

# Counselling team guidance

April 2020



Whether you are bored, desperate to leave the house or relishing time away from school, our world feels very different to a few weeks ago and a lot of you out there are having to react to some very difficult situations. If you feel trapped, frustrated, anxious and not sure what will happen next, we get it. You are not alone, and most people are feeling the same way. Here are some helpful tips from the counselling team for looking after your mental health.

## Useful Websites

### Mental Health:

[papyrus-uk.org](http://papyrus-uk.org)  
[www.otrbristol.org.uk](http://www.otrbristol.org.uk)  
[www.samaritans.org](http://www.samaritans.org)  
[www.mind.org.uk](http://www.mind.org.uk)

### Self-harm:

[www.harmless.org.uk](http://www.harmless.org.uk)

### Bullying:

[www.bullying.co.uk](http://www.bullying.co.uk)

### Abuse:

[www.the-green-house.org.uk](http://www.the-green-house.org.uk)  
[www.sarsas.org.uk](http://www.sarsas.org.uk)

### Young carers:

[www.carers.org.uk](http://www.carers.org.uk)

### Eating disorders:

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

### Loss or Grief:

[www.winstonswish.org](http://www.winstonswish.org)

### LGBTQ+

[mermaidsuk.org.uk](http://mermaidsuk.org.uk)  
[www.otrbristol.org.uk](http://www.otrbristol.org.uk)

## Helplines

Papyrus: 0800 068 4141  
Samaritans: 116 123  
Childline: 0800 11 11  
Kooth: [www.kooth.com](http://www.kooth.com)



## Coping with difficult feelings:

Write your feelings down in a journal to get them off your mind.

Write a letter to someone about your feelings but don't send it.

Write a letter to yourself...do this when you are feeling good and fill it with praise for yourself and reminders of what's good. Read it when you have a hard day.

Draw around your hand and fill the finger spaces with what and who you have to support you

Make a gratitude list...everyday list three or more things to be grateful for...these can be tiny like 'the sunshine on my face today' or bigger like 'I'm feeling well'.

Create a self-care box...fill it with things that make you feel good or prompts of happy memories.

Use a stress toy.

Get outdoors safely...walk, jog, sit but be outside in the fresh air

Listen to music that you relate to or that changes your mood

Talk to an adult you trust

Draw or do something crafty or some mindful colouring to take you away from your thoughts

### Do:

Use the suggested ideas to keep you positive, busy and happy

Maintain a healthy routine, regular bedtime and waking up.

Exercise and eat healthily.



### Don't:

Spend too much time watching the news.

Feel like you are alone or suffer in silence.



# Further advice

## Useful Apps:



## Ways to relax:

### 5,4,3,2,1 grounding technique

- 5: Acknowledge FIVE things you see around you...
- 4: Acknowledge FOUR things you can feel...
- 3: Acknowledge THREE things you hear. ...
- 2: Acknowledge TWO things you can smell. ...
- 1: Acknowledge ONE thing you can taste...

This helps by taking you away from your thoughts and into the present moment

## Other activities to try:

- Watch a good film
- Read a good book
- Do an art or crafty activity
- Going for a walk outside
- Opening windows to let the air in
- Do an act of kindness for someone else
- Play a game
- Turn off electronics
- Do some stretches
- Learn something new
- Listen to music
- Online Yoga or exercise

## Services in our local area:

- **Yisp:** *mentors, 1:1 support, groups for young people:* nsod.n-somerset.gov.uk 01275 888 360
- **Gemini:** *DV support and counselling for young people and adults:* 0870 066 4233
- **Sarsas:** *sexual abuse support for young people and adults:* Sarsas.org.uk 0808801 then female 0456 male 0464
- **Sas:** *substance abuse advise and support for young people:* 01275 888 360
- **Addaction:** *substance abuse counselling and support for adults:* addaction.org.uk 01934 427940
- **Young carers and adult carers:** *groups, counselling, time out for young and adult carers:* alliancehomes.org.uk 03000 120 120
- **Reclaim:** *low cost counselling for adult victims of DV, family work:* 07919 440 233
- **New Dawn:** *low cost counselling for adults:* newdawnccic.co.uk 01934 614313
- **Greenhouse:** *sexual abuse support for young people and adults (Bristol):* the-green-house.org.uk 0117 935 1707
- **Off the record:** *mental health support, groups and counselling for young people (Bristol):* otrbristol.org.uk 0808 808 9120

The Wish Clinic (Sexual Health): <http://www.waht.nhs.uk/en-GB/Our-Services1/WISH-Centre/>  
North Somerset Safeguarding Board - <https://www.northsomersetsafeguarding.co.uk/>