

MENTAL HEALTH RESOURCES FOR TEENS, PARENTS + TEACHERS

Hi there! We are the Mental Health Support Team (MHST for short) and as part of Children's Mental Health Week 2021 we've put together a whole bunch of resources that are out there for teenagers, parents and teachers.



MENTAL HEALTH WEEK 2021

Check out Place2Be's video introducing this year's Children's Mental Health Week. The theme is Express Yourself! They also have loads of awesome things to do on their site which you can find [HERE](#)

HEADSPACE ON NETFLIX

Headspace, as well as being an amazing app, have also released a documentary on Netflix. Why not add it to your watch list and check it out? Each episode explores a different theme of meditation and has a chance to try it out too.



TALKING MENTAL HEALTH

A great conversation starter from the Anna Freud Centre to get us talking about our mental health. What do you do when you are stressed? How do we deal with our BIG feelings? And how can you be a good listener? Plus there are so many more things to get stuck into on their website [HERE](#)

THINGS TO TRY...

- **GRATITUDE JOURNAL** - Write a daily gratitude journal to focus you on three things that you are grateful for that day.
- **BREATHE** - Breathing exercises can be very useful when feeling angry or worried. There are many different types, here is one example:

GORILLA BREATHING

1. Close your right nostril with your right forefinger and breathe in through the left nostril.
2. Stop the left nostril with the left forefinger and breathe out through the right.
3. Repeat breathing in through the right and stopping the left.

- **FREE WRITING** - Get a piece of paper, a pen and a timer. For two minutes try to write down anything that comes into your mind, try not to let the pen off the paper. There are no rules, even if what you write doesn't make sense.
- **RANDOM ACTS OF KINDNESS** - Try and do something small each day that may make someone smile. Here are some ideas
 - Write a note to a friend/parent/sibling about why they make you smile
 - Make someone in your household a cup of tea/coffee/cake/lunch
 - Say something nice that you notice about someone
- **STRESS BALL** - Try to build a stress ball. You'll need balloons, flour or rice and a funnel.
- **MINDFUL EXERCISES** - to take your mind off uncomfortable thoughts and feelings. They are easy to use at nearly any time or place. Try: Naming all the objects you see, describing in steps an activity you know how to do well (like throwing a basketball), thinking of an object and draw it in your mind, or in the air with your finger or reading something backwards, practise for a few minutes.

MORE LINKS

TIPS FOR PARENTS

WELLBEING APPS + SOCIALS

PODCASTS AND VIDEOS

MINDFUL ACTIVITIES FOR ADULTS

TEXT SERVICES

We know sometimes things are tough and it can be hard to know who to talk to or even how to start that conversation. Here are some charities that provide text support.

MIND TEXT SERVICE - Ask about where to get local help and about mental health worries | Text: 86463

SANE TEXTCARE - Check out their website for how to get in contact.

SHOUT 85258 - free, 24/7 mental health text support in the UK | Shout 85258 (giveusashout.org)

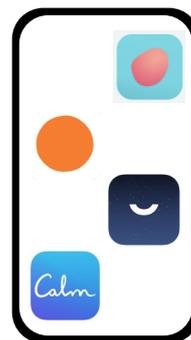
APPS

Everyone can improve their wellbeing and their mental health. A great tool to help is right on your phone.

Here are a selection of apps to try:

Headspace - learn mindfulness and meditation skills

Cove - create music to reflect emotions like joy, sadness and anger to help express how you feel



Calm - app including support with relaxation, sleep, and meditation

Pzizz - get help to calm your mind, fall asleep fast, stay asleep and wake up refreshed



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