

If you are worried you  
may be at risk

If you enjoy using  
apps, then you may  
find these useful



# Wellbeing Team Support Guide



Mental Health Connect -  
Cornwall 24/7 NHS Helpline:  
**0300 038 5300**



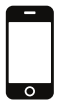
Samaritans: **116 123**



Hopeline 24/7 - Papyrus -  
Suicide prevention for under 35  
year olds: **0800 068 41 41**



NHS 111



Text: "SHOUT" to **85258**



**999** for immediate assistance



Accident & Emergency Unit

**Calm Harm** - help with resisting or  
managing urges to self harm.

**Catch It** - help to manage feelings like  
anxiety and depression.

**Mind Doc** - mood tracker and coping  
strategies.

**My Possible Self** - reduce anxiety  
and low mood.

**Chill Panda** - reduce anxiety and  
stress through fun activities.

**Clear Fear** - manage symptoms of  
anxiety.

**Calm** - meditation, sleep and  
relaxation.

**Sleepio** - help with poor sleep and  
insomnia.

## Visit 'Joy Marketplace'

where you can view, contact and refer yourself to mental health and wellbeing services in your local area.

<https://services.thejoyapp.com/>

## What happens now?

## Self-help guides and information

### **Cornwall Mind**

<https://cornwallmind.org/>  
<https://sidebyside.mind.org.uk/>

### **Cornwall Silvercloud Health**

<https://cornwall.silvercloudhealth.com>

### **NHS Inform Self-help guides**

<https://www.nhsinform.scot/self-help-guides>

### **Mind My Peelings**

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

### **No Panic**

<https://nopanic.org.uk/>

### **Mental Health Foundation**

<https://www.mentalhealth.org.uk/>

### **Campaign Against Living Miserably (CALM)**

<https://www.thecalmzone.net/get-support>

### **Sleeping Well - RCPSYCH**

<https://www.rcpsych.ac.uk/mental-health/mental-illnesses-and-mental-health-problems/sleeping-well>

## Self-Soothing Techniques

### **Guided Meditation**

[https://www.youtube.com/results?search\\_query=headspace+meditation](https://www.youtube.com/results?search_query=headspace+meditation)

### **Box Breathing Relaxation Technique**

<https://www.youtube.com/watch?v=tEmt1Znux58>

### **Vagus Nerve Exercises**

[https://www.youtube.com/results?search\\_query=stanley+rosenberg+vagus+nerve+exercises](https://www.youtube.com/results?search_query=stanley+rosenberg+vagus+nerve+exercises)

### **Sleep Hypnosis**

<https://www.youtube.com/user/michaelsealey>

### **Clear Stress - EFT Tapping**

[https://www.youtube.com/results?search\\_query=brad+yates+eft](https://www.youtube.com/results?search_query=brad+yates+eft)

### **US Military Sleep Technique**

[https://www.youtube.com/results?search\\_query=us+military+sleep+technique](https://www.youtube.com/results?search_query=us+military+sleep+technique)