

Mental Health & Wellbeing

childline

Childline

Talk to a counsellor for free on the phone, chat online, or send an email for advice. There are also message boards where you can connect with others who understand what you're going through.



shout
85258

Shout

Shout offers free, confidential support via text, available 24/7.



 **PAPYRUS**
PREVENTION OF YOUNG SUICIDE

Papyrus

Support if you are struggling with thoughts of suicide. They offer a free and confidential helpline via phone, text, or email. You don't have to face these feelings alone - help is available whenever you need it.



childline

Childline Toolbox

A collection of fun and helpful activities to support your mental health.



childline

Childline Calm Zone

Activities to help you feel more relaxed when you're stressed, anxious, or upset.



 **meic**

Meic

Meic is a helpline for young people up to the age of 25 in Wales, offering free, confidential advice, information, and support via phone, text, online chat, or WhatsApp.



Scan or click the QR
code to access resource

Mental Health & Wellbeing links continued...



Safespot

Safespot is an app to learn coping skills and support mental wellbeing.



Headspace

Headspace is a mindfulness and meditation app that can help you feel more relaxed, support your sleep or help you feel more focused.



Smiling Mind

Smiling Mind is an app with tools to support your wellbeing, help you deal with challenges and manage difficult emotions.



Calm

Calm is a mindfulness app to help reduce stress, manage anxiety, and get better sleep.



Mindshift

An app to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. The Community forum offers peer-to-peer support.



YoungMinds

Information and support for your mental health, with advice and resources to help you get the support you need.



Melo Cymru

Free resources, advice, and self-help tools to support your mental health and wellbeing.



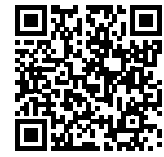
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Mental Health & Wellbeing links continued...



SilverCloud

A free online programme with tools to manage your mental health.



Kooth

Kooth is a free, safe online service where you can talk to professional counsellors and access mental health support.



CAMHS Resources

CAMHS Resources

Lots of helpful resources from across the internet that are available to help support your mental health and well-being.



Paediatric Psychology

The ABUHB Paediatric Clinical Psychology website page.



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Quick links for

Techniques to Try

A guide for
children and
young people



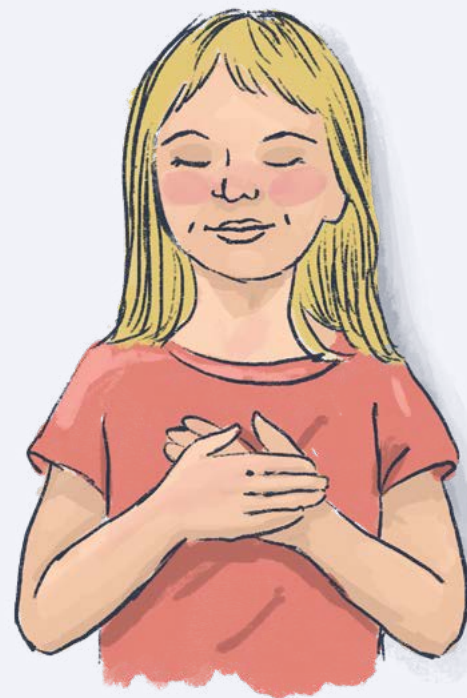
5 Senses Grounding Technique

This video guides you through a grounding technique using the five senses. This technique can help bring your attention back to the present moment and give you a sense of calm.



Breathing Technique

This video guides you through a breathing technique.



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Pain Management



PainBytes

A series of videos to help you understand and manage chronic pain, with helpful tips and techniques to manage your pain and get back to doing the things you love.



Move Better Gwent

This guide helps you understand what pain is and how it works in your body. You'll also find tips on how to manage pain.



Tame the Beast

This video helps to explain what pain is and how it works. We recommend watching it with your parent, carer or a trusted adult.



The Pain Toolkit is a simple guide for young people and teenagers, giving you tips and skills to help you to understand and manage persistent pain.



A video that explains how pain works, what happens when pain doesn't go away and what we can do about it.



Pain Management Network

Information about how to manage persistent pain using skills and strategies.



Meg Foundation – Ages 3-11

Resources and information about pain, for children and their parents.



Pain Management links continued...



Meg Foundation – Ages 12+

Meg Foundation have lots of information, videos and tool to help you manage pain.



Meg Foundation – Chronic Pain

Resources and information about chronic pain.



Quick links for

Productivity/ Concentration

A guide for
children and
young people



Habitica

Habitica is an app that turns your daily tasks and goals into a fun game! You create a character, and as you complete tasks you earn rewards and level up.



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Quick links for

Movement/Activity

A guide for
children and
young people



Balance/ stretch video

This video guides you on a short balance and stretch routine for some gentle movement.



Disability Sport Wales

Disability Sport Wales run lots of opportunities for inclusive sports in your local area.



Quick links for

Sleep

A guide for
children and
young people



How to Sleep Well for Teenagers

Tips to help teenagers sleep better, explaining how sleep works and how to adjust habits.



Teen Sleep Hub

Advice to help improve your sleep with tips on how to create better sleep habits, manage your bedtime routine, and understand the science of sleep.



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Quick links for

Eating and Food

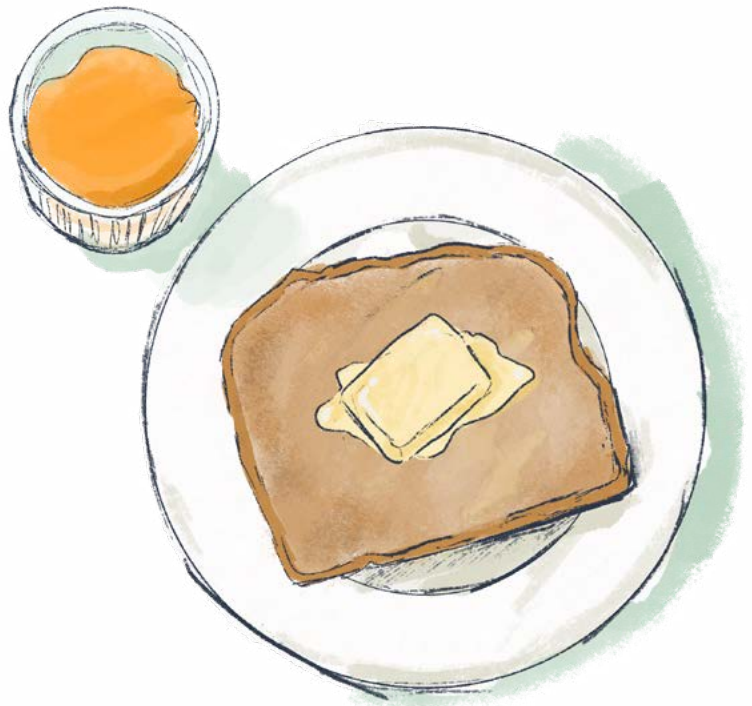
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Eatwell Guide

Information on eating a balanced diet
and having healthy eating habits.



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