

Compass Phoenix Self-help Support Pack for Young People aged 13-19 years

We understand that you're not feeling great right now so wanted to provide you with some resources and information that you may find helpful. Below is some useful information and some techniques you might want to try yourself at home. We really hope that you find this helpful, but if you need more support, please don't hesitate to contact us. Our number is 01904 661916, save it in your phone in case you need it and remember our office is open Monday-Thursday 9am-5pm and 9am-4.30pm Friday.

You may already have these numbers too but just in case here are some contact numbers that we recommend you save in your phone or keep somewhere easily accessible:

[CAMHS crisis team: 0800 051 6171 and is open 24/7](#)

[If you live in Craven CAMHS crisis known locally as FIRST RESPONSE – telephone 0800 952 1181](#)

Samaritans: 116123 available 24/7

Papyrus: telephone 0800 068 4141

Childline: telephone 0800 1111 available 24/7

BUZZ US Text messaging service: text 07520 631168 (open Monday to Thursday - 9am – 5pm and 9am – 4.30pm Friday)

Why not have a go at some of the interventions below. They will all be relevant to us at some point in our life, some may feel more relevant than others right now, but we have identified these as they are easy to do at home with little to no resources needed to complete them. We hope that you find them as useful as we have and that they become tools that you can add to your emotional wellbeing toolkit and use for years to come.

- **Feel Good Four**

*This resource is based on the idea of something called 'behavioural activation'; this means you identify specific goals to work on in the coming weeks, that fit with the type of life you want to live. Setting these goals and planning them into the week increase our experience of feel-good activities, which have lots of benefits e.g., improved self-esteem or a sense of pride. This can help overcome the vicious circle that is associated with low mood and other mental health issues; Behavioural activation can help us take little steps towards doing more of the things that make us feel good. **To access the worksheet, click on the link embedded in the How to Guide.***

<https://www.compass-uk.org/wp-content/uploads/2021/08/Compass-Phoenix-Feel-Good-Four-How-to-Guide.pdf>

- **Fight, Flight, Freeze**

*The Fight and Flight resource can be used to help you recognise what is happening in your body when you feel worried or anxious. It will help you understand why this happens and that it is normal to feel this way when we are scared. Remember anxiety is just a feeling and it will pass. **To access the worksheet, click on the link embedded in the How to Guide.***

<https://www.compass-uk.org/wp-content/uploads/2021/08/Compass-Phoenix-Fight-Flight-Freeze-response-How-to-Guide.pdf>

- **Five Ways to Wellbeing**

*The Five Ways to Wellbeing help to improve our wellbeing by including five specific things into our everyday lives; Connect, Be Active, Take Notice, Learn & Give. This worksheet will help you focus on what you are already doing for each of these areas, and how you can look to maximise your wellbeing further. **To access the worksheet, click on the link embedded in the How to Guide.***

<https://www.compass-uk.org/wp-content/uploads/2021/08/Compass-Phoenix-Five-Ways-to-Wellbeing-Worksheet-How-to-Guide.pdf>

- **Hand Massage**

*As we are all washing our hands more, practicing self-care for our hands has become more important to avoid sores. This resource goes through a simple hand massage using hand cream to take care of skin, practice self-care, relax muscles and calm the mind and breathing. Make it mindful too; focus on the moment and take notice of things such as textures and scents. **To access the worksheet, click on the link embedded in the How to Guide.***

<https://www.compass-uk.org/wp-content/uploads/2021/08/Compass-Phoenix-Hand-Massage-How-to-Guide.pdf>

- **Helping Hand**

*We love this tool! It's designed to help you to identify your support network, this could be both in and out of school, college, or work. Completing the Helping Hand is a really easy and useful tool that you can refer to whenever you need to talk to someone. We hope by completing this you will feel able to reach out if you are struggling and avoid things escalating further. **To access the worksheet, click on the link embedded in the How to Guide.***

<https://www.compass-uk.org/wp-content/uploads/2021/08/Compass-Phoenix-Helping-Hand-How-to-Guide.pdf>

- **Breathing Techniques**

*Breathing techniques are a great way to help focus our breathing and distract us from anxious or difficult thoughts. Here are two simple and discreet techniques that you can use absolutely anywhere. No tools required - just your eyes or your hands! **To access the worksheet, click on the link embedded in the How to Guide.***

<https://www.compass-uk.org/wp-content/uploads/2021/08/Compass-Phoenix-Breathing-Techniques-How-to-Guide.pdf>

- **Mindfulness Exercises**

*This resource includes several techniques that you can practice at home or somewhere you feel comfortable: Mindfulness Meditation, Body Scan, Mindful Eating, and the Five Senses. These techniques will help you to become calmer and more relaxed. **To access the worksheet, click on the link embedded in the How to Guide.***

<https://www.compass-uk.org/wp-content/uploads/2021/08/Compass-Phoenix-Mindfulness-How-to-Guide.pdf>

There's also loads of great resources and information online, please remember to be safe, but here's just a few great places to get started:

- **Kooth** is a great website for self-help, peer support and online counselling.
<https://www.kooth.com/>
- **Rise Above** – Support for young people on emotional health, sex, friendships, and body image.
<https://riseabove.org.uk/>
- **YoungMinds** – has lots of useful links, resources, and support arenas.
<https://youngminds.org.uk/>
<https://www.hit.org.uk/index.php/publications/leaflets/the-stuff-on-series>
- **BEAT (Beating Eating Disorders)** - If food is becoming an issue or concern there's lots of helpful tips, advice and support available here.
<https://www.beateatingdisorders.org.uk/>
- **FRANK** – Further information and advice on drugs and other harmful substances.
<https://www.talktofrank.com/>
- **TEWV Recovery College** – For young people (has various courses aimed at young people).
<https://www.recoverycollegeonline.co.uk/young-people/>
- **The Sleep Council** – Support for helping sleep routine and sleep hygiene.
<https://sleepcouncil.org.uk/>
- **The Go To** is a website which brings together information and service available on wellbeing and mental health for young people in North Yorkshire.
<https://www.thegoto.org.uk/im-a-young-person/>
- **Reading Well** - Interactive book list with suggested reading to help you feel better.
<https://reading-well.org.uk/resources/4821>

There are also some great apps out there to support your emotional wellbeing and mental health. Here's a few to have a look at.

Self-harm	Calmharm
Anxiety / Depression	Catchit Feeling Good: positive mindset Headspace
Phobia's	Fearfighter
CSE	WudU? (Barnardo's)
Substance Misuse	Drinkaware – support with reducing drinking NHS Smoke Free
Sleep	Pzizz Sleepstation
Generic	Headspace – Meditation and relation Think Ninja Equoo

If you need any further help, or you feel things are getting worse please don't hesitate to get in touch with us on **01904 661619**.