

# Winter Mental Health Support Guide for Young People



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*At this time of year, even if you are looking forward to the holiday season it is still important to take time to look after yourself. Sometimes, it can be hard to know where to go to get a little extra help and support to look after your own physical and mental health.*

*The great news is, here in Kent there is lots of free support available to you, to help you stay well.*

*This guide will help you to know what support is available and how to get help when you need it.*

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**WE SPOKE WITH YOUNG  
PEOPLE ABOUT STAYING  
WELL THIS WINTER AND  
THIS IS WHAT THEY TOLD  
US**

"Sometimes you  
need a break from  
your family."

**That's ok!**

"Everyone has a  
different idea  
about  
celebrations."

**That's ok!**

"This time of year  
can be  
overwhelming."

**That's ok!**

"Sometimes you  
need to put your  
needs first."

**That's ok!**

"Really great times  
might not cost a  
lot."

**That's ok!**

**THE SAME YOUNG PEOPLE  
SUGGESTED THE  
FOLLOWING TIPS**



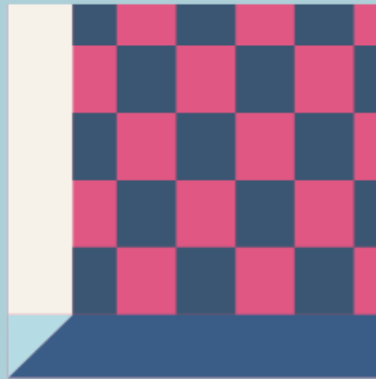
**'Wrap up like a burrito in  
blankets'**

Blankets make you feel  
warm, comforted and  
relaxed so are perfect for  
taking time out.



## **'Hobbies'**

Doing something simply for the enjoyment of it helps to reduce stress, and if you stick with a hobby, you are less likely to suffer from depression



## **'Colouring'**

Doing some colouring works in the same way as mindfulness, calming your mind and reducing stress and anxiety



## **'Singing'**

Whether you are singing in your  
bedroom, or in a large crowd  
with loud music, singing will help  
to lift your mood



## **'Dancing'**

Dancing makes you feel good, it helps you to relax, relieves stress, it's a form of exercise and most importantly - it's fun!!!



## **'Physical activity'**

Physical activity is not only good for your body, but it's also great for your mind. Being active releases chemicals in your brain that make you feel good - boosting your self-esteem and helping you concentrate as well as sleep well and feel better



## **'Take a mental health day'**

A mental health day can help to reduce stress, improve mood, and prevent burnout. It's an opportunity to take a breath so that you can return to your normal schedule with more energy and less tension



## **'Have a movie day'**

Watching a movie allows you to disconnect from your surroundings for a duration of time. Our minds are actively engaged with the television, allowing external thoughts and worries to fade away.

With thanks to young people  
from  
Kent Youth Voice, Hadlow  
Rural Community School  
and Tonbridge Girls  
Grammar School

If you would like to find out  
more about Kent Youth Voice,  
please email  
[KYCC@kent.gov.uk](mailto:KYCC@kent.gov.uk)

Some ideas to help manage anxiety



## Thriving



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*Young people told us thriving means this to them;*

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- 'when you are doing well, even when you are facing challenges'
  - 'you're not just doing 'enough' to get by'
  - 'you're able to do it on your own'
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*By taking part in activities like clubs and events in your community you will be supporting your wellbeing and resilience. **This is how you continue to thrive.***

*We have included some suggestions below. If you are not sure what you would like to try, have a chat with a trusted adult. This could be someone in your family, school or youth group. Whoever they may be, they can help you to choose what you might like to try.*

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*Mindfulness can be a great exercise to help you to **thrive**.*

***This introduction from Every Minds Matters** shows you a quick and simple way on how to get started with Mindfulness.*

*There are a range of other videos and walkthroughs available online; Why not have a look online and see which ones you like best?*

*Sometimes the pressure to stay happy and healthy can feel overwhelming. It's important to remember that is that there is no 'one size fits all' approach to wellbeing. We each need to find what works for us, what brings us joy, and what makes us feel connected in the world.*

*Wellbeing covers lots of different areas in our lives. It could mean simply feeling good and being physically well. To help you understand a little more, find out about the **six ways of wellbeing**.*

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Find out how you can get up to £300 for you or your friend to try a new hobby or activity from the **Talents and Interests grant funding** as we know this can boost resilience and overall wellbeing.

The final date for applications is 31st January 2023.

To apply, you will need to be between 5-19 and have a trusted adult complete this form for you.

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The Try Angle Awards recognise the outstanding efforts and achievements of young people in our community.

Nominations are now open to recognise young people and groups that have excelled in trying their best.

Nominate now at  
[www.kent.gov.uk/TryAngle](http://www.kent.gov.uk/TryAngle)  
Deadline 7 January 2023

Try Angle Awards Foundation Charity no. 1098547  
Contact: [tryangle@kent.gov.uk](mailto:tryangle@kent.gov.uk)

 ARTS	 GOOD FRIENDS & YOUNG CARERS	 PERSONAL DEVELOPMENT	 COURAGE
 COMMUNITY ACTION	 SPORTS	 POSITIVE INTERVENTION	 MUSIC

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***Try Angle Awards** recognise the outstanding efforts and achievements of young people and groups who really try their best whether at school, work, college, in business or in their wider community across Kent.*

*Nominations are open until 7th January, 2023 for all young people in Kent, aged 11 to 18 or 11 to 25 with special educational needs (SEN)*

*[Nominate here now](#)*

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Getting advice



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***MoodSpark** is a website where you can learn how to look after your emotional and mental health and find ways to help you bounce back when life gets tough. There are videos, activities, signposting and so much more.*

*Developed by the NHS in Kent, **Good Mental Health Matters** is a free website for you. Good mental health is all about helping you to make small changes to improve your mental health and giving you suggestions for what you could use to cope when things get tough.*

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**GOOD  
MENTAL  
HEALTH  
MATTERS**

**KENT YOUTH  
HEALTH**

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*[Kent Youth Health](#) has lots of useful information and resources on feelings, sex, health and relationships for young people in Kent. Find out what's normal, how to cope with any bumps on the road and where to go to get help if you need it.*

*[@kentandmedwaycamhs](#) is an Instagram account run by NELFT NHS Trust, an organisation that provides mental health services for young people in Kent and Medway.*

*All content is coproduced **with** young people **for** young people.*

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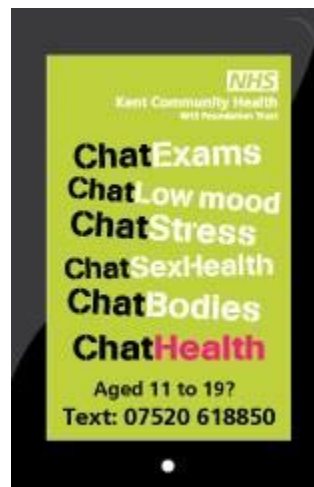
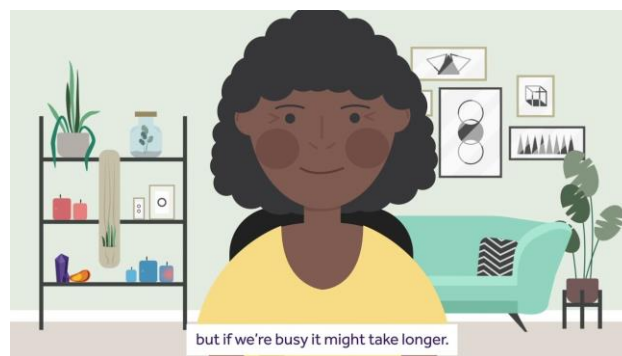


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To help those in need of mental health support, [better u](#) is a brand new App developed by young people, for young people. Visit your [Play Store](#) or [App store](#) to download.

If you're feeling the pressure, don't suffer in silence. Call 0800 107 0160, text the word "Kent" to 85258 or visit the [Release the Pressure website](#).

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**ChatHealth** confidential texting service is for young people aged 11-19. You can text the school health team about any concerns or health issues on 07520 618850. The number is monitored Monday to Friday, 9am to 5pm. You can also visit the [Chathealth website](#).

[Kooth.com](#) is an online mental wellbeing community for all 10 – 25 year olds in Kent. Kooth offers free online counselling and support including self-help tools, articles, journals, magazines, discussion boards and access to fully trained counsellors online 365 days a year.

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*You can find many accessible venues which run activities and services for children and young people aged 0 to 25 with special educational needs and disabilities (SEND) in your local communities on our **SEND Information Hub**. You can use filters to help display these services. These include venues which are wheelchair friendly and activities that welcome children and young people with a range of needs, including social and emotional health needs.*

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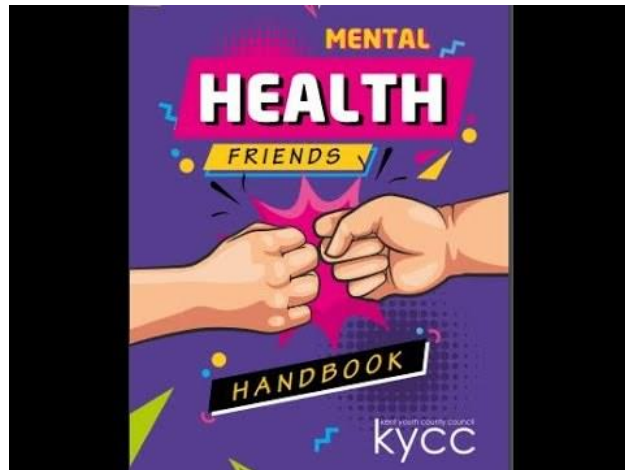
## Mental Health Friends Handbook

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*Young people created the [Mental Health Friends Handbook](#) to;*

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- *Give you the confidence to respond if someone you know is experiencing poor mental health.*
  - *Help you understand the importance of your own wellbeing.*
  - *Recognise the signs and symptoms of a young person who needs mental health support.*
  - *Know where to go to get professional help and support if needed.*
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## Getting help



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*YANA aims to help you develop resilience and emotional wellbeing. The project raises awareness of mental health, develops understanding of what that looks like for the individual, and explores what you can do for yourself and where you can go for further support.*

*You will need a trusted adult to complete a referral for this service.*

*KCHFT school health team can support you throughout primary and secondary school.*

*You can text 07520 618850 to speak to one of the team directly.*

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**The BeYou Project** connects young people in Kent and Medway who are lesbian, gay, bisexual, trans, non-binary or are questioning their sexual orientation and / or gender identity.

We offer a safe, welcoming and non-judgemental space where you can meet to socialise, have fun and help each other. Want to find out more? Contact them by emailing [beyou@porchlight.org.uk](mailto:beyou@porchlight.org.uk).

**Kent Young Carers** is the countywide service for Young Carers aged 5-18 across Kent. You are a young carer if you are taking on caring responsibilities for a family member with a long-term illness, disability, mental health or substance misuse issue.

If you are under 16 years of age, you will need a trusted adult to complete a referral for this service.

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**Mind and Body** in Kent supports you if you are self-harming, at risk of self-harming or struggling with your mental wellbeing.

*We help you find positive ways to manage difficult thoughts and feelings, working with you in small groups in your secondary school or in the community.*

*Porchlight Adolescent Wellbeing Service (PAWS) is a service for 13-18 year olds in Ashford, Dover, Deal, Folkestone and Thanet who are experiencing anxiety, a breakdown in family communication, or a breakdown in relationships with their school or peers.*

*You will need a trusted adult to complete a referral for this service.*

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*Early Help means taking action to support a child, young person or their family early in the life of a problem or as soon as it emerges.*

*This support does require a referral but we have included the link to it on here so you know what it is should it be offered.*

*Healthy Empowering Relationship Advisory Service is designed to support and empower young women and gender diverse individuals aged 10-18 years who live in Kent to make informed choices about the emotional and physical relationships that you have and give you the confidence and emotional resilience to put them into practice.*

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**Kent Young Lives Foundation Mentoring** offers one-to-one support for you if you are considered to be in need of support in developing your resilience at school or in the community or are at risk of being socially excluded or of offending.

*Mentors;*

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- *are volunteers who want to make a difference; fully trained to ensure they give the best support available*
    - *meet on a weekly basis with the you over a 6-month period*
  - *motivate, guide and support you towards achieving positive goals and develop important key life skills*
  - *equip you to improve your resilience to problems in life and help prevent common emotional and mental health worries.*
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*Salus offer an Intensive Mentoring Service to children and young people across Kent both in school and those not attending a formal setting (e.g. children educated at home) and those missing education.*

*The aim of the programme is to improve your emotional health and well-being and build your resilience.*

*This service is for you if:*

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- *you display behavior that indicates adversity*
  - *you have been identified as having no consistent secure adult*
  - *you live in a woman's refuge*
  - *you have experienced domestic abuse and your resilience has not been maintained as a result of other support.*
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Getting more help



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*Phone 0800 011 3474 for our Single Point of Access, who will be able to provide you with support and advice and assist you to reach the right help. The Children and Young People's Mental Health Service (CYPMHS) is provided by NELFT who can signpost, give advice and accept a referral to mental health support. If you are in **crisis**, call this number for help 24 hours a day.*

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# EMERGE



The Queen's Award  
for Voluntary Service

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**Emerge Advocacy Service** will provide short term support for you if you find yourself in A&E at Maidstone and Tunbridge Wells Hospital because you are struggling with self-harm or feeling suicidal. This support is purposely non-clinical, our teams are there to be with you during your time in hospital and afterwards but we don't replace the support of the NHS or any other service.

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**Kent and Medway**  
NHS and Social Care Partnership Trust

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If you live in Ashford, Canterbury, Dover, Folkestone and Thanet the **East Kent Early Intervention Psychosis team** can help you. We work with young people from 14 years old who are experiencing their first episode of psychosis, and who have been experiencing symptoms for less than three years.

This support does require a referral from a trusted adult but we have included the link to it on here so you know what it is should it be offered.

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**CHUMS** deliver the **Kent Bereavement Service** for under 25-year-olds across Kent and Medway. The service is available to individuals from Preschool age (3 ½) up to 25 years old (until 26th birthday) who are registered with a Kent or Medway GP and require specialist bereavement support to cope with complex grief.

*This support does require a referral form from a trusted adult for this service.*

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## Getting risk support



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**NELFT Crisis Team** - If you are in crisis, or require out of hours support, please call the Single Point of Access on 0800 011 3474. The Single Point of Access is available 24/7.

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## Extra Support

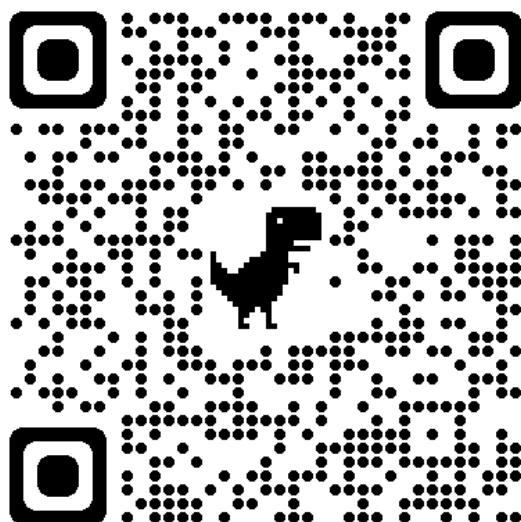


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Visit the **Kent and Medway ICB Wellbeing Hub** which provides full details of all advice and support available to all Children and Young People.

***Please be aware that a small number of services may not be open over the bank holidays over Christmas, however all queries will be picked up by the 4th January 2023.***

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*Christmas is just around the corner and however you choose to celebrate, there's always time and space to take some time to have fun. Why not check out this quick and Festive crossword puzzle to keep your brain busy?*

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