**Emotions related resources**

**Links to documents**

* Understanding my worry

<https://www.getselfhelp.co.uk/docs/worrytree.pdf>

* Talking to children about feelings

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/>

* Emotion coaching

<https://www.emotioncoachinguk.com/>

* Mental health first aid toolkit

<https://www.chilypep.org.uk/uploads/Chilypep%20OASIS%20Mental%20Health%20First%20Aid%20Kit%202020.pdf>

* Top tips to support a friend

<https://www.chilypep.org.uk/uploads/Chilypep%20Top%20Tips%20A4%20Poster%20V2.pdf>-

* How to deal with stress

<http://www.yhscn.nhs.uk/media/PDFs/children/CYP%20Involve/Stairways-Coping-with-Stress-Booklet.pdf>

* A good starting point for mental health research and understanding, lots of websites linked for both adults and young people.
  + <https://www.nhs.uk/mental-health/>
* Part of the NHS website and covers general mental health support and strategies for children and young people
  + <https://www.nhs.uk/oneyou/every-mind-matters/>
* UK’s leading support service for young people under 25. They help take on any challenge – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Including services such as counselling, one to one chats, crisis messenger, emails, phone line and blog posts. Their services are accessible online, via text or through their free, confidential helpline.
* <https://www.themix.org.uk/> Helpline - 0808 808 4994, Crisis Messenger, Text - THEMIX to 85258
* On my mind empowers young people to make informed choices about their mental health and wellbeing. You can find a local directory of services, self-care help, a crisis messenger, support on managing social media, how to support a friend or family member with mental health difficulties and much more.
  + <https://www.annafreud.org/on-my-mind/>
* This is a range of guides about different topics on how to manage different scenarios.
  + <https://www.mentalhealth.org.uk/your-mental-health/looking-after-your-mental-health>