

# **Where can we get help?**

## **Information for young people and their families in Torbay**

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### **GENERAL**



The Mooring@ Croft Hall Medical Practice – Torquay. Over 16's service  
From 6pm – Midnight for help in managing distress and connecting to  
support. Tel 07483991848

### **WORRY / Anxiety**

Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry,  
and Panic by Jennifer Shannon

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic by  
Michael A. Tompkins, Katherine A. Martinez, Michael Sloan

The Shyness and Social Anxiety Workbook for Teens: CBT and ACT  
Skills to Help You Build Social Confidence by Jennifer Shannon

What to do when you worry too much: a kids guide to overcoming  
anxiety by Dawn Huebner and Bonnie Matthews.

**SAM:** is an app to help you understand and manage anxiety

## LOW MOOD

Am I Depressed and What Can I Do About it?: A CBT Self-Help Guide for Teenagers Experiencing Low Mood and Depression by Shirley Reynolds, Monika Parkinson

Can I Tell You About Depression?: A Guide for Friends, Family and Professionals By Christopher Dowrick, Susan Martin, Mike Medaglia, Paula Dowrick

Stuff That Sucks: Accepting What You Can't Change and Committing to What You Can by Ben Sedley

### Useful websites

**Mood juice** a Self-help resource site [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

**Young Minds:** information and resources about young people's mental health [www.youngminds.org.uk](http://www.youngminds.org.uk)

**Teenline:** trained counsellors offering online support  
[www.teenline.org.uk](http://www.teenline.org.uk)

**Get Self Help:** online resource and self help worksheets  
[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

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## Self-Harm

The Truth About Self-Harm: For Young People and Their Friends and Families: 2016 by Celia Richardson

The rainbow journal; for young people who self injure by Catherine Lucas

### Useful websites

**National Self Harm Network:** advice and information about self harm  
[www.nshn.co.uk](http://www.nshn.co.uk)

**Selfharm UK:** Information about who, why, statistics and getting help.  
[www.selfharm.co.uk](http://www.selfharm.co.uk) also links to the online support group – Alumina

### Apps

**Calm harm:** provides tasks to help you resist or manage the urge to self-harm.

**Virtual hope box:** an app which brings together a selection of tools to aid relaxation, coping and positive thinking.

**Mandala colouring:** Colouring app which aids distraction, relaxation and mindfulness

**Smiling mind** A variety of programs divided into age groups which allow people to develop Mindfulness techniques to support good mental health

**What's up:** app which uses CBT and ACT self-help approaches to help you cope with a variety of strong emotions.

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### Low self esteem

Self-Esteem and Being You by Anita Naik

Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People by Kate Collins-Donnelly

**Dove:** Resources and information for young people, parents and professionals about boosting young girls body image and self-esteem  
[www.selfesteem.dove.co.uk](http://www.selfesteem.dove.co.uk)

**Young minds:** Tips and advice for young people and parents about how to improve low self esteem.

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

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### Other Services

**Eat that frog:** supporting unemployed people (16yrs +) who have a health or disability related issue to get back into work or training. This free program includes 1:1 mentoring, well-being support, life style skills and fitness. [www.workshopseatthatfrog.org](http://www.workshopseatthatfrog.org)

# Tool Kit

Using the 5 senses, to help you shift focus of attention and ground you into the present moment:

**5** things I can hear

**4** things I can see

**3** things I can touch

**2** things I can smell or taste

**1** breath. Then continue to just notice your breathing and the sensations of breathing



Our mood can be greatly affected by what we do, when, and with whom.

- **ACHIEVE** - work, chores, study
- **CONNECT** - with friends, family, community
- **ENJOY** - play, fun, pleasure



### Apps and resources online

- **HEADSPACE** Your Gym membership for your mind [www.headspace.com](http://www.headspace.com)
- **MOOD JUICE** emotional problems work towards solving them [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)
- **GET SELF HELP** problems, solutions, downloads, videos [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)
- **SUPPORT LINE** confidential advice [www.supportline.org.uk](http://www.supportline.org.uk)
- **MIND** Apps for wellbeing and mental health [www.mindcharity.co.uk](http://www.mindcharity.co.uk)