

# Emotional Health and Wellbeing

## Further support

### What does your local Mind provide?

#### Adults

Access free or our affordable counselling via our wellbeing centre in Ashton Under Lyne

Therapeutic Services courses- ring TOG Mind to book

- Confidence and self-esteem,
- Anger management
- Stress anxiety and worry management
- Meditation and mindfulness

Active monitoring - guided self-help via the Failsworth group GP practise

#### Children and Young People

Affordable counselling now available.

For more information on any of our services please call us on **0161 330 9223** or email

[tamesideschools@togmind.org](mailto:tamesideschools@togmind.org)

## Other organisations

Young Minds -Parents helpline 0808 802 5544

Email [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)

Further information from young minds

[http://www.youngminds.org.uk/for\\_parents/worried\\_about\\_your\\_child](http://www.youngminds.org.uk/for_parents/worried_about_your_child)

Pennine care NHS self-help leaflets <http://www.selfhelpguides.nth.nhs.uk/penninecare/>

Childline - 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

Kidscape - Tackling bullying and safeguarding issues [www.kidscape.org.uk](http://www.kidscape.org.uk)

Silverline - Free confidential helpline providing information, friendship and advice to older people 0800 4708090 <http://www.thesilverline.org.uk>

Samaritans - 08457 909090 [www.samaritans.org](http://www.samaritans.org)

Papyrus - Working for the prevention of young suicide 0800 068 4141 [www.papyrus-uk.org](http://www.papyrus-uk.org)

Off the Record – A free, confidential counselling service for young people, 13-28, living in the Tameside, Glossop & Oldham area. 0161 355 3553  
[www.otr-tameside.org](http://www.otr-tameside.org)

Harmless – A national voluntary organisation providing support for those affected by self harm. [www.harmless.org.uk/](http://www.harmless.org.uk/)

TESS email and text support service for self injury 0780 047 2908  
[www.selfinjurysupport.org.uk/tess-text-and-email-support-service](http://www.selfinjurysupport.org.uk/tess-text-and-email-support-service)

Brook – An advisory service that provides free and confidential sexual health services and advice for young people under 25. You can contact an advisor by texting 07717989023

Lifeline – Work with individuals, families and communities both to prevent and reduce harm, to promote recovery, and to challenge the inequalities linked to alcohol and drug misuse. [www.lifeline.org.uk](http://www.lifeline.org.uk)

Tameside and Glossop Healthy Minds

Healthy minds service is for people over the age of 16, who are registered with a GP in the Tameside and Glossop areas. They offer support and treatment for those experiencing symptoms such as difficulty sleeping, low mood/depression, stress, worry or anxiety, feelings of hopelessness or panic attacks. It can also help those dealing with the effects of a long term health problem or chronic pain, post natal depression, obsessive compulsive disorder, phobias or eating difficulties.

This can only be accessed by completing an online form – they will contact you after completion of form. Alternatively speak to your GP or other health professional.  
[www.healthyminds.penninecare.nhs.uk](http://www.healthyminds.penninecare.nhs.uk)

## Free Online Self Help Resources

Living Life to the Full - <http://www.lltff.com>

Cognitive Behaviour Therapy (CBT) is an evidence-based and structured therapy that aims to alter the unhelpful thinking (cognitions) and behaviour that commonly occur during times of distress.

Moodjuice - <http://www.moodjuice.scot.nhs.uk>

Moodjuice is designed to offer information and advice to those experiencing troublesome thoughts, feelings and actions.

Get Self Help - <http://www.getselfhelp.co.uk>

Cognitive Behaviour Therapy Self Help Resources - Access to free worksheets and handouts on various mental health problems, including anxiety and depression. Also includes access to MP3 downloads such as Guided Relaxation and Meditation.

Centre for Clinical Interventions - <http://www.cci.health.wa.gov.au>

CCI provides free workbooks on a variety of topics such as depression, assertiveness, panic attacks, self-esteem, anxiety and worry.

Moodscope – <https://www.moodscope.com>

Measure your mood each day with an online card 'game'. Track your scores and learn what could be causing your ups and downs. Using this method can help lift mood over time.

Mental Health Foundation - <http://www.mentalhealth.org.uk>

The Mental Health Foundation website – Information on a range of mental health problems, how to spot common signs and symptoms and help available. Plus access to free downloads and wellbeing podcasts such as mindfulness Exercises.

## Free Online Training

MindEd - <https://www.minded.org.uk/>

MindEd is a free educational resource on children and young people's mental health.

## Further reading

- National Children's Bureau (2016) *A whole school framework for emotional wellbeing and mental health. A self- assessment and improvement tool for school leaders*: Sue Stirling and Dr Hilary Emery.
- Public Health England (2016) *Measuring and monitoring children and young people's mental wellbeing: a toolkit for schools and colleges*
- National Children's Bureau (2016) *A whole school framework for emotional wellbeing and mental health. Supporting resources for school leaders*: Sue Stirling and Dr Hilary Emery.
- Pennine Care NHS Healthy Young Minds (2016) *Emotional health & well-being services; Quality assurance framework to support schools*

- Department of Health NHS England (2015) *Future in Mind- promoting, protecting and improving our children and young people's mental health and wellbeing*
- PSHE Association (2015) Guidance on preparing to teach about mental health and emotional wellbeing, lessons plans and accompanying resources for primary and secondary settings.
- Public Health England (2015) *Promoting children and young people's emotional health and wellbeing: A whole school and college approach.*
- National Children's Bureau (2015) *What works in promoting social and emotional well-being and responding to mental health problems in schools*
- NUT, GMB, Unison and Unite (2015) *Preventing Work Related Mental Health Conditions By Tackling Stress: Guidance for school leaders*
- Public Health England (2014) *The link between pupil health and wellbeing and attainment: A briefing for head teachers, governors and staff in education settings*
- Department for Education (2014) *Keeping children safe in education: statutory guidance for schools and colleges.* London: Department for Education.
- Department for Education (2014) *Supporting pupils at school with medical conditions: statutory guidance for governing bodies of maintained schools and proprietors of academies in England.* London: Department for Education.
- Department for Education and Department of Health (2015) *Promoting the health and wellbeing of looked-after children: statutory guidance for local authorities, clinical commissioning groups and NHS England.* London: Department for Education and Department of Health.

- Department for Education (2016) *Mental health and behaviour in schools: Departmental advice for school staff*. London: Department for Education.
- Department for Education (2015) *Counselling in schools: a blueprint for the future: departmental advice for school staff and counsellors*. London: Department for Education.
- Children & Young People's Mental Health Coalition (2012) *Resilience and results: how to improve the emotional and mental wellbeing of children and young people in your school*. London: Children and Young People's Mental Health Coalition.