

Self-help guide



for young people

Mental health and wellbeing
in the Scottish Borders



Crisis? Suicidal thoughts?

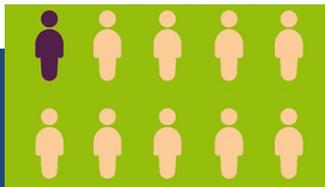
ASK FOR HELP. If you have problems that will not go away or you need help to cope, you may need specialist mental health support. Ask your GP or, if you are at school or college, speak to the Guidance staff. **You can also get immediate support from these helplines.**

Emotional support and risk of suicide

Childline	0800 11 11	Any worries that you have, no matter how big or small. Free and confidential.
Samaritans	116 123 Or TEXT 07725 90 90 90	Personal crisis, risk of suicide and emotional support. Call free from any phone. Standard rates apply for texts.
Borderline	0800 027 44 66	Confidential help-line for people in the Scottish Borders with mental health needs.
Breathing Space	0800 83 85 87	A free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety.
The Mix Helpline	0808 808 4994	The UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn.
Papyrus	0800 068 41 41 Or TEXT 07786 209 697	Prevention of young suicide. HOPELineUK - confidential support and advice. Email: pat@papyrus-uk.org
LGBT Scotland Helpline	0300 123 2523 Email: helpline@lgbthealth.org.uk	Information and emotional support to lesbian, gay, bisexual and transgender people and their families, friends and supporters. Open every Tuesday and Wednesday between 12 - 9pm.
Stay Alive App #Stay Alive		A mobile App for those at risk of suicide and people worried about someone.

FACT:

1 in 10 young people has a diagnosis of a mental health problem



There are many different types of mental health problems that young people can experience.

There are also many different sources of support and help available - and things that you can do to look after your own mental health.

This guide is divided into two parts:

Part one: Six ways to be well

In the Scottish Borders we have developed the 'Six ways to be well'. This guide uses the six ways to recommend what young people can do for themselves to help look after their mental health and wellbeing. Find out which Apps and websites can help.

Part two Self help for mental health problems

Use this part to find out about some of the common types of mental and emotional health problems young people can face and what Apps and websites are out there.

The information in this guide has been produced by a partnership between Penumbra Borders, Hawick High School, Scottish Borders Council and NHS Borders.

Part one - six ways to be well

Nurture



To nurture ourselves we should try to eat well, sleep well, be active and cut out things that are bad for us.

Try and make time to relax and have fun. Try to think positively rather than negatively.

Could you find a way to nurture yourself - perhaps eat or drink more healthily?

Useful websites and apps

Eat Better Feel Better - Make changes to how you shop, cook and eat - tips, recipes and advice. www.eatbetterfeelbetter.co.uk

StressBusters Borders - NHS Borders website to help you manage stress and links to all the Doing Well self-help booklets. Many topics including anxiety, depression, panic and self-esteem.

www.nhsborders.scot.nhs.uk/staying-healthy/stress-busters

Take Life On - Find out about ways to eat healthier and get active in your local area. www.takelifeon.co.uk



Happify App - Effective, evidence based solutions for better emotional health and wellbeing.



Relax Melodies App - Relax, unwind, loose any anxiety and sleep better. Use sounds, meditations, and music to create a relaxing mood.



Be Active



Exercising regularly can make you feel more confident, happier, less stressed, sleep better and be more energised.

Children need to be physically active for at least an hour a day. For adults, activity should add up to at least 2½ hours of moderate activity a week.

Could you find a way to be more active?

Useful websites and apps

Active Scotland - Looking for ways to get active, but not sure where to start? Active Scotland is here to get you going. Put your postcode or town in the search box and find activities close to home, from easy to extreme. www.activescotland.org.uk

Live Borders - Find your nearest sports centre and find out how you can become more active.

www.liveborders.org.uk/sportanddevelopment



My Fitness Pal App - A free journal App that you can download to help keep track of food and exercise.



Strava App - Millions of runners and cyclists use the Strava Running and Cycling GPS App to record activities and share stories.



FitStar App - Personal trainer App by FitBit to help you get in shape.



Belong



Our identity is shaped by belonging to a community or a particular group. Feeling that we belong - that we are included - is good for our wellbeing.

Could you find a new way to connect with someone?

Useful websites and apps

Penumbra Borders - Specialists in wellbeing assessment and support.
www.penumbra.org.uk Tel: 01896 751177 or email:
borders@penumbra.org.uk

Youth Borders - Youth Clubs, cafes, projects, after school clubs and voluntary projects in the Borders. Drop-ins, activities and opportunities for young people - see the list at the end of this booklet for local Youth Services and Hubs. For full details of all youth groups and services visit:
www.youthborders.org.uk

LGBT Youth - Youth groups and support for lesbian, gay, bisexual and transgender young people in the Borders.
www.lgbtyouth.org.uk/borders

Scouts and Guides - Research has shown that people who were Scouts or Girl Guides in childhood go on to have better mental health later in life. For more information about Scouts and Girl Guides visit:
www.borderscouts.org.uk and
www.girlguiding.org.uk



Project Toe - Connect with someone who needs to talk or share your own struggles. www.projecttoe.com

Be Kind



Small acts of support and kindness can make a big difference to people and communities. Being kind helps to build trust and a sense of safety.

Giving and receiving from others helps to build a support network. Take notice of how you feel when you give to another person - it can make you feel good.

Could you do something kind for yourself or somebody else?

Useful websites and apps

Volunteer Centre Borders - Volunteering your time can be good for your wellbeing. Volunteer Centre Borders can help you to find a volunteering placement and give you more information about the Saltire Awards. www.vcborders.org.uk

Action for Happiness - A movement of people committed to building a happier and more caring society. www.actionforhappiness.org

Borrow My Doggy - Leaving 'Pawprints of Happiness' on the lives of dogs and people. Dog lovers help out because they love dogs, not to get paid. www.borrowmydoggy.com



Moodbug App - A tool for sharing how you feel with your close friends and letting them know when you're thinking about them.

www.moodbug.me



Epic Friends - Helping you to help your friends who might be struggling to cope emotionally.

www.epicfriends.co.uk

Enjoy and Learn



A lifestyle that includes enjoyable activities and interests can help you to have greater wellbeing and feel more fulfilled.

Think about what you enjoy doing - it could be something creative, or musical, or outdoors. Only you can decide what you enjoy doing. Try different things until you find what you like.

Could you find an activity or interest that you enjoy doing?

Useful websites and apps

Youth Borders - Supports youth clubs, youth cafés, specialist projects, after school clubs and voluntary groups - links on website to a range of groups and supports for young people. www.youthborders.org.uk

What's On in the Scottish Borders - Published by Live Borders - covers culture; heritage; theatre; sport; art; music; film; exhibitions; dance; drama and festivals. Includes information about free events. www.liveborders.org.uk

Doc Ready - Helps young people prepare for going to see their GP about a mental health issue. www.docready.org



UNSTUCK

Unstuck App - Unstuck is a digital coach that helps us see and solve situations with fresh perspective through questions, tips, and action tools.



Wishfund App - Inspires you to take control of your finances by saving towards a particular goal.

Be Aware



Paying more attention to the present moment, being aware of your thoughts, feelings and surroundings can make a difference to how you feel. This is called mindfulness.

Becoming more mindful can help your wellbeing and help you to de-stress. Give yourself some 'me time'.

Could you find a few minutes of 'me time' each day?

Useful websites and apps

 **HEADSPACE** **Headspace** - Meditation made simple.
www.headspace.com

 **Be Mindful** - Learn about mindfulness and how it can help you. www.bemindful.co.uk

 **SafeSpot** **SafeSpot** - App and website for creating a personal 'safe spot' with tools, resources and planning to get you through tricky times. www.safespot.org.uk

 **In Hand App** - A simple tool to help you focus on where you're at and help bring back balance to daily stresses and anxiety. www.inhand.org.uk

 **Moodometer App** - Interactive mood diary for monitoring and understanding emotional well being.



Part two - self help for mental health problems

General information and resources about mental health problems

MoodJuice - NHS website designed to help you think about emotional problems and work towards solving them.

www.moodjuice.scot.nhs.uk

Young Minds - The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

www.youngminds.org.uk

See Me - Scotland's programme to end mental health discrimination. Includes information about young people's mental health.

www.seemescotland.org

Aye Mind - Improving the mental health and wellbeing of young people by making better use of the Internet, social media and mobile technologies. www.ayemind.com

BBC Advice - Information about mental health.

www.bbc.co.uk/programmes/articles/4PPP6YxNrgk4dXNjrcvctZg/mental-health

Mental Health Foundation - Information about mental health.

www.mentalhealth.org.uk

Hands On Scotland - An online toolkit of helpful responses to encourage children and young people's emotional wellbeing.

www.handsonscotland.co.uk

Talk to Frank - Information about drugs and drug use. Confidential helpline for anyone concerned about drug use.

www.talktofrank.com

Get Self Help - Self Help and therapy resources.

www.getselfhelp.co.uk

depression

Everyone has times when they feel **upset or down** - it's normal to feel like this. Sometimes, when it lasts for longer than two weeks, it may be depression. **Depression is a lot more common than you think.** It can affect people of all ages and in many different ways.

What are the common signs and symptoms?

- feeling **hopeless or worthless**
- a **loss of appetite**
- feeling **very tired or on the other hand, agitated** and unable to concentrate on anything
- **finding it hard to sleep**, to study or to find pleasure in hobbies
- **avoiding friends** or feeling like they **want to harm themselves.**

Useful websites and apps

Breathing Space - Is a free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety. www.breathingspace.scot

Depression in Teenagers - Information and resources about depression for young people. NHS Lothian website.
www.depressioninteenagers.co.uk



Moodtools App - Aid for depression. Designed to help combat depression and alleviate negative moods.



Moodkit App - Designed to help people with anxiety or depression improve their mood.



T2moodtracker App - Allows people with anxiety, brain injury, depression, post-traumatic stress, or stress to monitor their moods and their general well-being.



What's Up? App - Coping strategies for depression, anxiety, anger, stress and more. Information and a place to make your own notes.

stress and anxiety

From time to time, everyone feels stressed or anxious - **these feelings are quite normal...** and can be useful as they can act as **warning signs** and tell us that we need to slow down or to be careful and think about what we are planning to do.

What are the signs and symptoms?

Stress and anxiety **can make it hard to:**

- Concentrate
- Make decisions
- Deal with frustration
- Control your temper
- Keep your sense of humour
- Or they can make a person feel **restless and jumpy**, to have **problems sleeping**, to feel **breathless**, to feel **fearful**, to have **headaches** or even to feel **sick or dizzy**.



When stress or anxiety builds up to the point that the feelings are really strong, some people can also have what are called **“panic attacks”**. They may “freeze” and be totally unable to deal with the situation that is worrying them.

Useful websites and Apps

Steps for Stress - Practical ways for you to start dealing with stress.

www.stepsforstress.org

Stress and Anxiety in Teenagers - Information and resources for young people suffering from stress and anxiety. NHS Lothian website.

www.stressandanxietyinteenagers.com

Living Life - For anxiety, low mood and stress. A series of NHS telephone appointments aimed at helping you to learn new ways of coping. Available for people over age 16 by telephoning **0800 328 9655**.



Stressheads App - Stressheads turns your phone into a stress killing machine.



Flowy App - A mobile game designed to help manage panic attacks and anxiety.



MindShift App - Designed to help teens and young adults cope with anxiety.



Lantern App - A web and mobile-based platform that combines Cognitive Behavioural Therapy (CBT) techniques with advice from real experts. Programs designed to provide support for emotional wellbeing.



Pacifica App - Daily tools for stress and anxiety alongside a supportive community. Based on Cognitive Behavioural Therapy and Meditation.



SAM: Self Help for Anxiety Management App - SAM is an app designed to help people understand and manage their anxiety.



Healthy Minds App - A problem solving App to help young people deal with emotions and cope with the stresses of being a student.



Breathe2Relax App - An app developed for stress management. It walks users through breathing exercises that help to reduce stress, stabilize mood, control anger, and manage anxiety.

relationships

Our relationships with people around us can have a big impact on our mental health.

Some young people might be being **bullied**, or in a relationship where they feel **frightened, intimidated or controlled** by their boyfriend or girlfriend. Some young people might be in a situation where they are frightened for their Mum or Dad, brothers or sisters, or for themselves. Some young people might want **someone to talk to** about who they fancy.

Relationships with family, friends, boyfriends or girlfriends change as young people become more independent.

Useful websites and apps



Respect Me - Scotland's anti-bullying service - information and resources about managing bullying. www.respectme.org.uk



The Lowdown - Guide to teenage health, including relationships. A Young Scot website for young people aged between 11-26. www.getthelowdown.co.uk



For Me App - 'For Me' is the new app that lets you access all of **Childline's** online services via your smartphone. www.childline.org.uk/toolbox/for-me



Teenage Health Freak - Information about a variety of topics including relationships. www.teenagehealthfreak.org/topics



The Mix - Information and support for under 25s in the UK - covers relationships, sex, drugs, mental health, money and jobs. www.themix.org.uk



Anti-Bullying Network - Provides information about how bullying can be tackled. www.antibullying.net



LGBT Youth Scotland - Information and advice for LGBT young people, parents, carers and professionals.

eating problems

Eating problems are common and can affect anyone of any body shape. **Worry or stress** can trigger eating problems or they are sometimes to do with **body image**.

A well balanced diet and active lifestyle can help you to feel confident about your body image. **A healthy body** is one that - whatever shape, size or weight - is in a state of wellbeing, has enough energy, strength and stamina to be active, and allows you to achieve your goals.

Some young people have **thoughts, feelings or experiences in relation to food that can cause them distress**. Some eating problems are signs of normal eating behaviour but if they are affecting everyday life they could be an eating disorder.

Eating disorders can affect someone physically, psychologically and socially. They are serious mental health conditions and include **anorexia, bulimia and binge eating disorder**.

Both males and females can be affected by eating disorders. If you are worried about an eating problem or think you have an eating disorder, the best place to start is to **talk to someone you trust** or make an appointment to talk to your Doctor.

Useful websites and apps

Young Minds Eating Problems - Find out how eating can become a problem and what you can do if you're affected.

www.youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems/

Glasgow Centre for Eating Disorders - Therapy, support, training and education for eating disorders in Scotland.

www.glasgow-eating-disorders.co.uk



B-eat - The UK's leading charity supporting anyone affected by an eating disorder. Also available on Instagram

www.beateatingdisorders.org.uk

self-harm

Self-harm is **not an illness**. It is the name for what people do when they **hurt themselves deliberately**.

There are different reasons why people self-harm, mostly to do with coping with difficulties in their lives.

Self-harming can range from minor to serious injury. **One in ten people aged 15 and 16** in the UK has self-harmed at some point in their life.

Useful websites and apps



Self Injury Support - A national organisation that supports girls and women affected by self-injury or self harm. www.selfinjurysupport.org.uk



Self Harm UK - Information, resources and online support group for people affected by self harm. www.selfharm.co.uk



Calm Harm App - App designed for young people to help manage the urge to self harm. www.stem4.org.uk/calmharm



On Edge - See Me's self-harm resource pack for teachers and other practitioners working with young people. www.seemescotland.org/young-people/working-with-young-people/resources-packs-and-materials/on-edge

psychosis

Psychosis is the name for mental **illnesses that make people lose contact with what is real**. You might have heard some of the illnesses being called schizophrenia, manic depression or bipolar disorder.

It's more common than people think - **psychosis is four times more common than diabetes in young people**. Psychosis can be triggered by **stress or bad life events** - and **using drugs can make psychosis more likely**.

What are the signs and symptoms?

If someone is experiencing psychosis they may:

- Feel very **anxious or agitated**
- have very **low or high moods**
- think that people are against them and they may hear **voices or sounds** that that aren't heard by others but are entirely real to them
- some people also have what are called **delusions** – new strange beliefs or unusual ways of thinking.

Sometimes psychosis can be a one-off. Sometimes it can come and go. It rarely gets better without **proper treatment and professional help**.

Useful websites and apps

Royal College of Psychiatrists - Helpful information and advice about psychosis in young people.

www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentscarers/psychosis.aspx

Young Minds - Helpful information and advice about psychosis in young people.

<https://youngminds.org.uk/find-help/conditions/psychosis/>



My journey - Designed to help you keep track of how you're feeling. Contains useful advice and information for people experiencing symptoms of psychosis. Android App by Surrey NHS, available on Google Play.

Useful numbers

Support and help from organisations

There are lots of locally based resources and support available to you, to help manage your mental health.

Penumbra Borders	01896 751177 Email: borders@penumbra.org.uk
Action for Children	01896 755055 ask.us@actionforchildren.org.uk
Addaction	01896 757843
Alcoholics Anonymous	0800 917 7650 help@aamail.org
Anxiety Alliance	0345 2967877
Anxiety UK	Infoline 08444 775 774 or Text 07537 416 905 support@anxietyuk.org.uk
B-eat Eating Disorder Association	Helpline 0808 801 0677 Youthline 0808 801 0711 help@b-eat.co.uk
Bipolar UK	0333 323 3880 (local rate) info@bipolaruk.org.uk
Borderline	0800 027 4466
BPD World (Borders Personality Disorder)	08700 053 273
Childline	0800 1111
Children 1 st Borders - Domestic Abuse	01750 22892
Choose Life Borders contact	01835 825970
Cruse Bereavement Scotland	0845 600 2227 support@crusescotland.org.uk
Domestic Abuse Advocacy Support	01835 825024
Domestic Violence National Helpline	0808 2000 247
FRANK - Drugs info and advice	0300 123 6600 or text 82111

Jewish Helpline	0800 652 9249
Living Life	0800 328 9655
Mind Info Line	0300 123 3393 or text 86463
Muslim Youth Helpline	0808 808 2008 help@myh.org.uk
Narcotics Anonymous	0300 999 1212
National Debtline	0808 808 4000
NHS 24	111
No Panic Youth Helpline	0330 606 1174 www.nopanic.org.uk
OCD Action	0845 390 6232 support@ocdaction.org.uk
PAPYRUS HOPELineUK—prevention of young suicide	0800 068 41 41 or text 07786209697
Parentline Scotland	08000 28 22 33
Rape Crisis Scottish Borders	01896 661070
Rethink Advice & Information Service	0300 5000 927
Rethink: Asian mental health helpline	0808 800 2073
Samaritans	116 123
Saneline	0300 304 7000
Survivors Of Bereavement By Suicide	0300 111 5065 local 0756 131 9863
TESS - Self Injury Support for women in the UK affected by self-harm	Text and email support service. Text 0780 047 2908 www.selfinjurysupport.org.uk
The Mix Helpline	0808 808 4994
YoungMinds Parents' Helpline	0808 802 5544 parents@youngminds.org.uk
Youth Borders	www.youthborders.org.uk
Cheviot Youth hubs (Jedburgh, Kelso)	01573 228285
Connect Berwickshire (Duns, Eyemouth, Coldstream)	01361 884198
Earlston Youth Catchment	01896 755110
Escape Youth Service (Hawick)	01450 378001
Rowlands Youth Hub (Selkirk)	01750 21222
TD1 Youth Hub	01896 752442
Tweeddale Youth Action	01721 724779

Penumbra Borders has supported people in the Scottish Borders since 1994. Further information about the range of services available is available at

www.penumbra.org.uk/service-locations/east-area-services/borders

‘Towards a Mentally Flourishing School’ (TAMFS) began as a Collaborative project between Hawick High School, Scottish Borders Council, NHS Borders and the voluntary sector in 2014. The overall project aim was to create a shared vision for a ‘Mentally Flourishing School’ and establish an innovative whole school approach to enable social, emotional and psychological wellbeing. Further information about the project is available at www.hawickhighschool.co.uk

‘Six Ways to Be Well in the Scottish Borders’ was co-produced by the Joint Health Improvement Team and published in May 2017. If you’d like more information about the Six Ways visit

www.nhsborders.scot.nhs.uk/six-ways-to-be-well or email health.improvement@borders.scot.nhs.uk



DISCLAIMER: This self-help guide contains links to websites and apps which are not under the control of any of the organisations above. We have no control over the content or availability of listed sites or apps. The inclusion of any links does not necessarily imply a recommendation or endorsement. Use of the websites / apps presented in this self-help guide are not intended to be a substitute for a consultation with a healthcare professional. It is up to you to contact a healthcare professional if you are concerned about your health.