



### Finding Help - Crisis Support Services

**Need urgent support?**  
A mental health crisis is an emergency that has a direct and immediate threat to your physical or emotional well-being. In these situations, it's important to get help quickly.

Try to stay calm and ask someone for help if you need it. It could help to tell someone you trust, maybe a family member or a friend. They can be with you and help you decide what to do. They can also contact services on your behalf.

If there is any immediate risk to life, contact the emergency services by calling 999.

- NHS**
- Mental health services are free on the NHS. Check with your school to see if there are any Mental Health Support Teams such as RISE in your school. Talk to your GP about a mental health referral.
  - To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online.

- Shout**
- Shout is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.
- Text 85258 for immediate help.**

- Samaritans**
- You can access confidential emotional support at any time from Samaritans either by:
- Calling 116 123
  - Emailing [jo@samaritans.org](mailto:jo@samaritans.org)
  - [www.samaritans.org/scotland/how-we-can-help/contact-samaritan/](http://www.samaritans.org/scotland/how-we-can-help/contact-samaritan/)

- Childline ([www.childline.org.uk](http://www.childline.org.uk))**
- Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday.

- HOPELINE ([www.papyrus-uk.org/papyrus-hopelineuk](http://www.papyrus-uk.org/papyrus-hopelineuk))**
- HOPELINEUK is a confidential support and advice service for:
- Children and young people under the age of 35 who are experiencing thoughts of suicide
  - Anyone concerned that a young person could be thinking about suicide
- Call 0800 068 4141 any day 9am - 12am (midnight)

### Further Support and Information



### Apps

 <b>Headspace</b> A meditation app that acts as a personal guide to health and happiness.	 <b>MoodGym</b> An online cognitive behaviour therapy program for depression and anxiety.
 <b>Smiling Mind</b> A meditation program to help bring mindfulness into your life.	 <b>Calm Harm</b> An app that helps young people manage the urge to self-harm.
 <b>ThinkNinja</b> Designed for children and young people (10-18 years old) to help with anxiety and low mood.	 <b>Clear Fear</b> An app that helps you face your fears and reduce the physical responses to anxiety.

### Building better mental health and wellbeing

RISE works in schools and colleges across Newcastle and Gateshead to support children and young people (aged 5-18) with their emotional wellbeing and mental health.



Our website can tell you more about our service and has many free resources to help support your mental health and wellbeing.

Scan the QR code or head to [rise.childrenssociety.org.uk](http://rise.childrenssociety.org.uk)



We have a range of self-help guides: anxiety, low mood, exam stress and self-esteem.



Check out our YouTube channel which contains helpful videos and shorts e.g. anxiety, low mood, mindfulness



**YOUTUBE VIDEOS**

**Understanding Emotions**  
It's really important to check in with yourself and understand how you are feeling. Your emotions are usually trying to tell you something.



**Fight, Flight, Freeze**  
Learn what happens in your body when you're faced with something that scares you.



**Overcoming Fears**  
This technique helps us to face our fears, building up our confidence and our ability to confront them and overcome them. We can break the cycle of fear and avoidance and take back control so we can do the things we enjoy.



**Negative Automatic Thoughts**  
NATs are negative thoughts that often come to mind, making you feel bad and stopping you achieving your best. If we can change our thoughts, we can help to change how we feel, which can change what we do.



**Circle of Control**  
This will help you understand what is in your control and what is not. We can release the worries that we cannot do anything about and focus our attention on the things within our control.



Your wellbeing includes looking after both your physical and mental health, to maintain your wellbeing, you need a good balance for both.

**5 WAYS TO WELL-BEING**

**CONNECT**

**Connect**  
Connect with others. Talk, actively listen. Be present and be there to feel connected. People I want to connect with:

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**BEING ACTIVE**

**Being Active**  
Being active can have a good affect on your mood. Do what you can, start small and enjoy what you do. How I want to stay active:

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**TAKE NOTICE**

**Take Notice**  
Focus on the present day. At the end of each day think of three things you are grateful for. I am grateful for:

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**GIVE**

**Give**  
Give your time, give your words, and share with others. Be there with others. But also remember to give to yourself, what do you need? Ways to show kindness to myself:

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**KEEP LEARNING**

**Keep Learning**  
Embrace new experiences and surprise yourself. Keep growing your mind and using the skills you have learnt. Skills I want to learn or develop:

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**Sleep Tips**



Stick to the same bedtime and wake up time everyday.  
Share your worries to relax your mind.  
Exercise earlier in the day.

Try to use your bed only for sleeping to help your brain associate bed with sleep. Create a bedroom that's comfy, cosy, cool and quiet.

Bedtime routine - create a predictable series of events leading to bedtime. (E.g. brush teeth, put on pj's and read book).

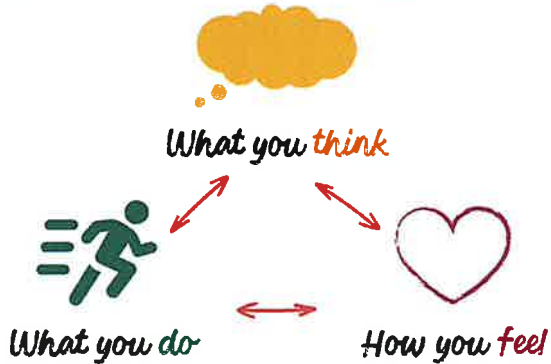
Choose quiet, calm and relaxing activities before bedtime.

Limit technology usage an hour before bed.

Tap on different parts of your body - tense then relax your body one part at a time, starting with your feet.



## Thoughts, Feelings and Behaviour



When we worry it usually starts with a thought. These thoughts are often unhelpful, negative thoughts. When our thoughts take over, they can grow and make our emotions feel very big. We get big feelings in our body such as tummy aches, butterflies, tenseness, dizziness, our heart racing and we may feel we can't breathe. The way your child feels can then change how they behave or what they do. They may cry, lash out, hide, run away, scream or shout.

### Thought Challenging



Helping your child challenge their thoughts is really important. It is important to help them see things as they are rather than how they think they are. This can break the cycle and change how they feel, and how they behave.

## Further Support and Information



### A Guide to Helping Your Child with Anxiety and Worries

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes.

All children experience worries. If these worries begin to impact their mood, or stop them doing what they want to do or should be doing, then they may need some support to manage their worries.

### Fight, Flight, Freeze Response



When we have big emotions, it is often due to the human instinct to keep ourselves safe. This is called Fight, Flight and Freeze Response. Fight Flight Freeze is our reaction to danger. Sometimes we can react as if we are in danger when we are not. It is important to recognise when we are responding like this.

Although we are quite safe, our body has an internal alarm that sometimes goes off when we need to keep safe. Our body also produces adrenaline which causes changes in the body.

## Helpful Apps



**HeadSpace**  
A meditation app that acts as a personal guide to health and happiness.



**MoodGym**  
An online cognitive behaviour therapy program for depression and anxiety.



**Smiling Mind**  
A meditation program to help bring mindfulness into your life



**Calm Harm**  
An app that helps young people manage the urge to self-harm.



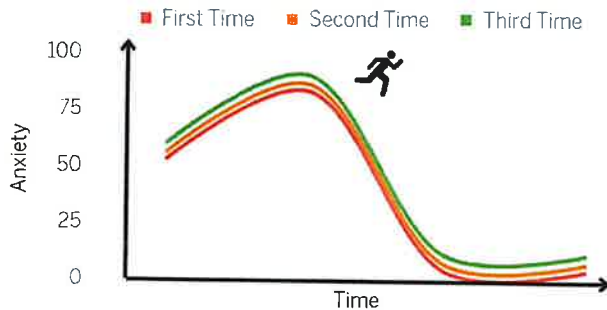
**ThinkNinja**  
Designed for children and young people (10-18 years old) to help with anxiety and low mood.



**Clear Fear**  
An app that helps you face your fears and reduce the physical responses to anxiety.

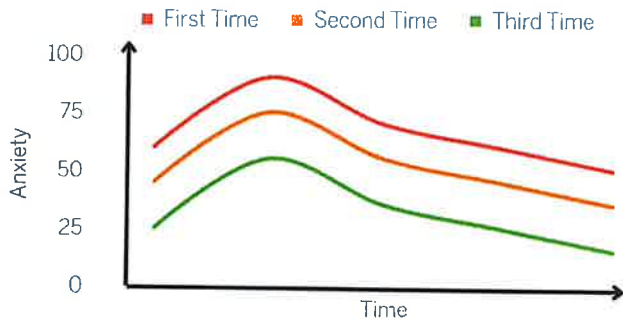


## Facing Our Fears



When we avoid doing the things we are scared of, our anxiety goes down quickly, which makes it feel like avoiding them is the right thing to do.

However... Next time we try and face the thing we fear, we will feel just as scared, if not more!



When we face the things we are scared of, our anxiety goes down more slowly, but staying in the situation helps us learn it isn't as scary as we thought.

Next time we face the situation, we will feel less anxious... then even less the next time, and even less the time after!

## Reassurance

- Giving your child reassurance is a natural response and can sometimes reduce distress in the short-term.
- Anxious children often seek out reassurance, however it does not help them to feel less anxious in the long run.
- Reassurance can be addictive; the more a child gets reassurance, the more they will want it or think they need it.

## Asking Questions, Not Giving Answers

Try asking your child questions instead of providing reassurance. This can help both you and your child to recognise where the anxiety is coming from. It can also help validate your child's feelings and prevent them feeling silly or wrong. Often, answering these questions will help a child to realise for themselves that their fear is not very likely to happen, or can help them realise that they are more able to cope with it than they thought, if it did happen.

### Try Asking:

- Why are you feeling worried?
- What is frightening you?
- What do you think will happen?
- What is the worst thing that might happen?
- What is it about this that is making you worried?
- What would you do if this did happen?

## Further Helpful Resources

### Understanding Emotions



This can help your child understand that all of their emotions and feelings are valid and that they are usually trying to tell them something. Encourage them to check in with themselves regularly to understand how they are feeling.

### Overcoming Fears



Use this technique to help your child face their fears, building up their confidence and ability to overcome them. We can help them break the cycle of fear and avoidance and take back control so they can do the things they enjoy.

### Worry Tree



The Worry Tree is a tool you can use to help your child work through their worries. It can help you and your child to learn how to manage worries that are within and outside of their control.

### Circle of Control



This will help your child understand what is in their control and what is not. They can release the worries that they cannot do anything about by doing something else, or focus their attention on the things within their control instead.



## SLEEP AND LEARNING

- Sleeping well is important for good learning.
- Our brains, like a computer, work on processing our thoughts and learning all the time by building our network of neurons and synapses in neural pathways in the brain.
- Sleep is needed to help our memory and consolidation of new learning.



## HOW MUCH SLEEP DO WE NEED?



Graphic: https://www.healthline.com/health/how-much-sleep-does-my-child-need/

## Top Sleep Tips



- Stick to the same bedtime and wake up time everyday.
- Bedtime routine - create a predictable series of events leading to bedtime. (E.g. brush teeth, put on pj's and read book). Follow this every night.
- Try to use your bed only for sleeping to help your brain associate bed with sleep. Create a bedroom that's comfy, cosy, cool and quiet.
- Try to move your body in a way that feels good every day.
- Share your worries to relax your mind.
- Avoid going to bed feeling hungry or too full.
- Choose quiet, calm and relaxing activities before bedtime.
- Limit technology usage before bed.
- Tap on different parts of your body - tense then relax your body one part at a time, starting with your feet.

## CALMING ACTIVITIES BEFORE

### BEDTIME



- Bedtime Story.
- Yoga/stretching.
- Jigsaw.
- Colouring.
- Audio books.
- Saying good night to teddies and putting toys to bed.
- Building blocks and Lego.

## COMMON SLEEP PROBLEMS

- Night Terrors- Speak in a calming voice and guide the child back to their own bed.
- Waking in the night- encourage to self soothe to get back to sleep.
- Worries- use The Worry Tree to help sort worries out and encourage calm (see back of leaflet).
- Monsters - If your child is scared of something help them investigate rather than dismiss their worry.
- Dependency on parent being there - create a step-by-step plan to encourage your child to fall asleep alone.

