

## Advice for Parents

If there are risk/safety concerns consider restriction or removal of potential harmful items to minimise any possible risk

Ensure all relevant people are aware of concerns such as other family members, teachers, other services or professionals involved

Encourage accessing self help information and use of distraction techniques (examples shown in images)

Encourage seeking support from others; identify the young person's support network

Monitoring of mood

Encourage open discussion

Attend A&E if there is an imminent concern for safety and/or medical attention is required

Keep a record of 'support and safety plans' and ensure the young person also has a copy

Liaise with GP, Counsellor or CAMHS

Betsi Cadwaladr University Health Board

Gwasanaeth Iechyd Meddwl Plant a Pobl Ifanc  
Ffordd Croesnewydd, Ysbyty Maelor,  
Wrexham, LL13 7TD

Child and Adolescent Mental Health Service  
Croesnewydd Road, Maelor Hospital,  
Wrexham, LL13 7TD

## THE BEST APPS FOR MENTAL HEALTH



Psychology  
Wales

Mental Health Experts on Demand

### 1 HEADSPACE

Headspace is a mindfulness app. It has numerous programmes catered to your needs. For example, it has programmes centred around anxiety, depression, self esteem issues and stress, among many more. The app works through simply pressing play on your device, and can be accessed anywhere.



### 2 WELLMIND

Developed by the NHS, this app helps with advice for dealing with symptoms of anxiety and depression. It's a great way of keeping track of thoughts and feelings you may have throughout the course of a day or week.

### 3. TOTD - THOUGHT OF THE DAY

This app provides quotations and motivational thoughts to get you through the day. It's a great way to have a little pick-me-up before beginning a stressful workday and to keep you positive



### 4 CATCH THAT THOUGHT

This app is great for monitoring difficult thoughts and emotions. You can record what the mood is, the intensity of the emotion, when you experience it and where. The app then keeps track of the emotions you input into a calendar so you can easily monitor your progress.

### 5. THE STRESS AND ANXIETY COMPANION

This app encourages better thinking through its simplified CBT process designed to help you identify triggers and their associated thoughts. It teaches ways in which you can replace the negative thoughts for positive ones. It shouldn't be used as a replacement for professional CBT but it's a useful aid to go along with professional help.



### 6 THRIVE

Thrive apps are created using a computerised CBT programme. It helps the user to collect their thoughts and helps to improve mental health and wellbeing. The apps can also be used in addition to EAPs.

For more wellbeing advice, check out our blog at [www.psychologywales.co.uk](http://www.psychologywales.co.uk)



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

Wrexham CAMHS  
Wrexham Child and  
Adolescent Mental  
Health Service

Keeping Safe:  
Self Help  
information



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## Ways to help yourself

### 5 ways to... wellbeing



**Connect...** with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



**Be active...** Swap your inactive pursuits with active ones. Go for a walk. Step outside. Cycle. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



**Take notice...** Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



**Keep learning...** Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



**Give...** Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

## Coping strategies

**Speak to someone:** Speaking to someone you know may help, perhaps a teacher or parent. Many schools and colleges now have counsellors available for you to talk to - this is a good place to start.

**Distractions:** Distracting yourself from the urge to self-harm is a way of giving yourself more breathing space and reducing the intensity of the urge. It can be done when you feel the urge, or as soon as you become aware that you are hurting yourself.



**CALM HARM:** Mobile app to help teenagers resist or manage the urge to self-harm. *Free*



**Harmless:** Offers advice and information regarding young people who may self harm or experience such thoughts

**Website:** [www.harmless.org.uk](http://www.harmless.org.uk)



### Self Harm UK

Offers an online space to talk and ask questions about concerns in their life.

**Website:** [www.selfharm.co.uk](http://www.selfharm.co.uk)



### National Self Harm Network

NSHN is an online forum that lets you talk to other people in a safe, controlled environment

**Website:** [www.nshn.co.uk](http://www.nshn.co.uk)



### Papyrus

Papyrus HOPElineUK:

**Tel:** 0800 068 41 41

**Website:** [www.papyrus.org.uk](http://www.papyrus.org.uk)



## Online resources and helplines



**www.mind.org.uk**  
**Helpline: 0845 766 0163**  
**Text: 86463**



**www.nspcc.org.uk**  
**Helpline: 0800 1111**



**www.youngminds.org.uk**  
**Helpline: 0808 802 5544**



**www.rethink.org**  
**Tel: 0300 5000 927**



**Helpline: 0808 808 4994**



**Text YM to 85258 for free 24/7 support if you are experiencing a mental health**



**SANE:** SANEline operates 4.30pm – 10.30pm daily for Mental Health Support  
**Tel: 0300 304 7000**