

# Stress



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Stress is the feeling of being under too much mental or emotional pressure, and pressure turns into stress when you feel unable to cope. A bit of stress is normal and can help push you to do something new or difficult, but too much stress can take its toll. When stress becomes too much you might feel you cannot cope or are worried, fearful and anxious. It can affect how you live your life.

### **Kooth**

Kooth provides free, anonymous online counselling through your phone, tablet, laptop or PC. The website also offers peer support, self-help material and gives children and young people access to live forums. Anyone aged 11-25, living in Shropshire and Telford & Wrekin, can register to access this service. No referral is needed.

The website is available 24 hours; there will be professional counsellors available for live online chats at the following times:

- 12:00 to 22:00 (Monday to Friday)
- 18:00 to 22:00 (Saturday, Sunday and Bank Holidays)

Website: [www.kooth.com](http://www.kooth.com)

### **Beam**

Children and young people of all ages and their parents can access any of The Children Society's drop-in sessions – BEAM, without an appointment or referral. Here they can talk to an experienced practitioner who will listen to and support them with any challenges facing them regarding emotional health and wellbeing. BEAM also offer several workshops focusing on a specific issues. Information on the location and days BEAM operates can be found

<http://search3.openobjects.com/kb5/shropshire/fid/results.page?qt=beam&term=&familychannel=0&sorttype=relevance>

### **Shropshire Psychological Therapies (IAPT)**

Shropshire Primary Care Psychological Therapies Service aim to improve health and wellbeing by offering a range of help, advice, life skills courses, supported self-help, groups and individual therapies for everyone aged 16 and over (that have finished their GCSE'S)

They accept self referrals or contact your GP to refer:

Address: Severn Fields Health Village, Sundorne Road, Shrewsbury, Shropshire SY1 4RQ

Telephone: 0300 124 0358

Website: <http://shropshireiapt.sssft.nhs.uk/>

Email: [iapshropshire@nhs.net](mailto:iapshropshire@nhs.net)

They also offer appointments at various venues across the county of Shropshire.

### **IAPT also offer FLASH clinics**

The FLASH (Focused, Learning and Self Help) Clinics are based on guided self-help, which enables a person to learn new skills and tools to cope with common mental health problems.

The clinics can help with:

- Anxiety
- Stress
- Depression and Low Mood
- Social Anxiety
- Low Self Esteem
- Sleep Problems
- Self-Harm

### **IAPT SliverCloud - a space for thinking and feeling better**

SilverCloud is a new online service offered by IAPT (Shropshire Psychological Therapies) for anyone over the age of 16 who has finished their GCSEs.

Slivercloud offers secure, immediate access to online supported Cognitive Behavioural Therapy (CBT) programmes, tailored to support specific needs.

These programmes have demonstrated high improvement rates for depression and anxiety.

It's flexible – access it anywhere, on a computer, tablet or mobile phone.

It's easy to use – interactive tools and activities make the experience interesting and motivational

The programme consists of seven to eight modules – which are completed at the users own pace, in their own time. The goal of each module is to take the information and techniques learned and to start applying them in day to day life. At regular intervals a Supporter will check progress and provide feedback and guidance.

Shropshire GP patients: <http://iaptshropshire.silvercloudhealth.com/signup>

### **Shropshire Public Health Specialist Nursing Service**

This service consists of health visitors, school nurses, the Family Nurse Partnership and skilled practitioners to support the Healthy Child Programme delivery. Its aim is to improve health outcomes for children and young people by offering support, information and signposting on a number of issues, for example:

- Emotional health and well-being
- Healthy eating
- Physical activity
- Relationships
- Sexual health
- Accident prevention
- Continence
- Weaning

- Breastfeeding
- Oral health
- The service is also introducing health assessments between the age of five and 14

The service is offered in a range of settings, including home visits, community clinics, GP practices and schools.

Telephone 0333 358 3654

Text your School Nurse on 07507 330346. This number will not accept calls

Text your Health Visitor on 07520 635212. This number will not accept calls

### **Shrewsbury Psychology Centre**

Shrewsbury Psychology Centre is an independent psychology service based in the centre of Shrewsbury. They are professional Clinical and Counselling Psychologists providing services dedicated to the emotional and relational well-being of children, adults and families.

The Shrewsbury Psychology Centre have produced a variety of self-help leaflets, which focus on providing people with the tools to tackle stress. The centre also provides advice directly on other ways to reduce your stress, as well as hosting free talks, taster sessions and training days throughout the year.

#### Leaflet on Progressive Muscle Relaxation

[https://shrewsburypsychologycentre.co.uk/?page\\_id=136](https://shrewsburypsychologycentre.co.uk/?page_id=136)

#### Leaflet on Mindfulness a relaxation technique.

[https://shrewsburypsychologycentre.co.uk/?page\\_id=401](https://shrewsburypsychologycentre.co.uk/?page_id=401)

#### Leaflet on ways to reduce stress through physical activity

[https://shrewsburypsychologycentre.co.uk/?page\\_id=108](https://shrewsburypsychologycentre.co.uk/?page_id=108)

Telephone: 01743 233287

Email: [info@shrewsburypsychologycentre.co.uk](mailto:info@shrewsburypsychologycentre.co.uk)

Website: <http://www.shrewsburypsychologycentre.co.uk/>

### **Shrewsbury Mind**

Shropshire Mind provides a diverse range of quality services across the county for the one in four people and their families acknowledged to be affected by mental or emotional distress. Their work includes group work based at our Shrewsbury premises and also at venues in Ludlow, Church Stretton, Whitchurch, Bridgnorth, Market Drayton and Oswestry with the aim of establishing additional groups across the county.

#### **Daily drop in**

Shrewsbury Mind is open seven days a week at Suites 3 and 4, Observer House, Holywell Street, Shrewsbury, SY2 6BL. They offer a relaxing, non-judgemental environment,

where anyone living with mental ill-health or social isolation can visit and be amongst like minded people.

Monday – Wednesday 11am – 3pm

Thursday 10am – 3pm

Friday – Sunday 11am – 3pm

<https://www.shropshiremind.org/services/drop-in/>

### **Weekly support groups**

There are a wide range of weekly support groups

<https://www.shropshiremind.org/services/weekly-support-groups/>

Mind: 03001 233393

Shropshire Mind: 01743 368647

Email: [admin@shropshiremind.org](mailto:admin@shropshiremind.org)

Website: <http://www.shropshiremind.org>

### **YoungMinds**

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

Young minds offer resources for parents; carers and young people to help for improve the symptoms of stress, tips on looking after yourself and relaxation techniques.

<https://youngminds.org.uk/find-help/looking-after-yourself/take-time-out/>

University stress – a blog about the signs, getting help, and practical ways to deal with stress written by Molly Rose after her experience of stress at university.

<https://youngminds.org.uk/blogs/uni-stress-dealing-with-pressure/>

### **School and exam stress**

Are you worried that school and exams are affecting your child's behaviour, mental health or emotional wellbeing? Do you need to know where to get help and what to do next?

YoungMinds have put together information about school and exam stress especially for parents, carer and young people, with lots of links to organisations who can help. A parent or carer can discuss with someone in confidence his or her worries using the free YoungMinds Parents' Helpline.

<https://youngminds.org.uk/media/1513/young-minds-coping-with-school.pdf>

A blog written by YoungMinds GCSE students with tips on how to tackle school stress

<https://youngminds.org.uk/blogs/small-steps-to-tackle-school-stress/>

### Post-traumatic stress Disorder

YoungMinds have put together information about post-traumatic stress disorder, especially for parents and carers who are worried about their child. The information explains the condition and what steps to take. They also offer the chance for a parent or carer to talk to someone in confidence about their worries via the YoungMinds Parents Helpline (0808 802 5544) for free.

<https://youngminds.org.uk/find-help/conditions/ptsd/>

### Contacting YoungMinds

YoungMinds do not offer advice to young people, the helpline service is for parents or carers worried about a child or young person.

<https://youngminds.org.uk/contact-us/>

Email using online form <https://youngminds.org.uk/contact-us/parents-helpline-enquiries/>

Parents helpline- Parents can call free for advice and support regarding their children.

0808 802 5544 (Monday to Friday, 9.30am to 4pm)

### **Student Mind**

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

Student Minds is the UK's student mental health charity.

They empower students and members of the university community to look after their own mental health, support others and create change, so that all in higher education can thrive.

### Exam Stress

<https://www.studentminds.org.uk/examstress.html>

Looking after your emotional wellbeing

<https://www.studentminds.org.uk/lookingafteryourmentalwellbeing.html>

### **MIND**

Mind is a leading mental health charity. They provide help and support directly to those who need it most. They have a network of more than 140 local Mind groups, which offer specialised support and care based on the needs of the communities they support. On their website, there is extensive information about what stress is, what support is available, support groups, as well as self-help guides, detailing practical tools to help overcome and deal with stress.

What are the signs of stress?

<http://www.mind.org.uk/information-support/tips-for-everyday-living/stress/signs-of-stress/?o=10133>

What causes Stress?

<http://www.mind.org.uk/information-support/tips-for-everyday-living/stress/causes-of-stress/?o=10133>

How can you deal with pressure?

<http://www.mind.org.uk/information-support/tips-for-everyday-living/stress/dealing-with-pressure/?o=10133>

Treatment for Stress

<http://www.mind.org.uk/information-support/tips-for-everyday-living/stress/treatment-for-stress/?o=10133>

How to cope with Student Life.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/student-life/#.WYw0qeSWyM8>

PDF Booklet on how to manage stress for all.

[http://www.mind.org.uk/media/1993364/how-to-manage-stress\\_2015.pdf](http://www.mind.org.uk/media/1993364/how-to-manage-stress_2015.pdf)

## **Elefriends**

Elefriends is a supportive online community where you can be yourself.

We all know what it's like to struggle sometimes, and this is a safe place to listen, share and be heard. Whether you're feeling good right now, or really low, it's a safe place to share experiences and listen to others.

Shared experiences and perspectives are valuable and powerful. In this way Elefriends don't just get help, they give help too. In the good times and the bad.

Elefriends is made by you - so please use the [feedback page](#) to add your comments and suggestions.

Elefriends is for people over 18.

Elefriends is managed by [Mind](#), the mental health charity

Website <http://elefriends.org.uk/>

## **Moodjuice**

Moodjuice is an internet based self-help resource, which does not have the facility to offer tailored advice or signposting for individual circumstances. It does however have online resources that can help you think about emotional problems and work towards solving them.

<https://www.moodjuice.scot.nhs.uk/mildmoderate/home.asp>

[Moodjuice Stress Self-help guide printable.](#)

<http://www.moodjuice.scot.nhs.uk/stress.asp>

## **No Panic**

No Panic in partnership with the Shropshire Young Health Champions and Shropshire's Clinical Commissioning Group have developed a Youth Helpline. This helpline is for those aged between 13 and 20 years old and their parents and caregivers who may have concerns over a young person.

They help with anxiety, exam stress, panic, phobias, obsessive-compulsive disorder and the specific anxieties that young people of this age can experience. It provides a confidential service through its volunteers. Our volunteers that work on this youth helpline are DBS checked as well so you don't need to be worried.

The helpline is open between 3pm and 6pm Monday to Friday and 6pm and 8pm Thursday and Saturday and you can phone it on 0330 606 1174.

## **The Worrinots**

The Worrinots is a ground breaking, award winning app which allows children to share their worries and fears in a fun, safe and controlled environment.

The app features engaging characters, Rip, Stomp, Shakey and Chomp – who through fun and encouragement, enable children to share their worries and concerns. The Worrinots exist to urge children to speak out and manage their emotions and feelings whilst being exposed in a fun way to coping mechanisms.

The four fun characters, each with their own individual personalities and guidance styles, 'respond' to the children, with instructions of next steps or follow up whilst 'ripping up', 'chewing' and 'stomping on their worries!'. These character conversations are managed by a unique dual platform whereby the Worrinots App is downloaded in two parts – one which is managed by the parent / guardian and the other which is to be put in kids' hands as a fun app.

The primary aim of The Worrinots is to provide children with a platform that they can use to communicate their worries, fears and anxieties. The Worrinots application and characters have been developed with the help of some of the UK's leading child psychologists to encourage children to share their concerns and deal with them appropriately.

When Worrinots is combined with the monitoring app WotNot, parents & carers can feel assured they are informed of their children's worries, have the ability to respond to them in real time and feel empowered with the knowledge they are able to help their child.

<https://www.worinots.com/about/about-the-worinots>

## **Feel Stress Free app**

Free for 6 months and a small subscription thereafter No panic members can access a new app that has been developed by NHS trained psychologists and psychiatrists, along with an expert games developer 'Feel Stress Free'. The app has techniques in order to prevent and build resilience to stress, anxiety and mild depression. The app teaches mindfulness and CBT techniques as well as coping mechanisms helping to overcome barriers. By using the techniques within the app regularly, the benefits become greater



To access Feel Stress Free and take advantage of this exclusive offer, please email the charity on [membership@nopanic.org.uk](mailto:membership@nopanic.org.uk).

### **Stressbusting**

Stressbusting is a website about stress and how to beat it. It is aimed at families and provides authoritative information about the causes and symptoms of stress as well as treatment options. Wide ranges of expert contributors offer their advice, drawn from years of experience working in the field.

Guide to 13 tips on how to deal with exam stress

<http://www.stressbusting.co.uk/how-to-deal-with-exam-stress/>

Website: <http://www.stressbusting.co.uk/>

### **The Royal college of Psychiatrists**

The Royal College of Psychiatrists offer a series of factsheets and leaflets for parents, teachers and young people entitled Mental Health and Growing Up, and Traumatic Stress. These factsheet looks at what stress is, what traumatic stress is, causes, how it might feel to be suffering from any kind of stress and advice.

Coping with stress.

<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/copingwithstress.aspx>

U Can Cope.

<http://www.rcpsych.ac.uk/expertadvice/youthinfo/youngpeople/problems/ucancope.aspx>

Traumatic stress in children: information for parents, carers and anyone who works with young people leaflet.

<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/traumaticstressinchildren.aspx>

### **Kids Health**

This is a website looking at all aspects of child and adolescent health. On these pages, they concentrate on stress, give advice and guidance for younger children, teens, and provide parents and carers with some helpful advice. The website has lots of factsheets and resources that explain what stress is, ways to cope and ways to de-stress. American site but generic information.

<http://kidshealth.org/en/teens/stress.html>

Stress and coping centre.

<http://kidshealth.org/en/teens/?search=y&getfields=subject.description&q=stress+and+coping+center&site=kh&client=ms t en&output=xml no dtd&gsaRequestId=7457070404200936186&filter=0>

Top five ways to prevent stress build-ups in teenagers.

<http://kidshealth.org/en/teens/stress-tips.html?ref=search>

### **The Mix**

The Mix is a free and confidential multi-channel service available for 13 to 25 year olds. Offering information and support on many areas including stress, relationships, work, study, housing, money and much more. They offer support through their online resources, email, apps, peer to peer counselling or via the telephone.

<http://www.themix.org.uk/mental-health/stress-mental-health>

Free phone- 0808 808 4994

1-2-1 Chat online - <http://www.themix.org.uk/get-support/speak-to-our-team>

Information on how to stop being so stressed.

<http://www.themix.org.uk/mental-health/stress-mental-health/how-can-i-stop-being-so-stressed-6053.html>

### **Stressheads App**

Stressheads is an app created which can be used as a stress-relief tool. It can be used for all kinds of life stress, from exam pressure to money problems. Simply hatch a Stresshead and relax as you chase your very own pet peeve around until you catch it and smash it. And while you're doing that, you can get great advice – helping you deal with all kinds of life stress. It is available for download for iOS and Android.

### **Madly in love campaign**

Relationships, sex and love can cause stress and mental health problems. Madly in love is a campaign on behalf of Mix, it provides an online space where young people can share how they feel and about what's going on in their head and heart, they are then able to receive peers support and tips.

<http://www.themix.org.uk/your-voices/campaigns/madly-in-love>

### **Minded – E-learning to support young healthy minds**

MindEd is a free educational resource on children and young people's mental health for all adults. It has a section for families and professionals.

MindEd for Families is for parents or carers who are concerned about their child, and offers online advice and information from trusted sources and will help them to understand and identify early issues and best support your child. Parents can access many resources in relation to stress.

MindEd for Professionals & Volunteers offers eLearning aimed at all adults working as professionals or volunteers with children and young people. The e learning is available to inform them about the mental health and wellbeing of children and young people including stress. It offers advice on what is available to help.

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

### **The National Child Traumatic Stress Network (NCTSN)**

The NCTSN provides information, advice and resources for parents and carers about traumatic stress, how it can affect a child or young person, how to help them to cope, treatment options available, causes as well as book suggestions. American site but useful resources.

Information leaflet - What is Child Traumatic Stress

[http://www.nctsn.org/sites/default/files/assets/pdfs/what\\_is\\_child\\_traumatic\\_stress\\_0.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/what_is_child_traumatic_stress_0.pdf)

A parent's guide to Child Traumatic stress

[http://www.nctsn.org/sites/default/files/assets/pdfs/ctte\\_parents.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/ctte_parents.pdf)

Website: <http://www.nctsn.org/resources/audiences/parents-caregivers>

### **ChildLine – 0800 1111**

ChildLine provides information for young people on a variety of issues that impact on their emotional health and wellbeing. This website provides support to children and teenagers on many different areas of life but there is a section on stress, feeling stressed, beating exam stress, and ways of coping with everyday stress. The website has plenty of hints, tips and resources.

ChildLine has trained counsellors that you can talk to via the free helpline or via the 1-2-1 counsellor online chat; they are there to listen to you and to support you.

Coping with stress four things to try.

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/coping-with-stress/>

Managing stress and anxiety video

<https://www.childline.org.uk/toolbox/videos/managing-stress-anxiety/>

Exam stress

Exam stress can start when you feel you cannot cope with revision, or feel pressure from your school or family. You might worry you're going to fail or you won't get the grades you need for the course or job you want, but we've got advice and tips on coping.

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

#### Beating Exam stress guide

<https://www.childline.org.uk/globalassets/info-and-advice/school-work-and-college/school-and-college/exam-stress/beat-exam-stress.pdf>

#### Tips for preparing for exams

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/preparing-exams/>

Website: <https://www.childline.org.uk/get-support/>

Helpline: 0800 1111

Support from Ask Sam: <https://www.childline.org.uk/get-support/ask-sam/>

### **CALM**

The Campaign Against Living Miserably (CALM) is an award-winning charity dedicated to preventing male suicide, the single biggest killer of men under the age of 45 in the UK. CALM offers support to men in the UK, of any age, who are down or in crisis via their helpline, webchat and website. The CALM helpline is available for men to speak to someone and work through your problems. It is anonymous, confidential and free from landlines, payphones and most mobile phones. They can offer non-judgmental support and information about services that can help, including those for stress. Their website also has resources available around exam stress and financial stress.

The helpline and web chat are available 5pm – midnight every day of the year (including Christmas Day).

#### Student Stress guide.

<https://www.thecalmzone.net/2012/12/student-stress-how-to-deal-with-it/>

#### Exam Stress support.

[https://www.thecalmzone.net/help/get-help/exam-stress/?gclid=CJ2A4\\_ylzceCFSPItAodU3wAEA](https://www.thecalmzone.net/help/get-help/exam-stress/?gclid=CJ2A4_ylzceCFSPItAodU3wAEA)

#### Financial Stress support.

<https://www.thecalmzone.net/help/get-help/financial-stress/>

Website: <https://www.thecalmzone.net/>

Helpline: 0800 585858

### **Family Lives**

This is a family friendly website that gives parents and carers comprehensive advice on a range of conditions and family issues. The website has information about exam stress, top tips for exam revision, preparing the child for an exam, and after exam.

Parents and carers can also get further support and advice about stress and how to help your children, by calling the Family Lives helpline on 0808 800 2222 too.

Website: <https://www.familylives.org.uk/advice/>

### **NHS One You**

NHS One You has tips for simple things you can do to help you stress less. These include relaxing, exercise, eating a healthy and balanced diet, and talking to someone. When stress becomes too much you might feel you cannot cope or are worried, fearful and anxious. It can affect how you live your life. It is important to find techniques to help you to stress less, to help to boost your immune system and help prevent serious health problems.

<https://www.nhs.uk/oneyou/stress#QcrHRwYIO1s0vCWF.99>

### **NHS Choices**

This site gives an overview of stress as a condition, symptoms information on treatments, and causes.

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/understanding-stress.aspx>

The website also has information on exam stress and ways to beat it. Tests and exams, including GCSEs, can be a challenging part of school life for both children and parents. However, there are ways to ease the stress.

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Examstress.aspx>

#### **10 Stress busters guide**

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/reduce-stress.aspx>

#### **Breathing exercises for stress.**

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/ways-relieve-stress.aspx>

### **EPIC Friends.**

The Epic Friends website looks at various mental health problems including stress and feeling stressed. The website provide self-help resources to manage the feelings and emotions, as well as providing information for friends and family on how to help you deal with stress. Aimed at children and young people in Sheffield but with some useful generic information.

<http://epicfriends.co.uk/feeling-stressed>

### **The Stress Management Society**

The Stress Management Society is a non-profit organisation dedicated to helping individuals and employers recognise and reduce stress. Since 2003 they have been working towards creating a happier, healthier, more resilient and sustainable world. They are the UK's leading authority on stress management issues. Their website provides information, support, practical ways and tips on how to cope and deal with stress in life and in the workplace. They offer a stress-busting newsletter that people can sign up for regular tips on how to reduce their stress. Stress management also has factsheets and free E-Books and resources that individuals can download and use.

<http://www.stress.org.uk/what-is-stress/>

### **Sane**

SANE provides emotional support and information to anyone affected by mental illness, including families, friends and carers.

Our mental health support services are completely confidential. Whatever your problems or concerns, you will receive non-judgemental emotional support. Our professional staff and trained volunteers have specialist mental health knowledge; we can help you consider options for support that address your individual circumstances

0300 304 7000

<http://www.sane.org.uk>

### **Mindreel**

Mindreel create valuable learning resources using educational films about mental health, they are used to help empower young people in improving their mental health. 'A Young Person's Guide To Stress and Emotional Management' helps to identify that helping young people to recognise and develop important emotional tools and capabilities can enable them to better deal with life.

<https://mindreel.org.uk/video/young-persons-guide-stress-and-emotional-management>

### **Useful CD**

Rays of Calm, Christiane Kerr, Audio CD/Audiobook: CD from the "Calm For Kids" range created for teenagers. It talks through various relaxation techniques and visualisations designed to promote a sense of calm and wellbeing and to help teenagers deal with stress.