

COUNSELLING AND MENTAL HEALTH RESOURCES

Grounding Techniques

- Take ten slow breaths. Focus your attention fully on each breath, on the way in and on the way out. Say number of the breath to yourself as you exhale.
- If you are with other people, and you feel comfortable with them, concentrate closely on what they are saying and doing, and remind yourself why you are with them.
- Look around you, notice what is front of you and to each side. Name and notice the qualities of large objects and then smaller ones.
- Stamp your feet, and notice the sensation and sound as you connect with the ground.
- Notice five things you can see, five things you can hear, five things you can feel, taste, or smell.
- Feel the clothes on your body, whether your arms and legs are covered or not, and the sensation of your clothes as you move in them. Notice how your feet feel to be encased in shoes or socks.

Mindfulness Apps

<https://www.headspace.com/>

<https://www.stopbreathethink.com/>

<http://www.mindfulness-app.com/>

Next time you find your mind racing with stress, sadness or negative thoughts, try the acronym S.T.O.P

1. S – Stop what you are doing, put things down for a minute.
2. T – Take a breath. Noticing the rhythm & experience of breathing in and out.
3. O – Observe your thoughts, feelings, and emotions.
4. P – Proceed with something that will support you in the moment. Write down your thoughts and your worries. If this is difficult, draw a picture of what you're feeling at that moment in time.

Holistic resources

<http://www.youthaccess.org.uk/>

<http://www.themix.org.uk/>

<https://www.childline.org.uk/> - Helpline (adults): 0800 800 5000 (children and young people): 0800 1111

<https://www.teenagehelpline.org.uk/>

Mental health

<https://hampshireyouthaccess.org.uk/>

<https://www.cwmt.org.uk/resources>

<https://www.mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people/booklets-for-young-people/#.WYLydRXysdV>

<https://www.mind.org.uk>

<https://www.samaritans.org/>

<https://www.youngminds.org.uk> Parents helpline - 0808 802 5544

Eating Disorders

<https://www.b-eat.co.uk/>

<http://www.anorexiabulimiacaare.org.uk/> - Helpline 03000 11 12 13

Crisis Support

<https://www.samaritans.org/> Helpline - 116 123

<https://www.childline.org.uk/> - Helpline (adults): 0800 800 5000 (children and young people): 0800 1111

<https://www.papyrus-uk.org/> Helpline - 0808 800 2222

Family Support

<http://www.familylives.org.uk/>

Counselling

<https://www.stepbystep.org.uk/3/get-help/51/counselling-support/>

Surrey

<http://www.jigsaw4u.org.uk/>

<https://www.kooth.com>

<http://www.ymcaeast Surrey.org.uk/heads-together-counselling/>

Hampshire

<https://counselling.hampshireyouthaccess.org.uk/login> |