

REMIT: RESILIENT MINDS TOOLKIT

A resilience and mental health guide for young people



This guide has been co-produced by young co-leaders of the Resilience Revolution, alongside adult supporters from the Resilience Revolution.

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With contributions from Professor Angie Hart, YPEG, Seren and Victoria's Voice.

ReMiT: Resilient Minds Toolbox

Hello there,

Well done for picking up ReMiT, a resilience and mental health guide for young people. Maybe things aren't easy for you right now, maybe you are wondering how you can support a friend with their mental health, or maybe you just want to understand more about resilience and mental health. Whatever the reason, we hope you will find this guide useful.

We understand our mental health is affected by the world we live in and the challenges we might face in life, such as being treated unfairly, school pressure, or your family not having enough money to live. These can all have a big impact on our mental health. In this guide we talk a lot about resilience - this means how we manage despite having tough times. We'd like to say, however, that we don't think it is just down to us as individual young people to be resilient despite having tough times, but we also need to work towards everyone having fewer tough times, to improve all young people's lives.

You may be wondering who we are? Well, we are a group of young people who have got together to write this because we would like to make a difference for other young people. We've been on our own mental health journeys, and in this pack, we will talk about what helped us build our resilience. We've put this pack together because lots of young people have said that they would like to know how they can support themselves; how to support friends and also know what support is available in the local area and online. We have put this pack together with young people aged 11-18 in mind, but it doesn't matter if you are older or younger than this – it may still be useful to you too. Ask your parents or carers to check out the ReMiT guide for parents and carers as well.

It may be hard taking the first steps to make change, and it might not always go well, but keep trying and it will be worth it in the end. We wish you all the best on your journey!

Best wishes,

FROM YOUNG CO-LEADERS OF THE RESILIENCE REVOLUTION
WHERE THE WHOLE TOWN IS WORKING TOGETHER TO BUILD RESILIENCE!



Making Resilient Moves

We couldn't even start to think about resilience and mental health without first introducing you to the Resilience Framework. On the next page is the framework – you can cut it out, put it in your school planner, on your fridge or pin it to your bedroom wall – anywhere where you can see it often (if you don't want to cut it out of this pack you could always download it from [here](https://www.boingboing.org.uk) or find it on the Boingboing website (<https://www.boingboing.org.uk>)).

We find using the Resilience Framework empowering because it's full of lots of different things we can do straight away to improve our mental health and it doesn't just rely on professionals taking over. We like to be in charge of our own mental health!

Let us tell you a bit about the Resilience Framework – there are 5 themes:

- **Basics**
- **Belonging**
- **Learning**
- **Coping**
- **Core Self**

Under each theme are a bunch of 'resilient moves', there are 42 resilient moves in total (don't worry, you don't have to learn them all!).

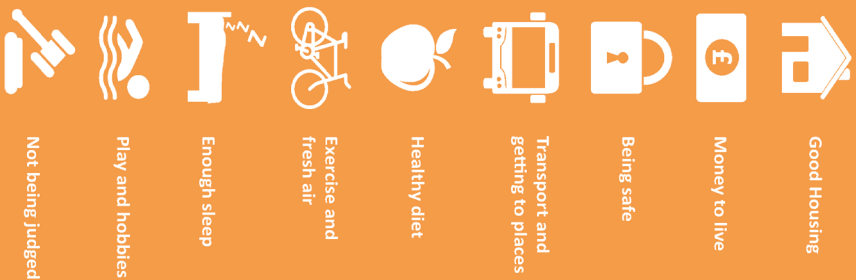
What is a Resilient Move?

A resilient move is an everyday action that can help you build resilience. You are probably making lots of resilient moves already – you just might not have called them that before. Have a look at the framework and see what resilient moves you are already making, or what you could easily start doing. You can start anywhere on the framework, you do not have to do it in any particular order and you don't have to do all the resilient moves. You might find that there is a chain reaction, this is where you work on 1 resilient move and find you have achieved lots of others in the process.

Here are some examples of resilient moves that we, young co-leaders of the Resilience Revolution, have been making to help us manage whatever challenges life throws our way.

RESILIENCE FRAMEWORK

Basics



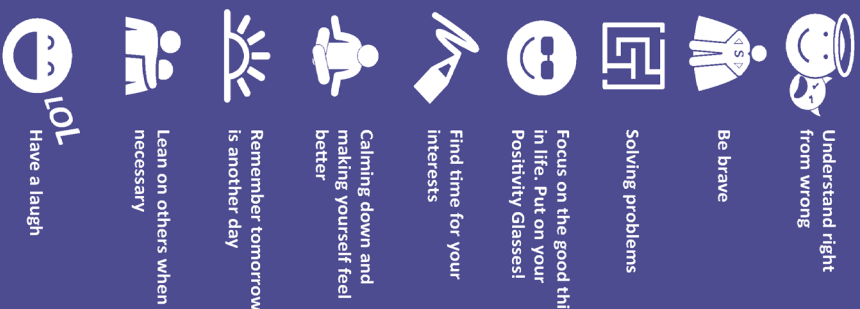
Belonging



Learning



Coping



Core self



Noble truths



Accepting



Conserving



Commitment



Enlisting

Blackpool Council



Adapted from Hart & Blincow with Thomas 2007 www.boingboing.org.uk. Co-designed with Marton Primary's Resilience Committee

Basics

Having the basics in life is really important for our mental health – such as having enough money to live, a healthy diet, enough sleep, exercise and fresh air, and feeling safe. We know that a lot of young people don't have some of these basics, and at other times we can forget to give them enough attention. Here are some Basics resilient moves that we have been making lately that have really helped us:

Good housing



- My old flat was really cold and I didn't always feel safe in the area. The Leaving Care team helped me move flats and now I feel much happier and it makes a huge difference in all parts of my life – even my physical health improved as well as my mental health.



Transport and getting to places



- As I have learning disabilities, using public transport was difficult. We wrote to the bus company who did some staff training and now it feels much safer. Using public transport to help me get around the town makes me feel independent. It boosts my confidence to know where places are and interact with other people.



Healthy diet



- I try to snack on fruit instead of junk food, it helps me feel better about myself and have a healthier body. A healthier body means a healthier mind!



Exercise and fresh air



- I do jogging competitions with friends. It helps clear my mind when I concentrate on counting reps.



Enough sleep



- I always stick to a bedtime routine. I suffer from fatigue so getting enough sleep is really important for me.



Play and hobbies



- I enjoy walking around the shops and seeing friends and family, it boosts my energy and makes me feel good.



Not being judged



- As a disabled person, I can sometimes experience discrimination but I have always tried my best to just get on with life, and raise awareness about my disability. Being welcomed despite my differences can make a massive impact.



Belonging

Belonging is all about having people we can rely on and feeling we are accepted for who we are. It might include having good relationships with parents or carers, friends, teachers, people in the community, a pet or even a favourite place. Belonging to a group of friends, family or club helps us feel valued. Here are some resilient moves that we have been making lately to help our sense of Belonging:

Find your place in the world



- I look out for my younger nephews and that makes me feel valued as it is a very important role to have.
- I volunteer in the community and I fundraise for charity, it gives me a sense of purpose and makes me feel good about myself.



Find somewhere you feel like you belong



- I have always struggled to 'fit in' with others but when I meet up with other young carers I feel like I belong and we have things in common, we can share experiences and understand what each other is going through. I feel accepted for who I am and that feels really good.



Spend time with good people and in good places



- Because I was in care, lots of professionals came and went in my life. My Head of Year and art teacher stayed with me throughout school and I trusted them. My Head of year always came to my meetings and always supported me.



Keep relationships going



- I keep in touch with friends over messenger to see how they are. It takes a bit of effort sometimes, but it is always worth it after I have made the time to speak with friends.



Get together with people you can rely on



- Despite being disabled I still make an effort to walk my dogs with my mum. Spending time with my mum makes me feel better and improves my mood, she is always there for me.



Make friends and mix with other people



- We all like to do different things, some people like to be in groups of friends. I am autistic and I don't like to go out to busy or crowded places, but I do like to just spend time with my boyfriend – we like to watch TV and talk.



Responsibilities and obligations



- I am doing a business admin apprenticeship and I have lots of responsibility. I have to be in work on time and people rely on me for certain tasks. Having responsibility makes me feel good about myself.



Focus on good times and good places



- I like to remember good places I have been, such as the park and the beach – this helps me keep a positive mind set. When I want some time to myself I will go to these places to chill out.



Understand what has happened in your life



- It was really important for me when I was younger to understand about my dad's illnesses. Having this information allowed me to understand what was happening and gave me a lot more reassurance.



Learning

Learning might involve school and college but there's also a lot more to it than that, as school and college haven't always worked out well for some of us. Learning is also about keeping our brains ticking, learning life skills, and having aspirations and plans for our future. Here is what we have been doing to make some Learning resilient moves:

Make school or college work as well as possible



- Due to the impact Covid has had on my college life, I joined a group to fight for change in education. We wrote letters to the government about how lockdown had affected our education and the changes we wanted for the future. This made me feel proud and part of a team and we managed to get some of these changes made.



Plan out your future



- I found careers advice really helpful so I could know what I could do in the future, particularly as I have autism and so don't feel all jobs would work for me.



Organise yourself



- I write lists which really help me stay organised. I love the feeling of satisfaction when I cross something off my list. I enjoy being organised as it eases pressure if things are done in advance.



Highlight achievements



- I make goals for myself, big or small. Sometimes the goal is something that I can achieve quickly, like getting out of bed, and other times I make bigger goals for myself such as going on a walk. Just by looking at the Resilience Framework and thinking about what I have done I have realised that I have done a lot of resilient moves this week.



Develop life skills



- I have learnt how to cook different meals – this helps me eat healthy and have variety in my diet. I have found that I really enjoy cooking, and even if it doesn't work out that well I have still given it a go and have learnt what not to do for next time.



'If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another and another and another.'

(Admiral William H McRaven)

Coping

We all have times where we might feel distressed, worried and unhappy, and knowing what we can do to cope with these feelings is really useful. Like all other skills we learn, coping skills take a bit of practice (a bit like going to the gym to build up our muscles – we have to practice regularly for it to work). Learning how to solve problems, being brave, calming down and positive thinking are all skills that can help us cope with what life throws our way. Here are some Coping resilient moves that we do:

Understand right from wrong



- I think it's wrong that support for young people doesn't always involve us in planning and delivering this support, and this should be challenged. I am involved in a young person's group and we try to get our voices heard across the town. By focusing on improving things for all young people, it took my attention from just thinking about me to thinking about the community.



Be brave



- For me, being brave means facing my fears about my disabilities as I have lots of hospital appointments. I also sometimes struggle to explain my medical needs to people in case I look 'weird', so this requires bravery. I am proud of myself for doing this.



Put on your Positivity Glasses



- I am a carer for my dad which makes me a bit different. A positive view is to look at the life skills I have learnt doing this role.



Finding time for your interests



- I love animals. I have always been interested in dogs and learning about dog training. I also love looking after my pet reptiles and have learned all about keeping reptiles. Looking after my animals gives me something to focus on.



- I love fashion and experimenting with clothes and how I look. I am interested in how clothes and accessories go together and it makes me feel confident when I feel I look nice.



Calming down and making yourself feel better



- I help myself calm down by listening to music, drawing, having a relaxing bath and watching YouTube. I also love doing jigsaws – I always feel relaxed when focusing on a jigsaw puzzle.
- I really enjoy writing in my notebook, and I like to read back what I have written as it shows me how far I have come.



Lean on others when necessary



- It was important for me to have people who I could let off steam with. I have had support to help me understand more about myself, how to deal with my feelings about the challenges in my life and what I could do to improve them. I am so pleased that I leant on others when I needed to.



Have a laugh



- I love to have a laugh at TV comedy shows and funny things on social media. I also like to tell jokes, it puts a smile on my face when I make other people laugh.



'Did you know that laughter decreases stress hormones? A good hearty laugh relieves physical tension and stress. Laughter is the best medicine.' - In the 1300's Henri De Mondeville, a surgeon, used humour therapy to help people recover from surgery.

Core self

This is about understanding ourselves and others around us. It can involve understanding our past, taking responsibility for ourselves, understanding other people's feelings, having hope, making time for our talents, and getting support if needed. Here are a few Core Self resilient moves that we have been making to better understand ourselves:

Instill a sense of hope



- I hope that one day there might be a cure for my illnesses. It is really important to me to never give up hope. When I have a bad day I remember that there is always hope.



Understanding other people's feelings



- I try to be a good friend and am always there to support my friends if they need it. At school, I was a peer mentor, and I supported younger pupils who might have been struggling. Helping others really boosted my confidence and self-esteem.



- As a young carer I have to make sure my dad is ok. We regularly have chats together about how things are affecting us such as pain, and personal things that happen or might happen.



Know and understand yourself



- I have had support to help me make sense of things that have happened in my past. Understanding these past events helps me understand why I might react the way I do to things now. I am less confused as I know myself better.
- There's only one you so be proud and happy of who you are.



Take responsibility for yourself



- Because I am a care leaver, I have my own flat and so have to be really careful with money. I haven't always been good at managing my money and so have learnt the hard way – now I always budget carefully, don't blow my money as soon as I get it and make sure I always have enough for food and heating.



Find time for your talents



- I love fashion and experimenting with clothes and how I look. I have designed my own clothes and started to bring them to life. It makes me feel calm and relaxed. My outfits represent who I am.
- I love to play my guitar, it helps me keep busy and relaxed.



There is existing help and solutions for problems, use them



- I have had support from CAMHS, they helped me think about things in my life differently. I also have a Leaving Care-worker, she is really important to me and she is always there for me when I need her.



So, these are examples of how we have used the Resilience Framework to work on our own resilient moves. You can have a look at the Framework and map out what resilient moves you are already doing, and pick one or two that you would like to work on next.

What are the Noble Truths?

You might have noticed there are four Noble Truths on the Resilience Framework—Accepting, Conserving, Commitment and Enlisting. The Noble Truths are principles behind all our resilient moves. Let us explain:

Accepting – We have to start by accepting where we are in our journey right now, without blame, guilt or shame. We accept that we are doing the best we can, under what might be challenging circumstances, and accept the help and support that other people might offer.



Conserving – Sometimes we can focus on the not so good things and forget the good things in our life. There will always be somethings that are going ok and it is important to keep hold of these no matter how small they seem. Let's focus on our strengths rather than just our difficulties.



Commitment – Looking after our mental health requires commitment. It doesn't happen overnight or without a bit of hard work.



Enlisting – We have to get support from others when needed. We also might have to find all our own strength and resources to work through difficult times.



But remember...

We hope you like the Resilience Framework as much as we do. Remember, resilience and mental health isn't only about what you can do for yourself but is also down to the opportunities that you have in life. We can help improve young people's mental health by improving opportunities, particularly for those of us who currently have less than others. This means taking social action. Social action is about people coming together to help solve the problems that affect our communities. This can include volunteering, raising money, community action or simple neighbourly acts.



Ask a friend typing...

Peer support is really important because the first people we often talk to about our mental health are our friends. Not only do we go to our friends for advice, but they also come to us. We would like to feel confident in supporting our friends when they talk to us about their mental health, so we have put together some frequently asked questions and simple answers that we hope you find useful. From our experience, these conversations are more likely to take place on social media rather than face to face:

Hey, I'm feeling really bad today. Is it ok to feel this way?

Sure is, it's ok to feel down or stressed sometimes, it happens to us all. **YOU ARE NOT ALONE!** I'm here if you need me.

So, you've been there too? What helped you feel better?

I tried lots of things. If I have a bad day I remember that tomorrow will be better. Be kind to yourself, you are doing ok. I do things that make me feel better - I love doing art in my journal. I listen to music and pampering always helps make me feel nice about myself. What helps you?

I don't know, I haven't really thought about it before, I didn't realise there were things I could do myself to help my mental health...

Yeah I didn't know what helped me at first. Sometimes I didn't want to talk or see my friends but when I did I always felt better. Try setting small goals, it feels really good when you have achieved something. It's also good to keep busy and eat healthily, sleep properly and get some fresh air. All of these small things can make you feel loads better.

Thanks, I will try some of these things. I also feel tired all the time - I don't know if I am sleeping enough.

I think about 8 hours a night is ok. I'm awful if I don't get enough sleep, makes me really bad tempered. What works for me is going to bed the same time every night, not having caffeine before bed, having a warm bath and just doing relaxing things before bed. Try putting your phone away for a while.

Thanks I will try these things and see if they help. What do you think causes mental health?



Everybody has mental health, sometimes it is good and sometimes not so good. Many things can make us feel stressed – it might be things that have happened in our past, or things like exams, friendships, bullying, or arguments at home can be stressful. Sometimes you might feel upset for no reason. Sadness is a normal emotion, like happiness is. Does that make sense?



Yeah it makes sense, so if everyone gets anxious sometimes how do I know if my anxiety is a problem?



Everyone does get stressed sometimes, that's really natural. I think it's a problem if it is affecting you most of the day, every day and has done for a while. Does it stop you from doing lots of things and is it really getting in the way? You might want to talk about it with someone if it is.



It's kind of stopping me from doing things. I'm not really going out much and some days I stay in bed. Sometimes I feel really stressed. So how can I get support?



Check out some websites and apps. Online support is good as you can log on whenever you want, you don't have to go anywhere and it's anonymous. Is there anyone in school you can talk to?



Thanks I will check out some websites. How can my school support me?



There's learning mentors and staff in school who you can talk to, I've talked to my learning mentor and he helped loads. You can go and see them and ask if you can talk to them.



I will think about it, makes me feel a bit nervous TBH. Was it scary the first time you talked to someone?



Yeah it was scary at first! I thought I would be judged and it took me a while to ask for help but it was the best thing I did! There is no shame in asking for help, in fact it is a really brave thing to do. Once I had opened up about the way I was feeling, I felt a massive relief. Talking about my feelings helped me but it doesn't suit everyone.



Ok I am going to give that a try but what do I do if I feel like I'm getting worse?



Some of the stuff you try might not help at first, keep at it and keep trying. Have you talked to your family or an adult you can trust? There are also lots of local support services that can help and CAMHS can help you if your mental health gets really bad - check their website to see what they do and how you can be referred. You have to be brave to make the first step in getting support, I can come with you if you want? Do you feel like you might do anything that isn't safe?

No I won't do anything that isn't safe, don't worry - but if I did start to think like that what should I do?



If you ever feel unsafe, make sure you tell someone. There are helplines that you can call. If you have thoughts about hurting yourself try moving things out the way to avoid temptation, and you could try and do something really distracting. You should go to A&E if you feel you are in immediate danger; so please always stay safe and remember that this feeling will pass and you will have brighter days.

Thanks for all your advice, it's really helpful to have a friend I can talk to. How can I help my friend who has problems with their mental health?



You're welcome, it's good that we can all support each other. Just listen to your friend and be there for them. Let them know you care about them and there is nothing to feel ashamed about. Maybe tell them about things that have helped you. Everyone is different and has different experiences but it will be nice for your friend to know they aren't alone. Don't forget to talk to someone if what they tell you worries you. You ok now?

I feel loads better thanks. I didn't realise how much it helps to talk about these things. Thanks for listening, I'm so relieved I have someone who understands. Shall we talk again soon?



I'm here anytime, that's what friends are for Xxxxxx



We hope this gives you some ideas of how you can support your friends, or help you open up to your friends if you need some support yourself. Sometimes just talking to someone who you trust can make a huge difference.

Our Top Ten Resources

Having tough times can have a big impact on how we are feeling, how we think and how we behave. This can be very distressing and it can be really confusing if you (and others around you) don't understand why you are feeling or behaving the way you are and what you can do about it. We believe being informed helps us understand what is going on for us and why, and can enable us to be in control of our own mental health. Having information can help our understanding but it can be quite overwhelming to know where to look. So, we have spent many hours scrolling through websites, libraries, and app stores to come up with our 'Top Ten' recommendations of websites, apps and books to help you understand your mental health and what you can do about it. There are lots of resilient moves that we are making by learning what is happening to us and what we can do about it – for example, developing life skills, understanding what has happened in our life, solving problems, calming down, taking responsibility for ourselves – can you think of any other resilient moves you are making just by looking at some websites?

Top Ten websites to check out

We have chosen these top ten websites as they cover a wide range of issues such as bullying, drugs and alcohol advice, bereavement and LGBT. We also think they give clear information which is easy to read, and they can direct you to further information about particular issues if needed.

Beat: www.beateatingdisorders.org.uk - This website is for anyone concerned about eating disorders. It explains what eating disorders are, how to access support and support other people. It has useful book recommendations and a free youth helpline if you are worried about a potential eating disorder and want to speak to someone.
Phone: 0808 801 0711.



Bully busters: www.bullybusters.org.uk - Bullying can be a horrible experience and can really impact how we are feeling. Don't suffer in silence, check out this website or phone the free confidential helpline, **Phone:** 0800 169 6928.



CAMHS Resources: www.camhs-resources.co.uk - This website was created by young people, carers and professionals to pool together lots of resources to help support your mental health and wellbeing. Lots of downloads, website recommendations, apps, videos, Covid info and much more.



Childline: www.childline.org.uk - They have information on feelings and keeping online games and puzzles, a helpline and lots of ideas to boost your mood.
Phone: 0800 1111 (free, 24 hours a day, 7 days a week).



FRANK: www.talktofrank.com - If you want to talk, or would like information about drugs and alcohol call FRANK on 0300 123 6600 (24 hours a day 7 days a week). Text a question to 82111 and FRANK will text you back. **Email:** frank@talktofrank.com



Mermaids: www.mermaidsuk.org.uk - Supports gender diverse young people and their families, with lots of blogs, online chat support, support forums, a free helpline and lots of other useful information. **Phone:** 0808 801 0400.



STEM4: www.stem4.org.uk - Supports young people's mental health with info about anxiety, low mood, self-harm, eating problems and addiction, as well as resilience and wellbeing, and some great downloadable apps.



The Mix: www.themix.org.uk - Helps 16-25 year olds take on any challenges, including disability, leaving care, money and racism. Includes 1-2-1 chat online and a free helpline, apps, useful info, discussion board and 24/7 crisis support. **Phone:** 0808 808 4994.



Winston's wish: www.winstonswish.org.uk - A national bereavement support service, offering practical support and guidance for children, young people and families after the death of a parent or sibling. Free helpline, **Phone:** 08088 020 021.



Young Minds: www.youngminds.org.uk - Packed full of useful and up to date info, with everything you need to know about young people's mental health. Text YoungMinds Crisis Messenger for free 24/7 support if you are experiencing a mental health crisis.



"I used websites when going through tough times, at first they didn't really work for me, but after finding ones that I saw as fun it really helped take my mind off things. Why don't you try finding a website that works for you?"

Top Ten apps to download

When we looked at what apps to recommend, we chose ones that are free, can be used on different devices and are recommended by the NHS (so you can be sure that the information is accurate and safe). Apps are a great interactive tool to help you develop your resilient moves – for example, some apps monitor how much sleep you are getting, track how much exercise you have, include mindfulness sessions and in some apps you can make your own anxiety-busting plan.

Am I? My Thought Journal: Available on Android and iOS. This is a really interesting app as it helps you to look at things that make you feel sad, anxious or any other negative emotions. This then helps you to look at the reasons for your emotions and develop ways to change your feelings to more positive emotions.



Biobase: Available on Android and iOS. More in depth (therefore best for older young people but can be accessed by all), the app records feelings and sleep patterns and helps to reduce stress.



BoosterBuddy: Available on Android and iOS. This app can help you to maintain positive mental health through daily feelings checks, coping skills, keeping track of appointments and medications, self-care routines and ways to increase real-life socialisation. This is a personal wellbeing app suitable for all ages.



Calm Harm: Available on Android and iOS. This is a good app if you are trying to manage your self-harm and it sets personalised tasks to help you manage self-harm urges.



Clear Fear: Available on Android and iOS, designed for 8-18 year olds. We loved this app and gave it 10/10 as it has been co-produced with young people for young people, and it also looks really good. It helps you to manage anxiety and includes mindfulness activities.



distrACT: Available on Android and iOS. This is a useful app that can help you with any concerns about self-harm and/or feeling suicidal. The app provides discreet and reliable general health information on these topics. The app can be accessed by all but is aimed more at older teens and young people.



Headspace: Available on Android and iOS. It is a mindfulness app and can help empty your brain before sleeping. There are also free mindfulness videos available of different lengths and different videos for different situations.



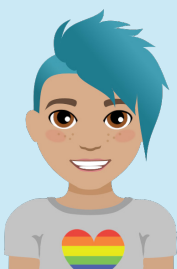
Meetoo: Available on Android and iOS. Designed for 13-23 year olds. You can speak to other young people about mental/sexual health and wellbeing issues anonymously and it is monitored so no bullying possible.



Thinkninja: Available on apple and android and designed for 10-18 age range. It has appealing features and aims to educate around mental health and well-being. Thinkninja is currently being offered for free due to Covid.



Xplora: Available on Android and iOS. You can create an avatar to ask questions when you are in hospital. Its main aims are for health tracking and goal setting and it has been proven to reduce anxiety.



"I really like using apps because they help me keep a track of my mental health. They help me keep to my plan and monitor how much I have achieved which improves my confidence"

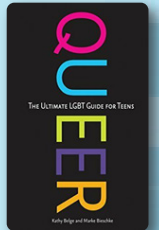
Top Ten books to read

Here are our 'Top Ten' book recommendations. You should be able to find all these books in your local library (or they can order these in for you). Lots of them are also available as e-books which is helpful for those of us with impaired vision or those who are unable to visit the library. We hope you enjoy reading these as much as we have.

Queer: The Ultimate LGBT Guide for Teens

by Marke Bieschke, Kathy Belge and Christian Robinson

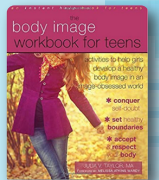
A humorous, engaging, and honest guide that helps LGBT young people come out to friends and family, navigate their new LGBT social life, figure out if a crush is also queer, and rise up against bigotry and homophobia. Queer also includes personal stories from the authors and sidebars on queer history.



Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image

by Julia V. Taylor

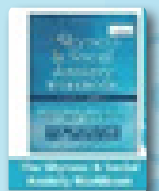
Images of thin, beautiful - often photoshopped - young women are everywhere. As a result, you may feel an intense pressure to be 'perfect.' To gain real confidence and body acceptance, you need to change how you think about yourself. This book has practical exercises and tips to address common factors that can lead to negative body image.



The Shyness and Social Anxiety Workbook for Teens: CBT and ACT skills to help build social confidence

by Jennifer Shannon

This workbook offers strategies to help you break free from social anxiety and stop worrying about what others think. There are comic strip style illustrations, exercises and worksheets to help with social anxiety.



An Introduction to Coping with Grief

by Sue Morris

An introduction to coping with grief. Grief is a natural reaction to loss and it can feel devastating. This self-help guide offers an examination and explanation of the grieving process and offers strategies to help someone adjust to life without a loved one.



It's Not Okay to Feel Blue (And Other Lies)

by Scarlett Curtis

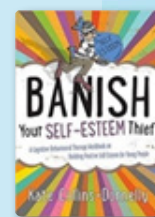
Over 70 people have shared their powerful, funny and moving stories exploring their own mental health including Sam Smith, Emilia Clarke, Candice Carty-Williams and Adam Kay. One in four of us will experience a mental health issue. This book is here to tell you or someone you care about, it's okay!



Banish your Self-Esteem Thief: A CBT Workbook on Building Positive Self-Esteem for Young People

by Kate Collins-Donnelly

Build confidence and self-esteem positively with the activities and real-life stories. This workbook will show you what self-esteem is, how it develops, the impact it can have and how this applies to your own self-esteem. Fun, easy to read and full of tips and strategies.



Freaks, Geeks and Asperger Syndrome: A user guide to Adolescence

by Luke Jackson

Luke Jackson has Aspergers Syndrome and he was 13 years old when he wrote this. He talks about his own, and his sibling's, experiences. He addresses difficult topics such as bullying, friendships, when and how to tell others about autism, school issues, dating, friendships, and morality. This book also has useful resources and advice for parents, carers and teachers.



The Truth about Self-Harm: For Young People, Friends and Families

by Celia Richardson

This booklet aims to help you understand more about self-harm. It helps to explain what self-harm is, what to do if you or someone you know is self-harming and how to get help. Self-harm is very common. Remember self-harm isn't a suicide attempt or a cry for attention, however, it can be a way that a young person copes with overwhelming and distressing thoughts/feelings. Self-harm should be taken seriously whatever the reason.



Can I Tell You About Eating Disorders? A Guide for Friends, Family and Professionals

by Bryan Lask, Lucy Watson and Fiona Field

Alice is a teenager who talks about anorexia and how it makes her see herself differently from how other people see her. She also introduces Beth who has bulimia, Sam who has selective eating problems and Freddie who avoids food. They all explain why they find food difficult and how their eating disorders are different. This book helps to simply identify the complex issues surrounding eating difficulties and can encourage the support and open conversations you can have as a family and with friends.

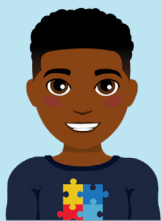


Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem

By Marci Fox

This book provides a programme for young people to eliminate self-doubt and increase confidence and self-esteem. It will help you recognise self-doubt and "give up" thoughts, in order to replace them with more confident, positive thoughts about yourself.





"I love to sit and read and I enjoy visiting the library, it is such a peaceful place and it helps my mental health and wellbeing. At night; I use audio books that I can listen to easily in bed and in my own time - and it's all free!"

Who can support me?

There is a lot we can do ourselves to develop our resilience, make sense of our distress, and develop ways to help us manage, and there may be support we can get from family, friends and trusted adults around us. Sometimes, however, we need just a bit more support. There is lots of really good support available in the community, and it doesn't always have to be specific mental health support that helps our mental health – being involved in a youth club or a drama club can have a really positive impact on how we feel (and covers lots of resilient moves from the Resilience Framework). Here is information about all the organisations in Blackpool, Fylde and Wyre that could support you. We have included those that you can mainly self-refer to and which are free of charge:

First of all, if you are at all worried about your safety it is important that you seek help:



Young Minds Crisis Messenger: The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.

Blackpool Fylde and Wyre CASHER team: (Child and Adolescent Support and Help Enhanced Response). If you are worried about suicidal thoughts and/or self harm please ring this freephone number 0800121 7762, Option 2 CASHER. They are open from 5pm weekdays and all day Saturday and Sunday. They can talk to you over the phone, advise you to go to A&E (if required) or invite you to come and talk to them.

Other sources of support

1. Barnardo's Lancashire Young Carers' Service

Offer one to one and group work to support children and young people (aged 5-18 years) to manage their caring role. You can self-refer or ask someone to refer on your behalf:

Phone: 01772 432020 **Email:** Hayley.ranicar@barnardos.org.uk **Address:** Barnardos LYC, 453 Leyland Road, Lostock Hall, Preston, PR5 5SB.

Website: www.barnardos.org.uk/what-we-do/services/lancashire-young-carers

2. Blackpool Adolescent's Service

Offer support for young people misusing substances and / or at risk of poor sexual health outcomes and in need of support with contraception and / or STI screening. You can self-refer by contacting them: **Phone:** 01253 754840 **Email:** earlyhelphub@blackpool.gov.uk
Address: 2-8 Market Street, Blackpool, FY1 1ET.

3. Blackpool Boys' and Girls' Club

The Club is here to inspire and enable all young people in Blackpool, especially those in localities considered to be disadvantaged, to realise their potential as productive, responsible and caring members of our community. **Phone:** 01253 657127
Email: blackpoolboysandgirlsclub@live.co.uk **Address:** BBGC Mereside, Bowness Avenue, Blackpool, FY4 4TE **OR** BBGC Layton, TABINI, Victory Road, Blackpool, FY1 3JS.
Website: www.blackpoolboysandgirlsclub.org/

4. Blackpool Carers' Centre

For Blackpool adults, children and young people who have caring responsibilities and their families. They support young people who have any problems that you want to talk about in confidence. Self or professional referral accepted. **Phone:** 01253 393748
Email: admin@blackpoolcarers.org.uk **Address:** Beaverbrooks House, 147 Newton Drive, Blackpool, FY3 8LZ. **Website:** www.blackpoolcarers.org

5. Boathouse Youth Club

Provide a variety of activities to build confidence, restore self-esteem and bring happiness. Their mission is to break the cycle of deprivation and empower today's children to become contributing members of society. **Phone:** 01253 804904 **Email:** info@thebhy.co.uk **Address:** Boathouse Youth Centre, 205 Lytham Road, Blackpool, FY1 6ET. **Website:** www.thebhy.co.uk



"I achieved my Duke of Edinburgh award at The Boathouse, I feel so proud to be able to put it on my CV when applying for jobs."

6. Butterfly & Phoenix Project (nCompass)

Provide a free counselling service for young people aged 11-18 years who live in the Fylde and Wyre areas. You can self-refer for an initial assessment to see what help you might need. Then 6-8 sessions of one to one counselling will be offered. **Phone:** 0345 138208
Email: admin@n-compass.org.uk **Address:** Edward VII Quay, Navigation Way, Ashton-on-Ribble, Preston, Lancs, PR2 2Yf. **Website:** www.butterflyandphoenix.org/about-us



"I found it really useful to access counselling from nCompass. I felt like a weight was lifted off my shoulders and I came out from the sessions thinking I could conquer the world!"

7. The Electric Sunshine Company

Are a new community arts hub in the heart of Blackpool. They offer creative experiences, workshops, events, projects and shows which aim to reduce barriers for children, families and adults to connect with their own creativity. **Phone:** 01253 834 175 **Twitter:** @ElectricSunBPL **Email:** info@theoldelectric.co.uk **Address:** The Old Electric, Springfield Rd, Blackpool FY1 1QW.

Website: <https://theoldelectric.co.uk/take-part/young-people-students/>

8. Empowerment Charity

Are a Blackpool based charity that offers two useful services for children and young people. 'The DEN' offers emotional and practical support for children and young people who are affected by domestic abuse. They also have an independent advocacy service, offering confidential and independent advocacy if you are a young person with a social worker.

Phone: 01253 477959 (The DEN) or 03003230251 (The Advocacy Service)

Email: admin@empowermentcharity.org.uk (The DEN) or bcypa@blackpooladvocacyhub.org.uk (The Advocacy Service) **Address:** The Empowerment Base, 333 Bispham Road, Bispham, Blackpool, FY2 0HH. **Website:** <https://empowermentcharity.org.uk>

FYI Directory

Is an online directory that has details of a wide range of local health and council services, community clubs, social groups, wellbeing activities and events. It also includes Blackpool's Local Offer for Children and Young People with Special Education Needs or Disabilities.

Website: <https://www.fyidirectory.co.uk>

9. Fylde Coast Women's Aid (Safehaven)

Offer free advice and support to children and young people living in Blackpool, Fylde and Wyre who are experiencing / have experienced domestic abuse or who have seen a family member being abused / hurt. **Phone:** 01253 596699 **Email:** info@fcwa.co.uk **Address:** FCWA, PO Box 33, Blackpool, FY3 9GZ (full street address not provided for safety reasons).

Website: www.fcwa.co.uk

10. The Hub Blackpool

Are a Young Person's substance misuse service and is for anyone under the age of 25 years; who has issues with alcohol and/or drugs misuse. Please contact them to refer:

Phone: 01253 476010 **Email:** thehub@blackpool.gov.uk **Address:** 261 Whitegate Drive, Blackpool, FY3 9JW.

Website: www.bfwh.nhs.uk/our-services/alcohol-liaison-nurse-service/the-hub/

Kooth.com

Are an on-line mental wellbeing community with a fab digital magazine, a discussion board, live chat, and a mood journal. Available to any young person aged 10-17 years living in Blackpool, Fylde and Wyre. **Website:** www.kooth.com

11. Magic Club

Are open to young members in Year 3 to Year 11, living in Claremont and the immediate areas. They offer Youth Club sessions, Duke of Edinburgh & Arts Award programmes, trips and residentials. They also have volunteering pathways for any older young people looking to gain experience and skills. Subs are 30p each session. **Phone:** 07721 074132

Email: info@magicclub.org.uk **Address:** Rear 1, Sherbourne Road, Blackpool, FY1 2PZ.

Website: <https://www.magicclub.org.uk> **Facebook:** www.facebook.com/CMmagicclub

NHS Services

There are a range of NHS mental health services across Blackpool, Fylde and Wyre. Here are the different services and what they can offer.

- **12. OPTIONS4CYP: Blackpool CAMHS**

They offer assessment, therapies and intervention surrounding moderate to severe mental health difficulties such as low mood, anxiety, self harm and ADHD for a child up to the age of 18 years. Any professional can refer, with all relevant details to support a referral. CAMHS DUTY Service is available to answer any worries or concerns in relation to escalating risk of a young person's mental health, available daily 9-5pm. Ask for a DUTY Practitioner. **Phone:** Freephone 0800 121 7762, Option 1 CAMHS.

Email: bfwh.OPTIONSS4CYP@nhs.net **Address:** Whitegate Drive Health Centre, 150 Whitegate Drive, Blackpool, FY3 9ES.

Website: www.bfwh.nhs.uk/childrens/our-health-services-local-offer/camhs/

- **13. OPTIONS4CYP: Blackpool Child Psychology Services (CPS)**

Work with young people up to age 16 who are experiencing difficulties affecting their daily lives including behaviour and health needs. Any professional can refer, with all relevant details to support a referral. **Phone:** 01253 957166

Email: childrenspsych.fylde@lancashirecare.nhs.uk **Address:** Children's Psychological Services Fylde Coast, 2nd Floor Whitegate Drive Health Centre, Whitegate Drive, Blackpool, FY3 9ES. **Website:** www.lscft.nhs.uk/cps-fylde-coast

- **14. OPTIONS4CYP: CASHER Blackpool Fylde and Wyre team**

If you are worried about suicidal thoughts and/or self harm please contact CASHER. They are open from 5pm weekdays and all day Saturday and Sunday. They can talk to you over the phone, advise you to go to A&E (if required) or invite you to come and talk to them.

Phone: Freephone 0800 121 7762, Option 2. **Email:** bfwh.casher.team@nhs.net. **Address:** Blackpool Victoria Hospital, Whinney Heys Road, Blackpool, FY3 8NR. **Website:** www.fyidirectory.co.uk/kb5/blackpool/directory/service?page?id=34mb0sK7awY

- **15. Eating Disorder Service**

This service is for anyone in Blackpool, Fylde and Wyre, of any age, who meet the criteria for an eating disorder. They accept referrals from GPs, other health professionals and you can also self-refer: **Phone:** 01772647004 **Address:** The Gateway, South Stand, Seaside Way, Blackpool, FY1 6JX. **Website:** www.lscft.nhs.uk/eating-disorder-service-locations

- **16. Fylde and Wyre CAMHS**

They offer assessment, therapies and intervention surrounding moderate to severe mental health difficulties such as low mood, anxiety, self harm and ADHD for a child up to the age of 16 years. Any professional can refer, with all relevant details to support a referral. **Phone:** 01253 957166 **Address:** Whitegate Drive Health Centre, Whitegate Drive, Blackpool, FY3 9ES. **Website:** <https://www.lscft.nhs.uk/CAMHS>

- **17. Mindsmatter**

Are a wellbeing service offering a range of free psychological therapies to people aged 16 years and over living in Fylde and Wyre. You can self-refer to their services: **Phone:** 01253 955943 **Address:** MindsMatter Fylde & Wyre, Mountcroft Resource Centre, Albert Street, Fleetwood, FY7 6AH. **Website:** www.lscft.nhs.uk/mindsmatter

- **18. Supporting Minds**

Are a wellbeing service offering a range of free psychological therapies to people aged 16 and over living in Blackpool. You can self-refer to their services: **Phone:** 01253 955700 **Email:** bfwh.supporting.minds@nhs.net **Address:** Mental Health Services, 2nd Floor South Shore Primary Care Centre, Lytham Road, Blackpool, FY4 1TJ. **Website:** <https://www.bfwh.nhs.uk/our-services/community-services/supporting-minds/>

- **19. OPTIONS4CYP: YouTherapy**

Are a therapeutic service for young people age 11-25 years who live in Blackpool, Fylde and Wyre. They provide a safe and secure environment so you can talk openly and comfortably. They offer a drop-in (Wednesdays, 3-5 pm,) where you can self-refer or you can just have a one-off appointment. Instagram: @youththerapy; Twitter: @youththerapybpool. **Phone:** 0800 1217762, Option 3. **Email:** bfwh.youththerapy@nhs.net **Address:** Connect Young Person's Services, 26 Talbot Road, Blackpool, FY1 1LF. **Website:** www.bfwh.nhs.uk/welcome-to-youththerapy-children-and-young-peoples-service



"I used YouTherapy when I was struggling with my mental health and I found that they were really helpful and listened really well to my problems. They were a great and friendly team that was there for me through everything."

- **20. Revoelution**

Support children and young people aged 9-16 years who live in Blackpool's Revoe area. There are a wide range of activities that are chosen by the young people which empower them to make choices and have confidence for later life. **Phone:** 01253 423430

Email: cy.karoonian@revoelutionorg.uk **Address:** The Revoelution Hub, 1 Ibbison Court, Blackpool, FY1 4AU. **Website:** www.revoelution.org.uk

21. Streetlife

Provide housing support for those up to the age of 26 years. They offer a night shelter, one to one support and drop-in sessions. There are two centres available to provide support; this includes the emergency shelter and The Base. **Phone:** 01253 294477 (The Base) & 01253 291038 (The Emergency Shelter) **Email:** info@wearestreetlife.org **Address:** The Base, 48 Buchanan St, Blackpool, FY1 3TT (main activity centre) and The Emergency Shelter- St. John's Square, Church Street, Blackpool, FY1 1HU.

Website: <https://wearestreetlife.org/>

22. Trust House Lancashire

Provide a confidential service to adults and young people of all ages; to empower them to work through and beyond their experience of sexual violence and abuse. Referrals can be made via these details: **Phone:** National freephone helpline 08088 010818 **Address:** Full address not provided for safety reasons. **Email:** support@trushouselancs.org

Website: <https://trushouselancs.org>

23. UrPotential

Offer mental health support, both one to one and groups, including social action projects. Also, weekly Trans and LGBTQ+ groups and one to one support for young people (10-25 years) and LGBTQ+ family support groups. **Phone:** 01253 344398 (Support by April) 07445641768/07453959567 (LGBTQ+ support) **Email:** manager@urpotential.co.uk **Address:** Project Office, 296 Whitegate Drive, Blackpool, FY1 5JW.

Website: <https://urpotential.co.uk/cms/>

24. We Are With You in Lancashire

Are a substance misuse service for young people up to 25 years living in Fylde and Wyre. They offer one to one support and anyone can refer to the service: **Phone:** 0808 164 0074 (freephone) **Email:** spoc.yalancs@wearewithyou.org.uk **Address:** Ringway House, Percy Street, PR1 1HQ. **Website:** www.wearewithyou.org.uk.

Have your Say and Get Involved

We strongly believe that everything for young people should be co-produced with young people. This means being involved in planning, designing, developing and delivering services or community projects alongside professionals. We have been involved in co-production in Blackpool and we have found that it not only makes organisations better (as they are co-produced by people who know what works) but it is also good for our mental health as it gives us a sense of purpose and makes us feel valued. You could volunteer in a local youth organisation or get involved in some of these youth engagement forums:

25. HeadStart Blackpool

Blackpool's young people are co-leading the 'Resilience Revolution' and there are a wide range of opportunities for young people to get involved and lead. They'd love to hear from you. **Phone:** 01253 476746 **Email:** headstart@blackpool.gov.uk **Address:** 261 Whitegate Manor, Whitegate Drive, Blackpool, FY3 9JL. **Website:** www.blackpool.gov.uk/residents/health-and-social-care/headstart-blackpool/headstart-blackpool.aspx



"I have been involved in lots of different projects through HeadStart, it helped me make friends and feel more confident, and I feel I contributed to making lots of positive changes in my town."

23. URPotential

Offer Volunteering Opportunities for all young people aged 10 to 25. They deliver social action projects and accreditations. They offer training to build capacity within communities and organisations with a varied collection of training and accredited courses to suit individuals, community groups and organisations. Please get in touch to find out more: **Phone:** 01253 344 398 **Email:** manager@urpotential.co.uk **Address:** Project Office, 296 Central Drive, Blackpool, FY1 5JW. **Website:** <https://urpotential.co.uk/cms/>

26. Victoria's Voice

If you're aged 11-18 years and have received care at Blackpool Teaching Hospitals, you can join the young patients' forum. The group make sure that children and young people have their say in how services work for them and others like them. Some things they do are: interviewing new staff, delivering training to medics and decision-making. To find out more, please contact them. **Phone:** 01253 956652 **Email:** Rebecca.Booth7@nhs.net or Catherine.marmon@nhs.net. **Address:** Blackpool Victoria Hospital, Whinney Heys Road, Blackpool, FY3 8NR. **Website:** www.bfwh.nhs.uk/our-services/child-health-youth-forum/

27. Young Empowerment Forum

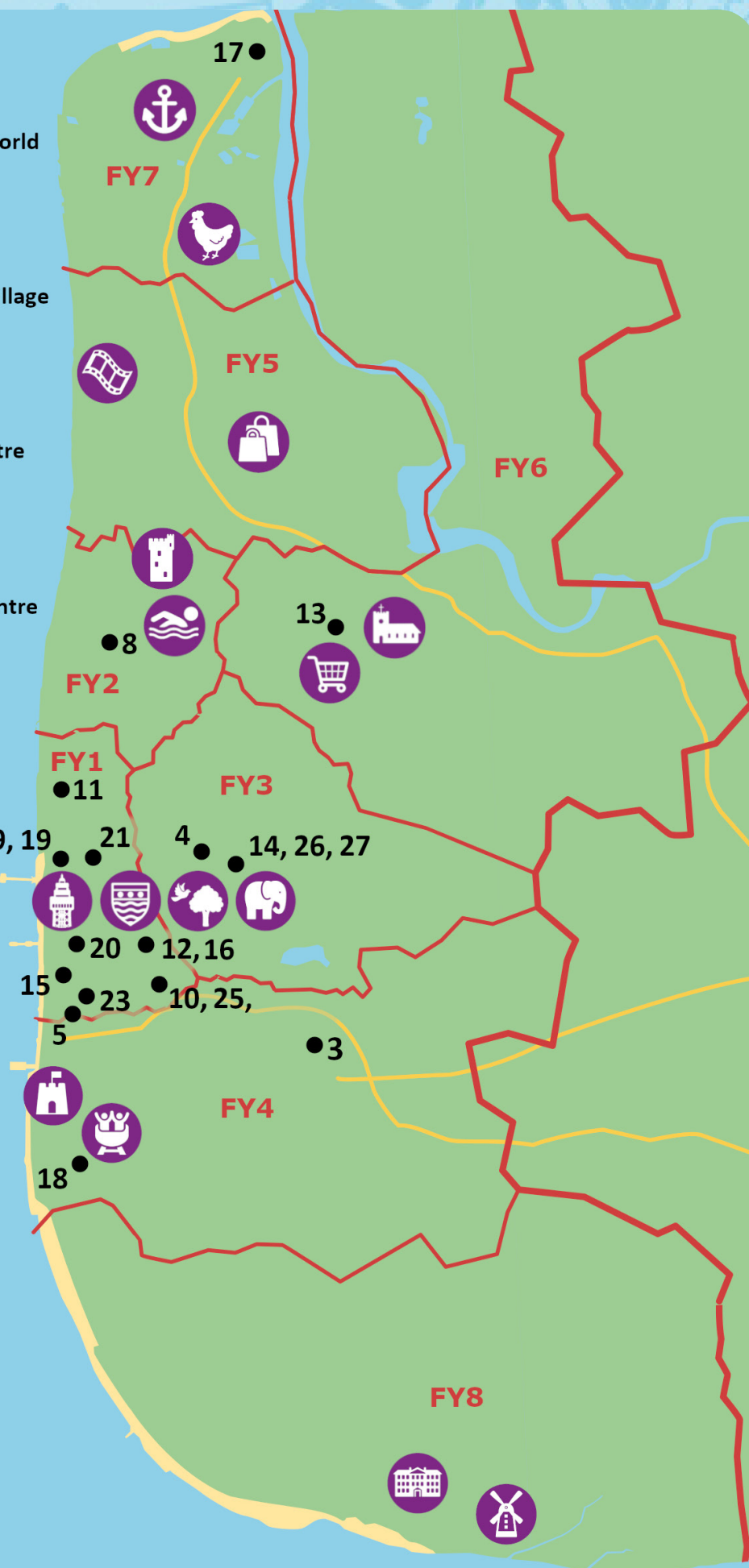
Do you want your voice to be heard? Do you want to help make decisions at Blackpool Council? If you are aged 13-25 years and have a special educational need or disability, join the group to make positive changes to services in Blackpool. To find out more, get in touch: **Phone:** 077707 01288 **Email:** Rebecca.Booth7@nhs.net or Catherine.marmon@nhs.net **Address:** Blackpool Victoria Hospital, Whinney Heys Road, Blackpool, FY3 8NR. **Website:** www.fyidirectory.co.uk/kb5/blackpool/directory/service.page?id=4XOjN1q3HIA&directory

So, what are you waiting for? Get involved, have your say and contribute to making services better than ever before!

Map of support services in Blackpool



-  Fleetwood Town FC
-  Farmer Parrs Animal World
-  Vue Cinema Cleveleys
-  Marsh Mill Shopping Village
-  Norbreck Castle
-  Moor Park Leisure Centre
-  St Chads Church
-  Teanlowe Shopping Centre
-  Blackpool Tower
-  Blackpool FC
-  Stanley Park
-  Blackpool Zoo
-  Sandcastle waterpark
-  Pleasure beach
-  Lytham Hall
-  Lytham Windmill



Thank you!

Dear Reader,

Thank you for reading this guide, we hope you found it useful. We loved writing it. In the process we have made good friends, felt part of a team, had a sense of achievement, felt proud of ourselves, had fun and learnt lots. Being part of this project has had a positive impact on our mental health, our confidence has grown and we feel we have made a contribution to society, which makes us feel valued. We have also worked our socks off!

Did we mention that we are part of the Resilience Revolution? We believe it takes a whole town to build resilience, not just individual young people. Whilst we want to support young people to be resilient despite the challenges faced, we also want to reduce these challenges by campaigning for social change. As co-leaders of the Resilience Revolution, we look at ways to give everyone a fairer chance to have good mental health. We find that it gives us a sense of purpose and makes us feel we are contributing to society, which makes us feel good about ourselves and helps our mental health. If you would like to find out more or join us, please follow our social media pages and send us a message (Facebook and Instagram: @HSBlackpool; Website www.boingboing.org.uk; Twitter @bb_resilience). Good luck with your mental health and wellbeing journey, we'll be thinking of you.

Best wishes,

FROM YOUNG CO-LEADERS OF THE RESILIENCE REVOLUTION



P.S. You can download a spare copy of this guide for free at the Boingboing website where you can also download a copy of the parent/carer ReMiT to give to your parents or carers. You can find both guides here: <https://www.boingboing.org.uk/remit/>. This link also takes you to a short questionnaire we would love you to fill in to tell us what you thought about the guide.