

## 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 low.

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



*Scan the code to access our counselling webpage*



# Support guide

## What is Self-Harm?

Self-harm is often used as a release of negative feelings.

It is usually a symptom of another mental health illness such as anxiety, depression etc..

Studies suggest that one in ten 15-16 year olds self-harm.

## Useful Apps:

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

+ CalmHarm



+ Headspace



+ Mind Doc



+ My Therapy



+ 7 Cups



+ Calm



+ SAM (Self-help for anxiety)



## Useful Websites:

+ YoungMinds



+ Rethink



+ Alumina



+ Harmless



+ Samaritans



+ Mind



Rotherham & Barnsley

+ NHS



## DEALING WITH DIFFICULT FEELINGS

@POSITIVELYPRESENT



1. NOTICE THE FEELING



2. NAME THE FEELING



3. SIT WITH THE FEELING



4. LET THE FEELING GO

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

