

## Supportive contacts:

### Health and wellbeing Centre:



01226 216 233



[hwbc@barnsley.ac.uk](mailto:hwbc@barnsley.ac.uk)



^ Health and Wellbeing Hub ^

### IAPT (Improving Access to Psychological Therapies):



01226 644 900

### Barnsley Mind:



01226 211 188

This self-help support guide offers information, apps, websites and helplines which can support you if you are feeling anxious.

Need therapeutic support? You can fill our SPA referral form to access counselling:



*Scan the code to access our counselling webpage*



# Support guide

## Useful Apps:

Have access to a mobile phone? Here are some useful self-help apps:

- + CalmHarm 
- + Headspace 
- + SAM (Self-help for anxiety) 
- + Mind Shift 
- + 7 Cups 
- + Calm 

## What is Anxiety?

There is nothing unusual about experiencing moment of fear and panic.

Did you know that 1 in 6 young people experience anxiety at some point?

A perfectly natural reaction to a perceived threat or danger is panic, fear or anxiety – This can happen during exams or when you are experiencing something new or unexpected. However if the feeling of panic starts to linger to can become a problem.

Meditation is a great way to help manage anxiety! Check out this calm breathing bubble:



## Useful Websites:

- + YoungMinds 
- + Rethink 
- + TADS Barnsley 
- + Chilypep 
- + Samaritans 
- + Mind  Rotherham & Barnsley

## DEALING WITH DIFFICULT FEELINGS

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1. NOTICE THE FEELING



2. NAME THE FEELING



3. SIT WITH THE FEELING



4. LET THE FEELING GO