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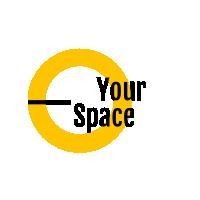
**Mental Health & Wellbeing**

**Support & Websites**

If you are concerned about your child’s wellbeing please contact the relevant member of staff in Student Support. Where appropriate we may suggest a referral to one of our partner agencies.

**St Annes**: Miss Moar & Ms Wilkins **Mount Esk**: Mr Dewar & Mr Haggart

**St Leonards**: Mrs Main & Mrs Muirhead **Melville**: Mr Shields & Mr McQueen



[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjSjNCzo5PfAhVSvxoKHfGnDvcQjRx6BAgBEAU&url=https://young.scot/contacts-directory/midlothian/midlothian-young-peoples-advice-service-mypas-dalkeith/&psig=AOvVaw0PLJ78H-aGPmvUoQEP9xEI&ust=1544463005567295)

**Mental Health Websites**

**See Me Scotland** - <http://www.seemescotland.org.uk> - the anti-stigma campaign in Scotland

**Young Minds** - <http://www.youngminds.org.uk> - an organisation based in England looking at a lot of the issues young people with mental health problems face. Excellent personal blogs and articles.

**Breathing Space** - <http://www.breathingspacescotland.co.uk> - You can call 0800 838587 open 6pm-2am Monday – Thursday and from 6pm Fri til Monday 6am.

**Samaritans** - <http://www.samaritans.org> - you can call 08457 90 90 90 (UK), email [jo@samaritans.org](mailto:jo@samaritans.org) or text: 07725 90 90 90 - 24 hours a day

**The Scottish Association for Mental Health (SAMH)** - <http://www.samh.org.uk> - Scottish charity providing help, information and support around mental ill health and campaigning on behalf of people with mental health problems

**Scottish Recovery Network** - <http://www.scottishrecovery.net> - lots of information and stories of recovery from mental ill health

**Youth Health Talk** – <http://youthhealthtalk.org> a website of young people’s experiences to get advice and support from other young people in the same situation.

**Sleep Scotland**: <http://www.sleepscotland.org/> Support and advice for parents, carers and teenagers. 0800 138 6565, Monday to Thursday, 10am to 4pm or email  [sleepsupport@sleepscotland.org](mailto:sleepsupport@sleepscotland.org).

**Exam Stress**

**NHS**: <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>

**Childline**: <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

**Mind:** <https://www.mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress/#.XA1YUk27JYc>

**Self Help**

**Moodjuice NHS -**  <https://www.moodjuice.scot.nhs.uk/> practical tips for and worksheets for anxiety, panic attacks, sleep, anger etc.

**Living Life to the** **Full** - <http://www.llttf.com/> - free online Cognitive Behavioural Therapy course. Includes free audio downloads for anxiety control.

**Mood Gym** - <https://moodgym.anu.edu.au> - an Australian Cognitive Behavioural Therapy (CBT) website which is free to use and interactive

**Get Self Help** - <http://www.getselfhelp.co.uk/> lots of CBT and other supportive resources

**Doc Ready –** [**http://docready.org**](http://docready.org)

Useful resource developed by young people in Bristol, a website with app like layout for people to use to create a plan for a visit to their GP to discuss their mental health.

**Moodscope -** <https://www.moodscope.com/>measure your mood each day by flipping 20 cards with emotions such as “nervous” and “alert” to a score from 0-3 depending on how strongly you feel it. Moodscope turns your scores into a percentage and tracks on a graph you can add notes to and see what triggers both good and bad days. You can have your scores emailed to a friend or family member as well.

**Reach Out** – <http://reachout.com> Reach out is a comprehensive portal for young people that enables them to find information, use apps, and find help with mental health and wellbeing. Originally in Australia the model has been exported to Ireland and the USA, content is available here.

**Smart Phone Apps**

**Headspace** - <http://www.getsomeheadspace.com/>

A popular app, free download for a ten day mindfulness programme (which you keep so can use the ten days any time) and paid if you want more.

**Buddhify** - <http://buddhify.com/>

A popular mindfulness app, you select your activity from a list, what you are aiming for (e.g. clarity, joy, concentration) and listen as you do your activity. It is free) and you can pick a male or female voice.

**Calm** - <https://play.google.com/store/apps/details?id=com.calm.android>

Sleep Stories, breathing programs, masterclasses, and relaxing music. Recommended by top psychologists, therapists, and mental health experts.

**SAM – Self help for Anxiety Management** - <http://sam-app.org.uk/> helps you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection. Also enables you to share your experiences with the SAM community while protecting your identity.

**Moodkit**- <https://itunes.apple.com/app/moodkit-mood-improvement-tools/id427064987?mt=8>

This is an expensive app at £13 but claims to help improve your mood.

**Five Ways to Wellbeing** – <https://play.google.com/store/apps/details?id=com.nhs.somerset.fiveways> (available for ios as well) aims to help people feel happier and healthier by encouraging them to do simple things under the headings of Connect, Be Active, Take Notice, Keep Learning and Give. It allows people to reflect on their wellbeing, set activities to help improve their wellbeing and track their progress - all from the comfort of a phone.

**My psych app** - <https://itunes.apple.com/us/app/mypsych/id529223913?mt=8> allows you to record lifestyle and mood information. It also lets you set goals and add in safety plans and contacts.

**CBT Diary -** <https://play.google.com/store/apps/details?id=com.excelatlife.cbtdiary&hl=en>

This CBT app is free and has all the Cognitive Behavioural Therapy essentials on it.

**Smiling Mind** - <http://smilingmind.com.au/>

Meditation for every age, in four categories - age 7–11, 12–15, 16–22 and ‘adult’.