



**Minerva**  
Learning Trust

**Wellbeing Support Pack**

**Contents:**

- 1. Links for signposting to services/ websites**
- 2. Links for wellbeing apps**
- 3. Online Safety**
- 4. Links to self-help videos**
- 5. Resources for use**

# 1. Links for signposting to services

## Help & Crisis Lines

[Childline | Childline](#)

[Free, 24/7 mental health text support in the UK | Shout 85258 \(giveusashout.org\)](#)

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

## Info

[Kooth for Children & Young People - Kooth plc](#)

[The Mix - Essential support for under 25s](#)

[Mental Health Support For Young People | YoungMinds](#)

[A-Z Topics | Mental Health Foundation](#)

## Mental Health services

[Golddigger Trust](#) (wellbeing groups)

[Door43 at Sheffield Futures - Sheffield Futures](#) (13+)

[Sheffield IAPT \(iaptsheffield.nhs.uk\)](#) (18+)

[CAMHS – Child and Adolescent Mental Health Services \(rdash.nhs.uk\)](#) (Rotherham)

[Child and Adolescent Mental Health Service \(CAMHS\) - Sheffield Children's NHS Foundation Trust \(sheffieldchildrens.nhs.uk\)](#) (Sheffield)

[Child and adolescent mental health service \(CAMHS\) \(Barnsley\) - South West Yorkshire Partnership NHS Foundation Trust](#) (Barnsley)

## Addictions (Gambling, Drugs, Alcohol)

Gambling- [Home - GamCare - The leading provider of support for anyone affected by problem gambling in Great Britain](#)

Drugs- [Honest information about drugs | FRANK \(talktofrank.com\)](#)

Drugs & Alcohol- [Advice for people under 21 or supporting a young person \(changegrowlive.org\)](#)

Alcohol & Drugs- [Home - With You \(wearewithyou.org.uk\)](#)

Children of alcoholics- [Nacoa: Helping everyone affected by their parent's drinking - Nacoa](#)

## Additional support needs

[Amy's House \(amyshouse.org.uk\)](#) (5-18)

## **Bereavement**

[Home SUPPORTING BEREAVED CHILDREN & YOUNG PEOPLE - Grief Encounter](#) (up to 25)

[Home - Cruse Bereavement Support](#)    [Hope Again](#) (CYP section)

[Cavendish Cancer Care \(cavcare.org.uk\)](#) (3-18)

[Blue Cross Pet Bereavement Support Service | Pet Loss](#) (pet loss)

[Grief support for young people | Winston's Wish \(winstonswish.org\)](#)

## **Bullying**

[Advice for young people \(kidscape.org.uk\)](#)

## **Eating Disorders**

[The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](#)

[SYEDA - South Yorkshire Eating Disorder Association](#) (Sheffield 14+/ Rotherham 16+/ Barnsley 18+)

## **LGBTQ+**

[SAYiT \(Sheena Amos Youth Trust\) | LGBTQ+ Youth Charity | Sheffield, England](#) (11-25)

[Home | Gendered Intelligence](#)

[Stonewall](#)

## **Sexual Assault & Abuse**

Support & Advice after a crime- [Home - Victim Support](#)

Rape & Sexual Assault Sheffield- [Sheffield Rape and Sexual Abuse Centre \(srasac.org.uk\)](#) (13+)

Rape & Sexual Assault Barnsley- [Welcome to BSARCS - BSARCS](#)

Rape & Sexual Assault Rotherham- [Rotherham Abuse Counselling Service - How Can We Help? \(rothacs.org.uk\)](#) (13+)

Male Sexual Violence- [SurvivorsUK | We challenge the silence to support sexually abused men](#) (13+)

Domestic Abuse & Sexual Violence- [IDAS](#)

Domestic Abuse- [Help For Domestic Violence Perpetrators | Respect Phonenumber UK](#)

Domestic Abuse- [Refuge – For women and children. Against domestic abuse.](#)

## **Suicidal thoughts & Self harm**

[Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#) (Under 35s)

[Get Help & Support With... | Campaign Against Living Miserably \(CALM\) \(thecalmzone.net\)](#)

[Self Injury Support](#) (Females up to 25)

[What is self-harm? - Mind](#)

## **Young Carers**

[Sheffield Young Carers | Dedicated to helping young carers across Sheffield](#) (8-25)

Barnardo's [Rotherham Young Carers Services – Rotherham Gismo](#) (8-18)

[Sidekick from Action for Children | Text us your question](#) (13-18)

## **2. Useful Mental Health Apps**

### **Mental Health**

My Possible Self: The Mental Health App

Minds of The Culture on the App Store (apple.com)

[Home - Kooth](#)

[Home - Healios](#)

### **Anxiety**

FearTools - Lower your anxiety with effective tools!

MindShift® CBT App - Anxiety Canada

WorryTree Mobile App — WorryTree (worry-tree.com)

[Home - Clear Fear App](#)

[Stressheads - The Mix](#)

### **Self-harm**

Tellmi

Home - Calm Harm App

### **Suicidal thoughts**

StayAlive - Essential suicide prevention for everyday life

### **Moods**

MoodTools - Feeling sad or depressed? Lift your mood with free, evidence-based tools.

Catch it | Health Well (eani.org.uk)

[Home - Move Mood App](#)

### **Meditation**

Meditation and Sleep Made Simple - Headspace

### **Wellbeing**

Drinking water [Plant Nanny | Stay Hydrated, Grow a Forest](#)

Self-care companion [Aloe Bud on the App Store \(apple.com\)](#)

### **3. Online Safety**

CEOP's dedicated website, [Think You Know](#), allows worries about online activity to be explored and their '[Click CEOP](#)' button can be used to report any concerns you may encounter.

Children may also find the following websites useful:

[ThinkUknow](#)

[Childnet](#)

[Chatdanger](#)

[CBBC Stay Safe](#)

[Search our Online CPD Training \(nationalonlinesafety.com\)](#)- more for parents/ need to know about

### **4. Self- help Videos**

#### **Psychoeducation**

*Stone age brain* [The Happiness Trap: Evolution of the Human Mind - YouTube](#)

Fight or Flight [The Flight or Fight Response - YouTube](#)

#### **Thoughts/ Worries**

[ACTivate Your Life - Public Health Wales \(nhs.wales\)](#)- free guided self-help course

[Reframing unhelpful thoughts - Self-help CBT techniques - Every Mind Matters - NHS \(www.nhs.uk\)](#)

[Tackling your worries - Self-help CBT techniques - Every Mind Matters - NHS \(www.nhs.uk\)](#)

[Problem solving - Self-help CBT techniques - Every Mind Matters - NHS \(www.nhs.uk\)](#)

[Values vs Goals - By Dr. Russ Harris - YouTube](#)

#### **Emotions/ Feelings**

[Monsters on a Boat - YouTube](#)

[The Struggle Switch - By Dr. Russ Harris - YouTube](#)

[Feelings-Wheel-Color.pdf \(rewardcharts4kids.com\)](#)

[feel-wheel-ages5-12 \(imom.com\)](#)

## **Physiological/ Body sensations**

[Calm zone | Childline](#)

[Healthy Lifestyle - YouTube](#)

*Breathing Exercises*

[Mindful Breathing Exercise - YouTube](#)

[Belly Breathing: Mindfulness for Children - YouTube](#)

[A Mindful Moment... // CIRCLE // 30 Second Breathing Exercise. SUPER SHORT & SIMPLE! - YouTube](#)

[Candle and Flower Breathing - Mindful and Calming Breathing Technique - YouTube](#)

*Muscle Relaxation/ Body scan*

[Progressive Muscle Relaxation - Audio Only - YouTube#](#)

[The Body Scanner! Mindfulness for Children - YouTube](#)

## **Behaviours**

*Planning/ Scheduling/ Routines*

[Tackling your to-do list - Self-help CBT techniques - Every Mind Matters - NHS \(www.nhs.uk\)](#)

[Staying on top of things - Self-help CBT techniques - Every Mind Matters - NHS \(www.nhs.uk\)](#)

*Avoiding things*

[\(www.nhs.uk\)Facing your fears - Self-help CBT techniques - Every Mind Matters - NHS \(www.nhs.uk\)](#)

*Journalling*

[Gratitude Journal Exercise \(Psychology of Happiness #4\) - YouTube](#)

[The Science of Gratitude - YouTube](#)

## **Resilience building**

[Bouncing back from life's challenges and building resilience - Every Mind Matters - NHS](#)

## **Self-Care**

[Self-care tips videos for young people - Every Mind Matters - NHS \(www.nhs.uk\)](#)

[my-self-care-plan-secondary.pdf \(annafreud.org\)](#)

[Self Care, Anxiety, Depression, Coping Strategies | On My Mind | Anna Freud Centre](#)

## *Sleep*

[Simple Tips for Better Sleep from Every Mind Matters - YouTube](#)

[What to do if you're struggling to sleep | YoungMinds](#)

## **Bereavement**

[The Invisible Suitcase: understanding grief and how to manage it | Child Bereavement UK - YouTube](#)

[What is Grief? \(Tonkins Model\) - YouTube](#)

[Explaining funerals to children: what happens at a cremation? - YouTube](#)

[Explaining funerals to children: what happens at a burial? - YouTube](#)

[The Grieving Process: Coping with Death - YouTube](#)

# **5. Resources**

These resources are mainly about raising awareness. By having an awareness of how we respond, think, feel and behaviour; it makes it much easier to change areas that we might be struggling in. Self-awareness is a great first step for students to learn in order to self-help as it will give them more understanding of themselves and how they relate with different people and in different environments. It might help students make links between areas they struggle with, which they can then begin to focus on in terms of getting support, helping themselves or trying to change.

## ***Emotion wheels***

[Feelings-Wheel-Color.pdf \(rewardcharts4kids.com\)](#)

## ***Emotion Journal***

[Emotion journal & wheel.pdf](#)

## ***Thought Journal***

[Thought Journal.pdf](#)

***Gratitude Journal***

[Gratitude journal.pdf](#)

***Process of Change***

[Process of change model.pdf](#)

***Cognitive Model***

[Cognitive model resource.pdf](#)

***Attachment Styles***

[Attachment Styles.pdf](#)

***Wellbeing Plan***

[wellbeing plan.pdf](#)