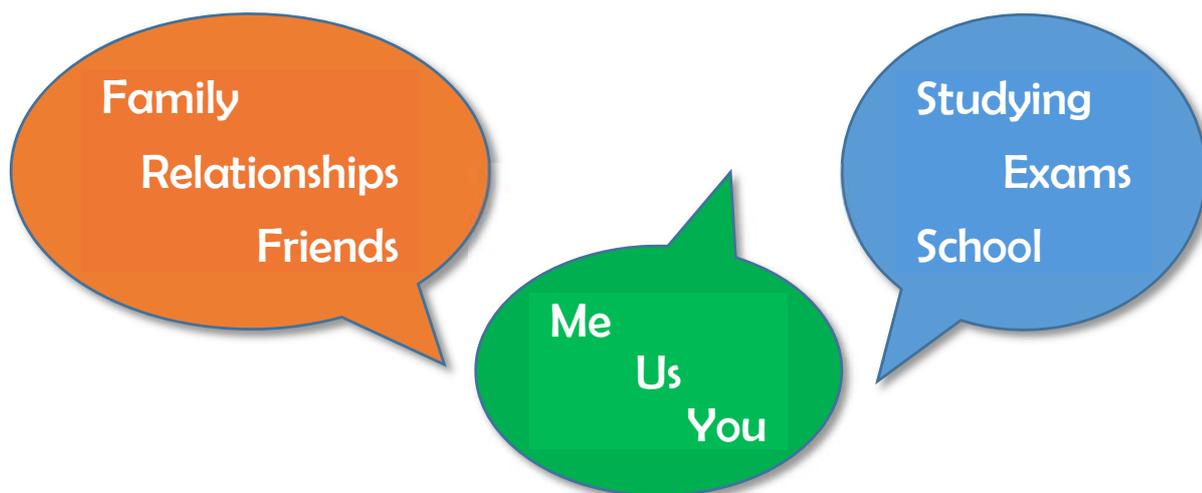


Keeping well and being healthy reflects in our physical health and our mental health.

We can all help ourselves to stay physically and mentally well by eating healthy food, exercising regularly, sleeping well, socialising with family and friends and talking with people we trust.

Difficult situations can lead to stress. Everyone can experience anxiety and stress – children and young people, adults including parents and teachers. Feeling stressed is an everyday part of life; talking about the things that cause stress can really help.



Pastoral care / Guidance staff are available to talk to young people in schools and the G.L.O.W. site has resources for pupils and teachers to use.

The attached digital resource information sheet highlights some **apps** that are available to help with exam stress and mental wellbeing as well as **websites** and **helplines**. Other online / telephone resources that can offer support:

- **Breathing Space** breathingspace.scot 0800 838587
(Mon–Thurs 6pm to 2am and Fri–Mon 6pm to 6am)
Listening service offering advice, guidance and support
- **Papyrus** papyrus-uk.org 0800 684141(Hopeline)
(Mon–Fri 10am to 10pm, Weekends 2pm to 10pm, Bank Holidays 2pm to 5pm)
Confidential help and advice about prevention of young suicide
- **Parentline** children1st.org.uk/what-we-do/how-we-help/parentline-scotland/ 08000 282233
(Mon–Fri 9am to 9pm)
Helpline, email and web-chat, for anyone caring for or concerned about a child
- **See Me** seemescotland.org
Information and fact sheets about mental health

Emotional support is important for everyone, especially during school holidays and when revising and taking exams.

Digital Resources to Support Young People's Mental Health & Wellbeing

NHS Ayrshire & Arran's Population Mental Health Leadership Group has identified examples of online resources to support mental wellbeing of young people; we do not endorse or recommend particular resources, and encourage you to carefully explore resources before you use them (April 2017)

Apps	<p>Well Mind</p>  <p>WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing</p>
	<p>Exam Stress</p>  <p>This app is for people who suffer from exam anxiety or from feeling stressed during their studies. The app is developed by the Student Counselling Service, who on a daily basis helps students all over the country with psychological and social problems. It derives from many years of experience in helping students to manage their exam anxiety.</p>
Websites	<p>Hands on Scotland</p>  <p>This Toolkit is a resource for anybody working with or caring for children and young people. It gives practical information and tools to help you respond helpfully to troubling behaviours and to help children and young people to flourish. Available at: http://handsonscotland.co.uk/topics/troubling_behaviours_topic_frameset_list.htm</p>
	<p>Aye Mind</p>  <p>Aims to improve the mental health and wellbeing of young people by making better use of the internet, social media and mobile technologies. They are working with young people aged 13 to 21 to create and share a wide range of resources. They are also making a digital toolkit for all who work with young people too, to boost their ability to promote youth wellbeing. Available at: http://ayemind.com/</p>
	<p>Mind Ed</p>  <p>Offers free, completely open access, online education in over 300 topics. The e-learning is applicable to a wide range of learners across the health, social care, education, criminal justice and community settings. Our aim is to provide simple, clear guidance on children and young people's mental health, wellbeing and development to any adult working with children, young people and families, to help them support the development of young healthy minds. Available at: https://www.minded.org.uk</p>
	<p>Young Minds</p>  <p>Supports and informs professionals who work with children or young people, whether through paid employment or voluntary work. They provide reliable information about common mental health and behaviour concerns in children and young people: symptoms; possible causes; what you can do to help; other resources and organisations you can contact for support. Available at: http://www.youngminds.org.uk/training_services</p>
	<p>Cool Heads</p>  <p>This booklet is especially for young people as they can experience and have to cope with different types of stress than adults. It looks at the kind of things that might be stressful to those aged between 12-16 year olds, and offers advice on how to deal with their feelings. Available at: http://www.healthscotland.com/uploads/documents/1485-CoolHeads_1.pdf</p>
	<p>The topics covered by the above websites include:</p> <ul style="list-style-type: none"> • Domestic/ Physical Abuse • Anxiety & Depression • Bereavement • Bullying & Cyber Bullying • Body Image & Eating disorders • Carers • Drugs and Alcohol • Childhood Sexual Abuse and Rape • LGBT • Self Harm
Help Lines	<p style="text-align: center;">Samaritans</p> <p style="text-align: center;">Contact free on: 116 123</p> <p style="text-align: center;">Visit Website: http://www.samaritans.org/</p>
	<p style="text-align: center;">Child line</p> <p style="text-align: center;">Contact free on: 0800 1111</p> <p style="text-align: center;">Visit Website: https://childline.org.uk/</p>