

This self-help support guide offers information, apps, websites and helplines which can support you if you are struggling to sleep.

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



Scan the code to access our counselling webpage

Supportive contacts:

Health and wellbeing Centre:



01226 216 233



hwbc@barnsley.ac.uk



^ Health and Wellbeing Hub ^

IAPT (Improving Access to Psychological Therapies):



01226 644 900

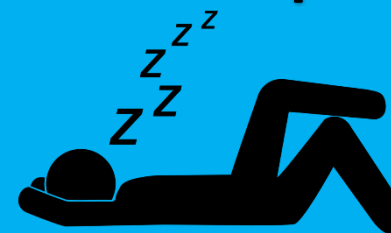
Barnsley Mind:



01226 211 188



Sleep



Support guide

Difficulty sleeping?

We can all have a bad night's sleep every once in a while.

Missing a few hours' sleep is not harmful as your body can catch up when you have the time to.

Sleeping becomes an issue when you regularly struggle to sleep and it starts to affect your life.

The amount of sleep we need depends on a number of factors such as age, lifestyle, diet and environment.

Useful Apps:

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

+ Relax Melodies



+ Headspace



+ Pzizz



+ My Therapy



+ 7 Cups



7 CUPS

+ Calm



+ SAM (Self-help for anxiety)



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



Useful Websites:

+ YoungMinds



+ Rethink



+ Chilypep



+ 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