

Mindfulness



Mindfulness is a form of meditation which has been shown to be a useful tool to adopt in times of stress, it promotes relaxation and self awareness. Anyone can use mindfulness it is not linked to any one religion or spiritual practice.



Articles on its value

http://www.huffingtonpost.com/2013/03/27/mindfulness-testing-focus-reading-comprehension_n_2957146.html

http://www.nytimes.com/2007/05/08/health/psychology/08medi.html?_r=1

<http://psychcentral.com/lib/how-mindfulness-can-mitigate-the-cognitive-symptoms-of-depression/>

Mindfulness – guided meditations

<http://www.freemindfulness.org/download>

Free short watch the breath meditations

<http://www.ilivethelifeilove.com/10-best-guided-meditations/>

Some great guided meditations

Mental Health Support

Big White Wall

<https://www.bigwhitewall.com/>

Need to talk? **Big White Wall** is an award-winning online service designed to help people get support, take control and feel better. You'll have access to professional support from trained counsellors and guidance from a 24/7 online community.

Samaritans

<https://www.samaritans.org/> **Samaritans** provide support to anyone experiencing emotional distress, struggling to cope or at risk of suicide. The service is free, confidential, and available 24/7. To speak to someone from Samaritans telephone 116 123.

Shout

<https://www.giveushout.org/> **Shout** is a 24/7 text service, free on all major mobile networks. It's a place to go if you're struggling to cope and you need immediate help. Contact Shout by texting **85258**

The Mix – Crisis support for under 25's <https://www.themix.org.uk/get-support/speak-to-our-team>

Call **Helpline**



If you're under 25 and need help but don't know where to turn, call us for FREE on **0808 808 4994**. We'll explore your situation with you and find organisations that may be able to help you further. Our phones are open 7 days a week from 4pm to 11pm. You can also webchat to us 7 days a week from 4pm to 11pm, however chats may not be connected after 10:15pm.

Young Minds - Help for parents: <https://youngminds.org.uk/find-help/for-parents/>

Who the service is for: Children and young people with mental health problems, and their parents. The helpline is for any adult worried about the mental health of a child or young person. How to access: Browse through the website to find out resources, or call the parents' helpline. The helpline is open 9.30am-4pm, Monday to Friday.

www.youngminds.org.uk/0207 089 5050 (general enquiries) 0808 802 5544 (parents' helpline) ymentquiries@youngminds.org.uk