



Child Self-care for Mood and Enjoyment Level 2-3

Click the link below to jump to these resources.

Local Support

National Support

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Video and Audio

Reading

The resources are suggestions only and you can choose the most suitable materials for you. Most of these are free resources but you might have to pay a small amount for some (e.g., apps and books).

For the most comprehensive range of resources for your overall mental health and wellbeing, we recommend that you rate all Dimensions available. dimensions.covwarkpt.nhs.uk

Emergency Support for Children and Young People (Under 18s)

For urgent calls, for those who are experiencing a mental health crisis contact the

Rise Crisis team on 08081 966798 (select Option 2)

This freephone line is available 24-hours a day, 7-days a week, but with an advice-only service outside the core hours of 8am-8pm.

If you feel that it would be helpful to talk to somebody about how you or the person you are supporting are feeling, you can also call one of these helplines.

Samaritans: 116 123

Childline 0800 1111

Coventry and Warwickshire Mental Wellbeing Line (16+): 0800 616171

If you need further mental health support, you can visit their/your GP.


Local Support

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

Rise offers early support, information and guidance to parents and carers on emerging mental health issues in children and young people, through themed coffee mornings and one-to-one discussions with a clinician.

 cwrise.com/for-parents

Groundwork is a national charity aimed at helping young people within the community, by giving them practical skills in gardening and landscaping. They provide a safe and fun environment for young people to get hands-on experience and help them to keep busy. In Coventry and Warwickshire, they provide a service for young people aged 15 and over.

 www.groundwork.org.uk/hubs/westmidlands

For further local support groups and organisations please see these additional flyers.

-  [Coventry and Warwickshire Community Support for Neurodivergent People and their Families](#)
-  [Coventry and Warwickshire Local Health Services - Child](#)

National Support

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

Autistica is an autistic research charity, and they have lots of autism resources.

-  www.autistica.org.uk




CBeebies' Melody is a TV programme that shows young children how they can change their mood by listening to music.

-  www.bbc.co.uk/cbeebies/shows/melody

CAMHS Resources contains resources for young people, carers and professionals to support mental health and wellbeing.

-  www.camhs-resources.co.uk


Childline will help children and young people when they are feeling overwhelmed and need to talk. Sometimes it helps to speak to someone outside of the family and teachers they might usually talk to. They can also talk when other people are not available.

-  0800 111
-  www.childline.org.uk/get-support
-  www.childline.org.uk

Compass has resources for children and young people with special educational needs and disability (SEND), including information, guidance, and support for parents and carers on a range of health and wellbeing topics.

-  www.compass-uk.org/services/c4h/send-resources

Cumbria, Northumberland, Tyne, and Wear NHS Foundation Trust Relaxation Techniques.

-  www.cntw.nhs.uk/resource-library/relaxation-techniques
-  web.ntw.nhs.uk/selfhelp

Fixers is a website for young people with information about your mind.

-  www.fixers.org.uk/home/issues/mind.php

Health for Kids has some useful online activities to help children to manage their feelings.

-  www.healthforkids.co.uk/feelings

Health for Teens is a very engaging, modern website with advice about managing difficult feelings.

-  www.healthforteens.co.uk/feelings

Kids Health website explains to children why they may feel sad and how they can deal with sad feelings.

-  kidshealth.org/en/kids/sadness.html

Little Lullaby support young parents to feel better informed, more confident and less isolated through pregnancy, birth and parenthood.

🖥️ littlelullaby.org.uk/support-advice

SupportLine offers emotional support and information.

🖥️ www.supportline.org.uk/problems/children-and-young-people-support

Every Mind Matters from the NHS, has expert advice and practical tips to help you look after your mental health and wellbeing.

🖥️ www.nhs.uk/oneyou/every-mind-matters/youth-mental-health

Raising Children has published an online article on building confidence in autistic children and teenagers.

🖥️ raisingchildren.net.au/autism/behaviour/understanding-behaviour/building-confidence-asd

Young Minds provide support, information, and advice for young people under the age of 25, on mental health issues, including topics such as social media, racism, university, sexuality, gender and more.

🖥️ www.youngminds.org.uk/young-person/find-help

🖥️ www.youngminds.org.uk/parent/parents-helpline-and-webchat

Standing in the Gap helps families with children aged 0-11 to recognise and manage big emotions.

🖥️ www.sitgap.org

The Mix has information and support for older children, including a crisis messenger text service and 24/7 crisis support across the UK. The online one-to-one chat service is available every day, 3pm – midnight.

☎️ 0808 808 4994

📱 Crisis Messenger text THEMIX to 85258

✉️ www.themix.org.uk/get-support/speak-to-our-team/email-us

🗣️ www.themix.org.uk/get-support/speak-to-our-team

🖥️ Counselling Service www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service

🖥️ www.themix.org.uk

🖥️ Supporting others www.themix.org.uk/mental-health/supporting-others

🖥️ Body image and self-esteem www.themix.org.uk/mental-health/body-image-and-self-esteem

🖥️ Looking after yourself www.themix.org.uk/mental-health/looking-after-yourself

🖥️ Paranoia www.themix.org.uk/mental-health/psychosis/paranoia-6635.html

🖥️ Loneliness www.themix.org.uk/loneliness-support

🖥️ I'm lonely www.themix.org.uk/sex-and-relationships/friendship/im-lonely-4526.html

🖥️ Mental health treatments www.themix.org.uk/mental-health/mental-health-treatments

🖥️ Personality disorders www.themix.org.uk/mental-health/personality-disorders

Young Minds parent helpline offers free and confidential advice and information for parents or carers of a child or teenager who has difficulties managing stress. The helpline is open Monday – Friday, 9.30am – 4pm.

🖥️ www.youngminds.org.uk

Videos and Audio

You may find the videos/podcasts below useful. Podcasts can be download using the podcast app on smartphones. In some cases there may be costs involved, so before you purchase make sure that you check for costs and ensure the podcast is suitable for you. Please note: these have been produced by external organisations and may feature adverts over which we have no control and we would therefore advise that you watch the videos first without your child to check that any adverts are age appropriate.

When I'm Feeling Sad – Sweet Tweets is for younger children. This video is a song about feeling sad and strategies of how to leave those feelings behind.

- ▶ www.youtube.com/watch?v=Z1w5bs9mZ2Y

The Mighty's Depression is Not Just Sadness is for young people, ~~or~~ parents and carers. This video explains the difference between depression and sadness.

- ▶ youtu.be/6jkqgWBOcUA

Fixers lies my Anxiety tells me.

- ▶ youtu.be/6AhauvBLiAQ

SENDCast, the podcast for Special Educational Needs (SEN), has podcasts on a variety of subjects to support children and young people.

- 🔊 www.thesendcast.com/sendcast-episodes

Apps

You may find these apps useful, which you can download from your app store. Please note that there are costs to downloading some of these apps. Before you purchase, make sure that you check that the app is suitable for you and that you are aware of the costs.

My Health and Wellbeing App Library is a partnership between NHS CWPT and ORCHA with a range of quality assured apps to help support your health and wellbeing.

Apps listed below may have a link to the app library.

- ⚙️ covwarkpt.orchha.co.uk

Kooth offers a free, anonymous online service for young adults (up to 25 years). You have to sign up to use their services. They have a range of support including top tips, discussion boards, and online counselling. Open 24/7, 365 days a year.

- ⚙️ kooth.com

The Mix has a list of apps for young people.

- ⚙️ www.themix.org.uk/apps-and-tools/our-apps

Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.

- ⚙️ calmharm.co.uk

Calm is an app with meditation to relax, focus, and sleep better.

- ⚙️ www.calm.com

Headspace teaches you meditation and mindfulness techniques to help you manage your stress, focus more, and even sleep better.

⚙ www.headspace.com/headspace-meditation-app

What's Up? is Jackson Temptra's free app using some of the best Cognitive Behavioural Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with mood problems.

⚙ Android play.google.com/store/apps/details?id=com.jacksontemptra.apps.whatsup

⚙ Apple iOS apps.apple.com/au/app/whats-up/id968251160

Catch It is an app for a young person to track and understand their moods. It uses a Cognitive Behavioural Therapy (CBT) approach.

⚙ www.liverpool.ac.uk/it/app-directory/catch-it

Virtual Hope Box has relaxation, distraction, and CBT based techniques for times of stress or anxiety.

⚙ Android play.google.com/store/apps/details?id=mil.dha.vhb&hl=en_GB&gl=US

⚙ Apple apps.apple.com/gb/app/virtual-hope-box/id825099621

Reading

Below are some links for further reading which you may find useful. These links are not the only place where you can find these books, but they do include reviews so please read them to help you decide if they will be useful to you. You may also find these books in libraries, online or in second-hand bookstores.

Reading Well has books that are recommended by health experts, as well as people with lived experience of the conditions.

📖 reading-well.org.uk

Warwickshire's SORTED Book Scheme has self-help books for children and young people which can be requested from your local library.

📖 www.warwickshire.gov.uk/sorted

Coventry Reading Well for Health and Wellbeing has self-help books for children and young people which can be requested from your local library.

📖 www.coventry.gov.uk/downloads/download/4040/reading_well_books_on_prescription

📖 [Don't be sad, Sam: It's OK \(You Choose\)](#) by Lisa Regan is aimed at younger children. This book is an illustrated story of Sam as he finds himself in situations that make him feel sad, and there are three ways he can act in every situation. The reader can compare Sam's choices to the ones he or she would have made, and gain a deeper understanding about sadness and how to react.

📖 [Poemotions: Poems about being sad – can anyone be as gloomy as me](#) by Nick Toczek and Mike Gordon. Aimed at children, this book includes 20 poems which look at what it means to be unhappy and how to turn your feelings round and smile again.

📖 [Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People](#) by Kate Collins-Donnelly. This is a Cognitive Behavioural Therapy workbook for children aged 10 and over. It has activities and real-life stories to help them to understand self-esteem and build positive self-esteem.

- ☐ [Be Mindful Card Deck for Teens](#) by Gina M Biegel. These cards help young people to be in the here and now, with less thinking about the past or worrying about the future.
- ☐ [Calm: Calm the Mind. Change the World](#) by Michael Acton Smith, is a book more suitable for older teens or young adults. It is a practical guide to mindfulness.
- ☐ [Sharie Coombes](#) is a child, teen, family, and adult psychotherapist who has a number of activity books to help young people.

These books may be useful as a calming distraction.

- ☐ [The Happy Book – A Journal to celebrate what makes you happy](#) by Rachel Kempster
- ☐ [Wreck this Journal](#) by Keri Smith
- ☐ [Don't eat this book](#) by David Sinden
- ☐ [Everything is Connected: Reimagining the World One Postcard at a Time](#) by Keri Smith
- ☐ [How to be Happy \(or at least less sad\)](#) by Lee Crutchley
- ☐ [The Art of Getting Started](#) by Lee Crutchley
- ☐ [The Mindfulness Colouring Book](#) by Emma Farrarons

Please note that Coventry and Warwickshire Partnership NHS Trust is not responsible for the content or reliability of the websites, apps, videos, podcasts and further reading we link to in this document and do not necessarily endorse the views expressed within them.

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