

Welcome to CAMHS



Visit www.camhsdorset.org where you will find information on how we can help you and what to expect when you come to your appointments. You will also find information about how you may be feeling, ways that you can self care as well as apps, websites, helplines and services which are available to support you. We hope you find this helpful!

You can also find good tips on www.youngminds.org.uk/where look for support when you are on the CAMHS waiting list.

Five ways you can improve your wellbeing now:

<p>Take notice Being mindful - be more aware of the present moment, including your thoughts, feelings, your body and the world around you.</p>	<p>Give Give to others - even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering can improve your wellbeing and help you build social networks.</p>
<p>Connect Connect with the people around you: your family, friends and colleagues. Spend time developing these relationships.</p>	<p>Be active Take a walk, go cycling or play a game of football. You don't have to go to the gym. Find an activity that you enjoy and make it a part of your life.</p>
<p>Keep Learning Learning new skills can give you a sense of achievement and a new confidence.</p>	<p>Be active Take a walk, go cycling or play a game of football. You don't have to go to the gym. Find an activity that you enjoy and make it a part of your life.</p>

If you need help now call Connection on:
0300 123 5440 or NHS 111

This is a 24/7 helpline open to all ages, for those who are struggling to cope or feel like they are nearing a break down.



Helpful websites



Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use: www.kooth.com



MoodJuice is a website that is designed to help you think about emotional problems and work towards solving them:

www.moodjuice.scot.nhs.uk

Dorset Mind Your Head helps children and young people to live life as mentally healthy as possible.



They provide Education programmes, drop in sessions in school, befriending, counselling, telephone/email signposting and online forums

www.dorsetmindyourhead.co.uk



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Papyrus: 0800 0684141:

Are a registered charity that focuses on the prevention of suicide in young people. This helpline is open: mon-fri 10am-10pm and weekends: 2.00pm to 10.00pm.

www.papyrus-uk.org



for support in a crisis

Shout is the UK's first text service, for anyone in crisis anytime. It is for those struggling to cope and needing immediate help. **Text: 85258**

www.giveusashout.org



Get Self Help

website provides CBT self-help and therapy resources, including worksheet and information sheets and self help mp3s.

www.getselfhelp.co.uk



Young Minds Parent Lounge is a part of the Young Minds website, where parents can get advice and tips from Parent Helpline experts:

www.youngminds.org.uk/find-help/for-parents/parents-lounge/



MindEd

e-learning to support young healthy minds

Written by specialists and parents working together to give you information and advice to help both your family and you.



Parents Helpline: 0808 802 5544

Worried about a child or young person under the age of 25? Call the free helpline for confidential, expert advice Mon – Friday 09.30 – 4pm

Helpful Apps

Combined Minds - For parents/ carers supporting Children and Young People who are experiencing issues such as anxiety, depression, eating disorders, self-harm, digital addiction. Easy to use with lots of information, support strategies and safety planning.



actcompanion
The Happiness Trap App

with Dr Russ Harris

If you are already using an ACT self help book this can help you to develop and practice the skills you need to be present, open up and do what matters with dozens of simple yet powerful interactive ACT exercises.

Calm Harm – The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it. Learn to ride the wave with the free Calm Harm app using these activities: Comfort, Distract, Express Yourself, Release, Random and Breathe.



Reach Out – Worry Time –

This app allows you to type in your worries throughout the day, and revisit them at a designated 'worry time' where you can spend as long as you want worrying about them.



The Autism Plan
CHANGING PERCEPTIONS, NOT PEOPLE

FREE Autism Support App. Community. Advice. Strategies.

Headspace – a meditation app with different packs which use meditation to help with varying things to do with your wellbeing from relationships to eating to mental health issues.



HEADSPACE