

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

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

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



Scan the code to access our counselling webpage









STRESS



Support guide

Useful Apps:

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

- + CalmHarm 
- + Headspace 
- + Bubble Game – Stress relief 
- + Recolor 
- + 7 Cups 
- + Calm 

Useful Websites:

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

What is Stress?

Stress is natural.

It is the release of chemicals into your blood to give you more energy and great strength. It can be a good thing when you are under pressure or when feel threatened with physical dangers

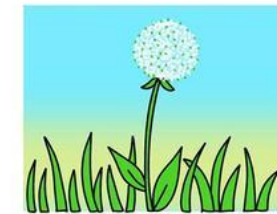
However, it can be bad for you when you are over exposed to the stress hormone or when it is triggered by something emotional and you don't have an outlet for it.

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



DEALING WITH DIFFICULT FEELINGS

@POSITIVELYPRESENT



1. NOTICE THE FEELING



2. NAME THE FEELING



3. SIT WITH THE FEELING



4. LET THE FEELING GO