

Mental health resources to access from home

WHAT TO DO IF YOU OR SOMEONE ELSE IS IN CRISIS

What is a mental health crisis?

You, or someone you know, might be in crisis if:

- You are thinking of hurting yourself or suicide seems the only option
- Someone you know has made threats to hurt you or someone else.
- You are experiencing extreme distress that seems overwhelming.

Who can help in a mental health crisis?

Call 111 and press option 2 for the First Response Service - a 24-hour service for people in a mental health crisis. This service is for anyone, of any age, living in Cambridgeshire and Peterborough. Specially-trained mental health staff will speak to you and discuss with you your mental health care needs – instead of you having to go to accident and emergency departments of local acute hospitals.

If you are over the age of 16 you can access the Sanctuary in Cambridge or Peterborough - People in crisis across the whole of Cambridgeshire and Peterborough will be able to access Sanctuary support. Staffed by mental health charity Mind in Cambridgeshire, the Sanctuary offers people practical and emotional support between 6pm and 1am and is accessible by referral from the First Response Service.

Call your local GP if you are concerned about your mental health and you feel unable to cope.

Some websites and apps which may be helpful to cope with isolation, anxiety and stress are on the following pages.

Please do not suffer in silence and if you are struggling with your mental health and feel you need more help than the above websites can offer please call your GP or 111 option 2 if in crisis

General mental health support:

Websites:

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

Mindfulness for your everyday life

Currently free

Just 10 days of Headspace can increase happiness by 16%

Explore guided exercises, videos, and more to help you get healthier and happier.

Meditation, mindfulness, stress and anxiety management

<https://www.keep-your-head.com/>

Keep Your Head brings together reliable information on mental health and wellbeing for children, young people and adults across Cambridgeshire & Peterborough.

Recourses for child and adult mental health

<https://moodgym.com.au/>

Moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

<https://www.moodcafe.co.uk/free-online-behavioural-therapy.aspx>

Free Online Cognitive Behavioural Therapy

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

The clinically proven online mindfulness course for better mental wellbeing

Please do not suffer in silence and if you are struggling with your mental health and feel you need more help than the above websites can offer please call your GP or 111 option 2 if in crisis

Specifically for children and young people:

www.Youngminds.org.uk

Information and resources for children, young people and families who suffer with mental health problems. Helpline. Signposting for support. Educational materials.

www.Kooth.com

Online counselling and support for children and young people.

www.Youngminds.org.uk

Information and resources for children, young people and families who suffer with mental health problems. Helpline. Signposting for support. Educational materials

www.Stem4.org.uk

A charity that promotes positive mental health in teenagers and those who support them through education, resilience strategies and early intervention. Provided digitally through education programmes, apps, website and mental health conferences.

www.Getconnected.org.uk

Free, confidential helpline for young people. Volunteers available 24/7 to offer support on a range of issues eg self-harm, bullying, drugs etc.

www.Moodcafe.co.uk/for-children-and-young-people/relaxation-for-children.aspx

A website with helpful relaxation exercises for children with anxiety

www.cool2talk.org

A safe space for children aged 12+ years to have their questions answered accurately, and can access online counselling.

Please do not suffer in silence and if you are struggling with your mental health and feel you need more help than the above websites can offer please call your GP or 111 option 2 if in crisis

Text message service for young people

Chat health: parents and carers TEXT: : 07520649 887

Chat health age 11-19 send a TEXT to: 07480 635 443

Chat health: a secure and confidential text messaging service for young people aged 11-19 across Cambridgeshire and Peterborough who are struggling to cope with issues such as bullying, emotional health, relationship problems, alcohol and drugs.

Young mind crisis messenger:

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger>

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.

Please do not suffer in silence and if you are struggling with your mental health and feel you need more help than the above websites can offer please call your GP or 111 option 2 if in crisis

Apps to help with mental health:

<https://www.nhs.uk/apps-library/> A website to find apps recommended by the NHS

<https://www.nhs.uk/apps-library/be-mindful/>

Be Mindful is an online course for reducing stress, depression and anxiety. It guides you through the elements of mindfulness-based cognitive therapy (MBCT).

<https://www.nhs.uk/apps-library/chill-panda/>

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

<https://www.headspace.com/headspace-meditation-app>

Headspace: Mindfulness and meditation. There is a kids section.

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

Calm: Mindfulness and meditation. There are different age-specific sessions.

<https://www.nhs.uk/apps-library/calm-harm/>

CalmHarm: An app designed to help people resist or manage the urge to self-harm. Private and password protected

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

Safespot: A helpful app (and website) designed to help young people cope and manage stressful situations. Personalised coping plan.

<https://www.happi-me.info/>

HappiMe: HappiMe is a free app that helps to raise self-esteem, self-confidence and happiness levels in children and young people by teaching them about the power of thinking positively and how to choose a more helpful way of thinking.

<https://www.nhs.uk/apps-library/big-white-wall/>

Big White Wall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.

<https://www.nhs.uk/apps-library/thrive/>

Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.

Please do not suffer in silence and if you are struggling with your mental health and feel you need more help than the above websites can offer please call your GP or 111 option 2 if in crisis

For health professionals:

Free online module for health professionals on using 10 Minute CBT during the covid-19 crisis, to support the mental health of both health professionals and patients.

<https://elearning.10minutecbt.co.uk/courses/emotional-wellbeing-during-covid-19>

Unmind is an app that was founded by trained clinical psychologist and offer tools to help people manage and improve their mental health. The app offers interactive content focused on topics such as how to improve focus and talk to someone. This content is based on research in cognitive behavioural therapy (CBT), positive psychology, neuroscience and mindfulness.

It has been made available for free to all NHS staff during the COVID-19 crisis. Download the app and sign up using your nhs.net email address.

<https://nhs.unmind.com/signup>

CCS children's services duty line: 0300 029 5050

First response mental health team: 111 opt 2 (direct: number is 01480 442007 for professionals only)

Please do not suffer in silence and if you are struggling with your mental health and feel you need more help than the above websites can offer please call your GP or 111 option 2 if in crisis