

## 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:



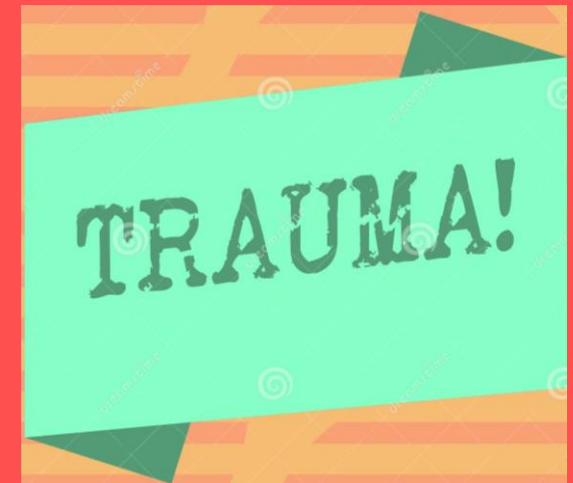
01226 211 188

This self-help support guide offers information, apps, websites and helplines which can support you if you have experienced trauma.

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 Trauma?

It is not uncommon to suffer from some form of psychological trauma – the consequence of parents divorcing, a bereavement or some other form of deep upset.

The results can play a significant negative role into your day-to-day life.

## 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



## Useful Websites:

+ YoungMind



YOUNGMINDS

+ Rethink



+ TADS Barnsley



+ Chilypep



+ Samaritans



+ Mind

## 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 Trauma! Check out this calm breathing bubble:

