


Self-help guide for young people

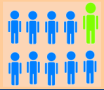
Mental health and wellbeing
in the Scottish Borders



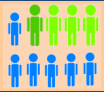
Crisis? Suicidal thoughts?

You can get immediate support from these helplines

Breathing Space	0800 83 85 87	A free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety. Open 24 hours at weekends (6pm Friday - 6am Monday). 6pm to 2am on weekdays (Monday - Thursday).
Childline	0800 11 11	Any worries that you have, no matter how big or small. Free and confidential.
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.
Papyrus	0800 068 41 41 Or TEXT 07786 209 697	Prevention of young suicide. HOPELineUK - confidential support and advice. Email: pat@papyrus-uk.org
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.
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.
SHOUT	TEXT 85258	24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.
Stay Alive App #Stay Alive		A mobile App for those at risk of suicide and people worried about someone.



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



30 - 40% of young people have no diagnosis but struggle with their mental health and wellbeing

If you have problems that will not go away or you need help to cope you can seek mental health support from your GP, or if you are at school or college, speak to guidance staff or the school nursing service. Other sources of support include:

Quarriers Resilience for Wellbeing Service - Works with young people aged 12-18 to improve their wellbeing. They support young people to build confidence to work towards their goals, and help to develop the resilience to cope when times are tough. Tel: 01896 668411 Email: Borders@quarriers.org.uk or visit www.quarriers.org.uk/borders

Child and Adolescent Mental Health Service (CAMHS) - Are a team of specially trained workers whose job it is to improve the mental health of children and young people by helping them with the things that make them worried, upset or angry. CAMHS Teams provide a multi-disciplinary outpatient service for children and young people who have moderate and severe mental health problems. They see children, young people and their parents from age 5 or sometimes younger up to the age of 18. Referrals to CAMHS via your GP, School Nurse or Health Professional.

Six Ways to Be Well In the Scottish Borders. - We have developed the 'Six ways to be well'. The rest of this guide uses the six ways to recommend what young people can do for themselves to help look after their mental health and wellbeing. This includes information about informal support services and networks including websites and Apps. This guide also has self help resources for some things that young people experience, including more information on some common mental health problems.

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.

Think of ways to nurture yourself - perhaps reduce your screen time or spend time with people you love

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



Feels FM - Check out Feels FM, express how you're feeling, use music as a positive coping strategy, and find new ways to talk about mental health stigma and discrimination.



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

Podcasts for Wellbeing – Mental Health Foundation's 16 free podcasts to help you live a mentally happier life – from New Years' Resolutions to Relaxation for Better Sleep. Can be listened to on the Mental Health Foundation website or downloaded through most podcast providers.

<https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>

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



Be Active



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

It is recommended that children and young people aim for an average of at least 60 minutes of moderate intensity physical activity a day, spread across the week. Adults over 18 should aim for at least 150 minutes of moderate intensity activity a week.



Do you enjoy keeping active on your own or as part of a team?

Useful websites and apps



Couch to 5k App - Walk and run your way to 5k this Couch to 5k app designed to take total beginners from walking to running for 30 minutes in just 9 weeks.



FITSTAR
by Fitbit

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

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.



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

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

Elefriends - Elefriends is a supportive online community where you can be yourself. (Over 17s only) www.elefriends.org.uk

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

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

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



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

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

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

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



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

BiteBack - For young people over the age of 12 where you can discover ways to amplify the good stuff in life, share real and personal stories with others, check out videos, blogs and interviews of interesting people; check and track your mental fitness, and get your teeth stuck in to a bunch of activities! www.biteback.org.au/

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.

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



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

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

Be Mindful - Learn about mindfulness and how it can help you.

www.bemindful.co.uk



Daylio App - Daylio enables you to keep a private diary without having to type a single line. Pick your mood and add activities you have been doing during the day.

Headspace - Meditation made simple. www.headspace.com



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



SafeSpot

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



Self help for young people

General information and resources about some things that young people experience

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

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

Head Meds - A website supported by YoungMinds: provides accessible and useful information about mental health conditions & medication. <https://youngminds.org.uk/find-help/medications/>

Mental Health Foundation - Information about mental health. www.mentalhealth.org.uk

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

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

The Mix - Is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. www.themix.org.uk

Wellbeing Point - NHS Borders website with more resources and useful information to help you look after your mental health and Wellbeing. www.nhsborders.scot.nhs.uk/wellbeingpoint

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

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 - NHS Lothian website with information and resources about depression for young people.
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



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.



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



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

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**.



MindShift App - MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety.



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



Sanvello for Stress and Anxiety App - Offers on-demand help for stress, anxiety and depression.



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

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

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



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

LGBT Youth Scotland - Information and advice for LGBT young people, parents, carers and professionals. www.lgbtyouth.org.uk

Peaches and Aubergines - Series of films and information made by young people, for young people that looks at healthy relationships, consent and respect. www.peachesandaubergines.org

Relationships, Sexual Health and Parenthood - A resource that can be using in learning settings and by parents and carers.

<https://rshp.scot/>

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

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

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

www.getthelowdown.co.uk

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

www.themix.org.uk

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

B-eat - The UK's leading charity supporting anyone affected by an eating disorder. www.beateatingdisorders.org.uk

Talking EDs - Therapy, support, training and education for eating disorders in Scotland. www.eatingdisorderscotland.co.uk

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/

Self-harm

Self-harm can be really hard to understand but it's a lot more common than you think. It is estimated that 14% of Scottish 14-15 year olds have self-harmed, with girls four times more likely to self-harm than boys.

Self-harm is a sign that something is wrong. Young people who choose to self-harm inflict pain on themselves as a way of coping with emotional distress. There are a variety of ways young people self-harm and many different reasons for doing so.

Useful websites and apps



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

LifeSIGNS - Self-Injury Guidance & Network Support is an online, user-led voluntary organisation founded in 2002 to create understanding about self-injury and provide information and support to people of all ages affected by self-injury. 07950705258
info@lifesigns.org.uk www.lifesigns.org.uk

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

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

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

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.

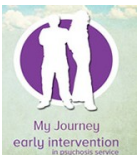
Sometimes psychosis can be a one-off. Sometimes it can come and go. It rarely gets better without **proper treatment and professional help**.

Useful websites and apps

Royal College of Psychiatrists - Helpful information and advice about psychosis in young people. www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/psychosis---for-young-people

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

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



My Journey App - 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 resources and support available to you, to help manage your mental health.

Quarriers Resilience for Wellbeing Service	01896 668411 Borders@quarriers.org.uk
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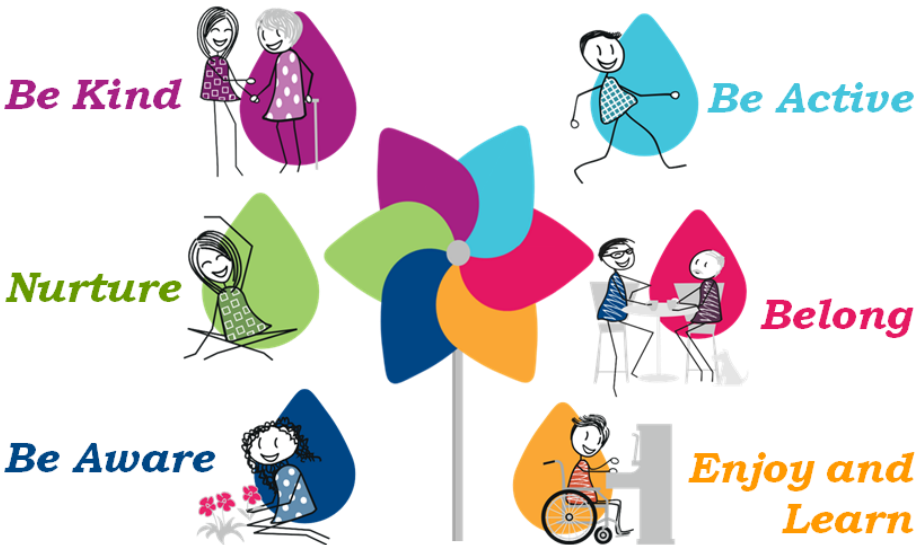
Action for Children	01896 755055 ask.us@actionforchildren.org.uk
Alcoholics Anonymous	0800 917 7650 help@aamail.org
Anxiety Alliance	0345 2967877
Anxiety UK	Infoline 08444 775 774 or Text 07537 416 905 support@anxietyuk.org.uk
B-eat Eating Disorder Association	Helpline 0808 801 0677 Youthline 0808 801 0711 help@b-eat.co.uk
Bipolar UK	0333 323 3880 (local rate) info@bipolaruk.org.uk (Leave a message and receive a call back)
BPD World (Personality Disorders)	08700 053 273
Childline	0800 1111
Children 1 st Borders - Domestic Abuse	01750 22892 ettrick@children1st.org.uk
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
Joint Health Improvement Team	01896 825970
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 (aged 13-20)
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
Samaritans	116 123 Jo@samaritans.org
Saneline	0300 304 7000
SHOUT Crisis Text Service	Text 85258
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
We Are With You Borders	01896 757843
YoungMinds Parents' Helpline	0808 802 5544 parents@youngminds.org.uk
Youth Borders	www.youthborders.org.uk
Cheviot Youth Hub - Jedburgh	01835 862350 (out of hours 07958277766)
Cheviot Youth Hub - Kelso	01573 228285 (out of hours 07598277766)
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

This self-help guide for young people was co-produced by NHS Borders and Scottish Borders Council together with Penumbra and Hawick High School. This has been updated and reproduced in February 2020.

For more resources and useful information to help you look after your mental health and wellbeing visit the Wellbeing Point at www.nhsborders.scot.nhs.uk/wellbeingpoint

Six ways to be well in the Scottish Borders



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.