support young people with their mental health. Can you please find the picture of the app to go with it in line with the others already on there.



distrACT: Quick and discreet access to information and advice about self-harm and suicidal thoughts.



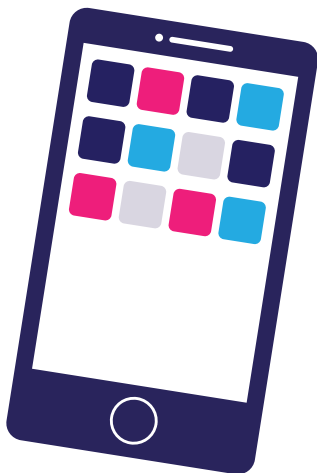
MeeTwo: A safe and secure forum for teenagers wanting to discuss any issue affecting their lives.



Student Health App: Reduce your worries, feel more confident and get the health information you need as a student.



ThinkNinja: Designed to teach young people about mental health, emotional wellbeing and resilience.



Staying safe online

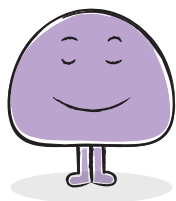
[Internetmatters.org](https://www.internetmatters.org) is a free online resource for every parent in the UK. Showing the best ways to protect children online – with information, advice and support on all the big e-safety issues.



Urgent advice

If you need help for a mental health crisis or emergency, you should get immediate expert advice and assessment.

- **Call 111** and choose the 'mental health' option.
- **999:** If someone's life is at risk.
- **Childline:** If you're under 19, you can talk to Childline about any concern you have. Call **0800 1111**. The number will not appear on your phone bill.
- **Papyrus:** If you are (or know a young person) thinking of suicide, Papyrus offers confidential suicide prevention advice and a [helpful guide for parents](#) around supporting young people with self-harm. Call **0800 068 4141**.
- **Samaritans:** If you just need to talk, any time of the day or night, these services offer confidential advice from trained volunteers. Call **116 123** to talk to Samaritans or email **jo@samaritans.org** for a reply within 24 hours.
- **Text: SHOUT** to **85258** to contact the Shout Crisis Text Line, or Text YM if you're under 19.



This guide has been developed with permission from the Mancroft Advice Project, which created a similar booklet with the support of children, young people and their families.

Need help and advice?

Contact the Customer Service Team for advice, information and support. We are here to help with any questions you have about NSFT services.

Tel: 01603 421486

Email: customer.service@nsft.nhs.uk



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Trust Headquarters:

Hellesdon Hospital,
Drayton High Road,
Norwich,
NR6 5BE

 01603 421421

 nsft.nhs.uk

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