

# Portishead wellbeing workshops



managing anxiety in children and young people

## SUPPORT RESOURCES

### BATTLE SCARS



Supporting anybody affected by self-harm. help those who struggle with self-harm by running easy-to-access peer support groups, with a similar group for their families, carers, and friends.

### BETTER HEALTH



Better Health is here to help you and your family eat better and move more.

### CHILDLINE



Here to help anyone under 19 in the UK with any issue they're going through. Childline is free, confidential and available any time, day or night on **0800 1111**.

### KOOTH



An online mental wellbeing community providing free, safe and anonymous support, including helpful articles, discussion boards, a daily journal, and the opportunity to chat about anything that's on your mind.

### MIND



Provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

### NHS TALKING THERAPIES



If you are suffering from depression, anxiety, post-traumatic stress disorder, excessive worry or low mood, then VitaMinds can help. They offer groups and workshops, online therapy and 1:1 sessions.

### NSPCC



Support and tips to help you keep children safe. From advice on children's mental health to staying safe online, support for parents and what to do if you're worried about a child.

### OFF THE RECORD



Off The Record run various mental health projects. They have been designed with the help of young people, and are all of them are delivered by a team of super-friendly staff and volunteers.

### THE SLEEP CHARITY



Provide access to high quality information and advice to deal with most sleep issues, and ensure everyone understands the value of a good night's sleep.

### WELLSPRING COUNSELLING



A team of skilled Young People's Counsellors who are trained to listen attentively and sensitively to your concerns. They will seek to understand and support you enabling you to find your own way forward.

### YOUNG MINDS



Provide young people with tools to look after their mental health, empower adults to be the best support they can be to the young people in their lives, and give young people the space and confidence to get their voices heard.

