

# Supported Self Help

Mental health service for Young People

We're Mind, the mental health charity.

We're your expert mental health partner in England and Wales. We help children, young people and adults to live well in local communities. Our local Minds bring focussed mental health expertise to the services they provide.

Delivered in GP Practices, community settings or schools by our local Minds, Supported Self Help for Young People is an evidence-based mental health and wellbeing service for 11 to 18-year-olds.

Supported Self Help gives young people the skills to understand, protect and improve their mental health.

## **What is Supported Self Help for Young People?**

Supported Self Help for Young People is an early intervention service to support mental wellbeing as soon as a person needs it. It involves five short sessions with a trained practitioner to hear what support a young person needs and develop a wellbeing toolkit with them. Supported Self Help for Young People has been developed with young people and their trusted adults.

### **What does the support look like?**

Trained mental health practitioners deliver Supported Self Help in a school, GP or community setting. The first session is a 40 minute introduction to discuss what support the young person needs. If both young person and practitioner feel Supported Self Help is appropriate they will have five 20 minute sessions using evidence based tools and resources to develop a wellbeing toolkit. A young person can choose if a trusted adult is involved or not (see below). The decision is always young person led.

### **Who is a trusted adult?**

A trusted adult is an appropriate adult whom the young person trusts and can help to develop their wellbeing toolkit. Examples of a young person's trusted adult can be:

**Mum - Dad - Grandparent - Aunt - Older Sibling - Step Parent**

### **How can a trusted adult best support?**

The best support you can provide your young person is to practice their wellbeing toolkit with them.

**One-to-one  
materials include  
information on:**

- Loss
- Anger
- Fight, fright or freeze
- Low mood
- Self-esteem
- Anxiety and stress
- Worrying and unhelpful thinking
- Five ways to wellbeing
- Positive self-talk
- Mindfulness
- Being assertive
- Sleeping well



## If Supported Self Help is suitable:

A referral form will be completed and returned (we will provide specific information about how this happens).



## Session 5

This is where you share your completed toolkit and celebrate completing the Supported Self Help programme.



## Assessment and Introduction

You will come to a session with a practitioner in a school or community setting to tell your story and see how they can help.



## Lastly...

Your practitioner will let your trusted adult and / or school know that you have finished the Supported Self Help programme.



## Session 1

This is where you will start developing a toolkit of things to help.



## Sessions 2, 3 & 4

This is where you will continue developing a toolkit of things to help.



# Your Supported Self Help sessions





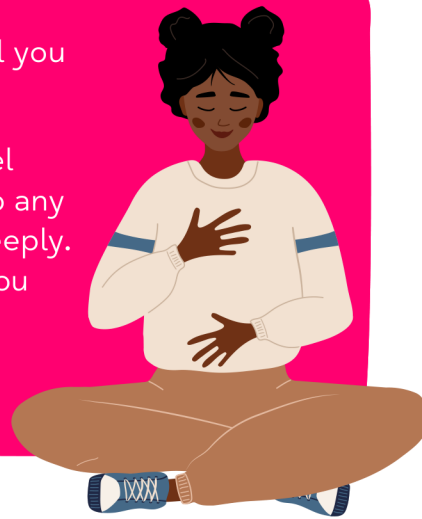
# 3/5 Breathing

When we feel stressed or anxious, it can affect the way we breathe. We might take short, fast breaths from high up in our body, near our chest. Breathing too quickly can mean we take in too much oxygen, which can make us feel light-headed and panicky. If you notice that you're breathing quickly, or starting to feel light-headed, then 3/5 breathing can help you feel calmer.

## Here's how to do it:

- 1** Sit comfortably in a straight-backed chair, or lie on your back if you prefer.
- 2** Put one hand on your chest and the other on your stomach, just below your belly button.
- 3** Breathe in and count to 3 as you do so.
- 4** Hold that breath for 2 seconds.
- 5** Now breathe out and count to 5 at the same pace.
- 6** Do this again and again this until you feel more relaxed.

For some of us, 3/5 breathing might feel uncomfortable. You can try counting to any number that helps you breathe more deeply. Slowly build up to a higher number as you feel calmer and more confident with 3/5 breathing.



If you need additional support, here are some places you can go.



### Nationally:

- Samaritans
- Papyrus
- Mind - Side by Side Online
- Silverline
- Anxiety UK

### Locally:

- Your own GP
- Mind Monmouthshire