



## Finding Help - Crisis Support Services

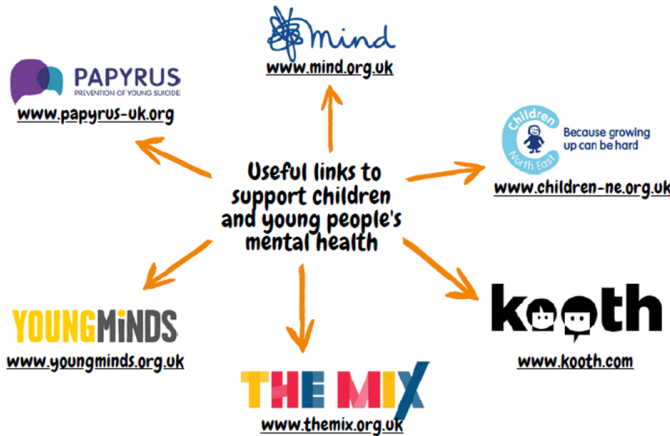
### Need urgent support?

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.

## Further Support and Information



## 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.

### 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)

## 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.



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

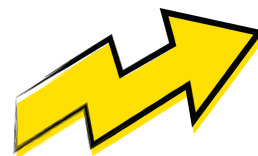
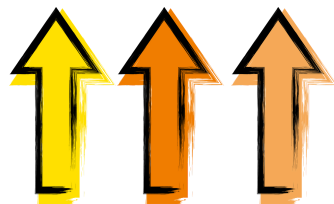
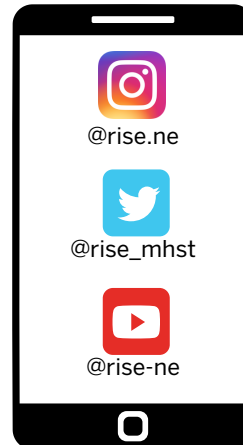
Scan the QR code or head to [rise.childrenssociety.org.uk](http://rise.childrenssociety.org.uk)



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



## 5 WAYS TO WELL-BEING

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



### 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.

### 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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|--|

## 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.