

# YOUTH MENTAL HEALTH FIRST AID KIT

## DON'T BOX UP YOUR EMOTIONS



PROMOTE POSITIVE MENTAL HEALTH COPING MECHANISMS  
AND STRATEGIES AMONGST YOUNG PEOPLE!

### GOT YOUR ATTENTION?

WHAT CAN THE MENTAL HEALTH FIRST AID KIT INCLUDE?

NATIONAL CHILDREN AND YOUNG PEOPLE'S POSITIVE PRACTICE IN MENTAL HEALTH AWARDED  
THE CHILYPEP OASIS GROUP A HIGHLY COMMENDED INNOVATOR OF THE YEAR AWARD, FOR THE  
YOUTH MENTAL HEALTH FIRST AID KIT.



RECIPES FOR HOMEMADE PUTTY, LAVENDER DOUGH,  
AND A GUIDE ON HOW TO MAKE A GLITTER JAR



Young Peoples Rights

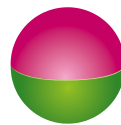
YOUNG PEOPLES RIGHTS



FEEL GOOD NOTES



FIDGET CUBE



STRESS BALL



SIGNS AND SYMPTOMS  
OF MENTAL ILLNESS



RELAXATION GUIDES  
AND TECHNIQUES



COLOUR THERAPY  
BOOKS



POSITIVE QUOTES  
AND IMAGES

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TO DOWNLOAD ALL THE TOOLS FROM OUR  
MENTAL HEALTH FIRST AID KIT GO TO [WWW.CHILYPEP.ORG.UK/RESOURCES-REPORTS](http://WWW.CHILYPEP.ORG.UK/RESOURCES-REPORTS)

Chilypep is funded by Barnsley Clinical Commissioning Group to support young people's involvement in Barnsley's Local Area Transformation Plan under Future in Mind. As part of this work we have set up a mental health participation group, OASIS (Opening Up Awareness, and Supporting and Influencing Services), a group for young people wanting to use their experiences to improve mental health support in Barnsley.

We are really pleased to launch the **Youth Mental Health First Aid Kit**, produced by OASIS in partnership with Chilypep.

"As young people we want to see parity of esteem in relation to mental health. That means treating mental health as equal to physical health. We believe that by increasing understanding around mental health we will help reduce stigma and improve how others perceive those living with mental ill health. This is central to our campaign, **#NotJustMe**, that aims to raise awareness about youth mental health in Barnsley and reduce stigma.

Our idea is to physically have a Mental Health First Aid Kit in a multitude of settings where young people are likely to go, just like you would have a first aid kit! Alongside the Mental Health First Aid Kit we've also created guides so that young people, and those supporting them, can make their own kits and explore different activities they can do around staying emotionally well.

As part of our work under Future in Mind Chilypep ran 'creative consultations' with young people across Barnsley aged 11 – 25 asking about their views and experiences relating to mental health and emotional wellbeing. From the consultations, 'pressure' came out as the number one issue impacting on their mental health.

The vast majority of young people consulted with spoke about pressure to achieve, social pressures, and educational pressures such as exams. Young people also felt wider societal pressures on them to conform to media stereotypes which have a negative impact on their mental health, as well as uncertainty in terms of their futures, peer pressure and discrimination.

The OASIS group felt that, whilst it might not be possible to eliminate all the pressures young people face, we could support young people to develop coping mechanisms and self-help strategies, and this is just what the Mental Health First Aid Kit is designed to do. We hope that by supporting young people to develop coping strategies to counteract the pressures they face on a daily basis, we can help to prevent these from having a negative and lasting impact on their mental health.

The beauty of the Mental Health First Aid Kit is that it can always evolve and develop and we hope that you can grow and add to it within your own settings to meet different individual young people's needs.

**If you have any suggestions about anything you would like to see included in the Youth Mental Health First Aid Kit we would love to hear from you!**



**@CHILYPEP #NOTJUSTME**



**CHILYPEP**



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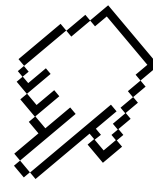
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CLICK TO  
VIEW!



# HOW TO MAKE A GLITTER JAR



YOU WILL  
NEED:



A JAR



GLITTER



GLUE



WATER

# STEP 1

FILL THE JAR HALFWAY WITH WATER

# STEP 2

ADD THE GLUE TO THE WATER

# STEP 3

PLACE THE LID ON THE JAR SECURELY, AND SHAKE

# STEP 4

REMOVE LID AND ADD YOUR GLITTER

# STEP 5

REPLACE THE LID AND SECURE FIRMLY

# WHY IS A GLITTER JAR GOOD?

## BY USING A GLITTER JAR IT HELPS DECREASE:

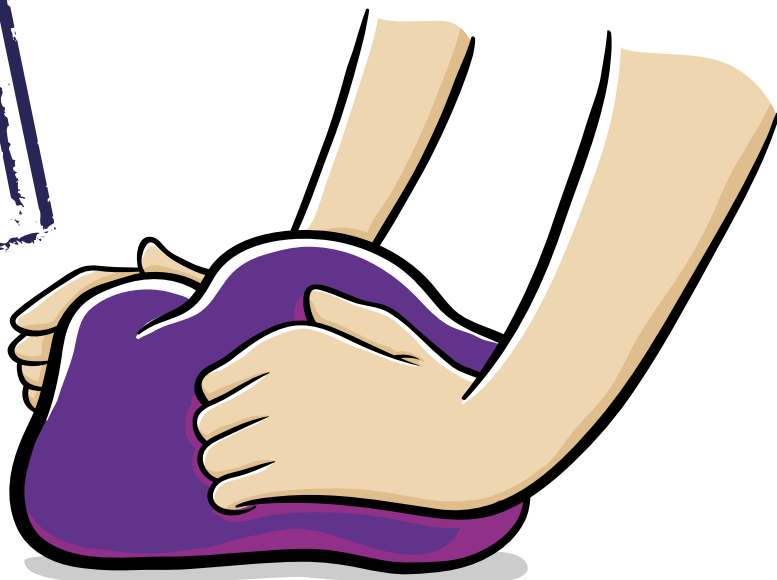
- ANXIETY
- FEAR
- SELF-HARMING BEHAVIOURS

## IT ALSO HELPS :

- CREATIVITY
- YOU TO OPEN UP AND BOND WHEN YOU MAKE THE GLITTER JAR



# NO COOK LAVENDER PLAY DOUGH RECIPE



YOU WILL  
NEED:



SALT



FLOUR



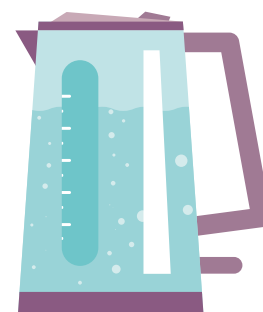
VEGETABLE OIL



FOOD COLOURING GEL



LAVENDER/LAVENDER  
ESSENTIAL OIL



BOILING WATER

# STEP 1

TO MAKE LAVENDER PLAY DOUGH YOU WILL NEED TO BEGIN WITH TWO CUPS OF PLAIN FLOUR, ONE CUP OF SALT, TWO TABLE SPOONS OF VEGETABLE OIL.

# STEP 2

TO ADD THE LAVENDER COLOUR USE A LITTLE BIT OF PURPLE FOOD COLOURING GEL. YOU CAN ADD THE SCENT IN A FEW DIFFERENT WAYS, DEPENDING ON YOUR PREFERENCE:

- YOU CAN USE A COUPLE OF DROPS OF LAVENDER ESSENTIAL OIL
  - YOU CAN USE DRIED LAVENDER, CHOPPED FINE
  - YOU CAN USE FRESH LAVENDER, CHOPPED FINE

# STEP 3

ADD IN ONE AND HALF CUPS OF JUST-BOILED WATER AND MIX ALL YOUR INGREDIENTS TOGETHER TO FORM YOUR DOUGH.

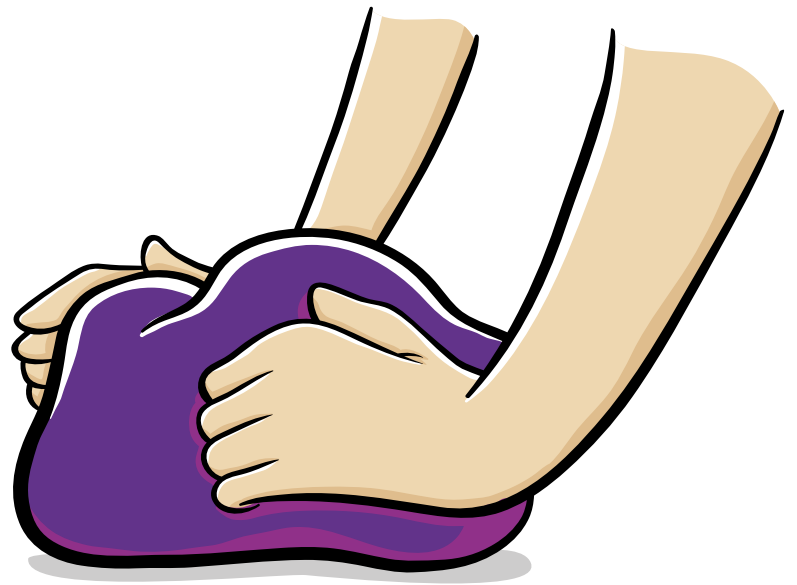
# STEP 4

GIVE IT A GOOD KNEAD FOR A COUPLE OF MINUTES, AND YOU ARE READY TO PLAY.



**THE DOUGH HAS A BEAUTIFUL COLOUR AND SCENT AND IS DELIGHTFUL FOR SENSORY PLAY.**

**AND AS YOU KNEAD THE DOUGH AND PLAY YOU ARE RELEASING THE SOOTHING FRAGRANCE.**



**YOU CAN ALSO FIND SOME INTERESTING LEAVES AND FLOWERS OUTSIDE AND SEE WHAT PRINTS YOU CAN MAKE IN THE DOUGH WITH THEM.**

**YOU COULD EVEN ADD GLITTER!**

**THIS PLAY DOUGH IS ALSO A GOOD WAY BRING THE OUTDOORS IN, AS YOU CAN CARRY THE SCENT OF THE GARDEN INSIDE.**

# RELAXATION TECHNIQUES

## BODY SCAN MEDITATION FOR STRESS RELIEF:

**A BODY SCAN IS SIMILAR TO PROGRESSIVE MUSCLE RELAXATION EXCEPT INSTEAD OF TENSING AND RELAXING MUSCLES YOU SIMPLY FOCUS ON THE SENSATIONS IN EACH PART OF YOUR BODY.**

### PRACTISING BODY SCAN MEDITATION

- Lie on your back, legs uncrossed, arms relaxed at your sides, eyes open or closed. Focus on your breathing, allowing your stomach to rise as you inhale and fall as you exhale. Breathe deeply for about two minutes, until you start to feel comfortable and relaxed.
- Turn your focus to the toes of your right foot. Notice any sensations you feel while continuing to also focus on your breathing. Imagine each deep breath flowing to your toes. Remain focused on this area for one to two minutes.
- Move your focus to the sole of your right foot. Tune in to any sensations you feel in that part of your body and imagine each breath flowing from the sole of your foot. After one or two minutes, move your focus to your right ankle and repeat. Move to your calf, knee, thigh, hip, and then repeat the sequence for your left leg. From there, move up the torso, through the lower back and abdomen, the upper back and chest, and the shoulders. Pay close attention to any area of the body that causes you pain or discomfort.
- Move your focus to the fingers on your right hand and then move up to the wrist, forearm, elbow, upper arm, and shoulder. Repeat for your left arm. Then move through the neck and throat, and finally all the regions of your face, the back of the head, and the top of the head. Pay close attention to your jaw, chin, lips, tongue, nose, cheeks, eyes, forehead, temples and scalp. When you reach the very top of your head, let your breath reach out beyond your body and imagine hovering above yourself.
- After completing the body scan, relax for a while in silence and stillness, noting how your body feels. Then open your eyes slowly. Take a moment to stretch, if necessary.

## RHYTHMIC MOVEMENT FOR STRESS RELIEF:

Rhythmic exercise or physical activity that engages both your arms and legs—such as running, walking, swimming, dancing, rowing, or climbing—is most effective at relieving stress when performed mindfully. As with meditation, mindfulness requires being fully engaged in the present moment, focusing your mind on how your body feels right now. As you move, instead of continuing to focus on your thoughts, focus on the sensations in your limbs and how your breathing complements your movement. If your mind wanders to other thoughts, gently return to focusing on your breathing and movement.

If walking or running, for example, focus on each step—the sensation of your feet touching the ground, the rhythm of your breath while moving, and the feeling of the wind against your face. If you've experienced trauma, adding this mindfulness element can help your nervous system become “unstuck” and move on.



# PROGRESSIVE MUSCLE RELAXATION FOR STRESS RELIEF:

**PROGRESSIVE MUSCLE RELAXATION INVOLVES A TWO-STEP PROCESS IN WHICH YOU SYSTEMATICALLY TENSE AND RELAX DIFFERENT MUSCLE GROUPS IN THE BODY.**

With regular practice, progressive muscle relaxation gives you an intimate familiarity with what tension—as well as complete relaxation—feels like in different parts of the body. This awareness helps you spot and counteract the first signs of the muscular tension that accompanies stress. And as your body relaxes, so will your mind. You can combine deep breathing with progressive muscle relaxation for an additional level of stress relief.

## PRACTISING PROGRESSIVE MUSCLE RELAXATION

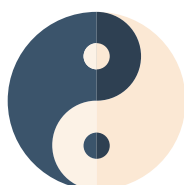
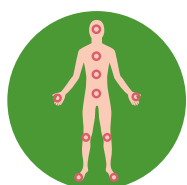
### PROGRESSIVE MUSCLE RELAXATION SEQUENCE

1. RIGHT FOOT, THEN LEFT FOOT
2. RIGHT CALF, THEN LEFT CALF
3. RIGHT THIGH, THEN LEFT THIGH
4. HIPS AND BUTTOCKS
5. STOMACH
6. CHEST
7. BACK
8. RIGHT ARM AND HAND, THEN LEFT ARM AND HAND
9. NECK AND SHOULDERS
10. FACE

**Before practicing progressive muscle relaxation, consult with your doctor if you have a history of muscle spasms, back problems, or other serious injuries that may be aggravated by tensing muscles.**

**Most progressive muscle relaxation practitioners start at the feet and work their way up to the face.**

- Loosen your clothing, take off your shoes, and get comfortable.
- Take a few minutes to relax, breathing in and out in slow, deep breaths.
- When you're relaxed and ready to start, shift your attention to your right foot. Take a moment to focus on the way it feels.
- Slowly tense the muscles in your right foot, squeezing as tightly as you can. Hold for a count of 10.
- Relax your right foot. Focus on the tension flowing away and the way your foot feels as it becomes limp and loose.
- Stay in this relaxed state for a moment, breathing deeply and slowly.
- When you're ready, shift your attention to your left foot. Follow the same sequence of muscle tension and release.
- Move slowly up through your body, contracting and relaxing the muscle groups as you go.
- It may take some practice at first, but try not to tense muscles other than those intended.



# VISUALISATION MEDITATION FOR STRESS RELIEF:

**VISUALISATION, OR GUIDED IMAGERY, IS A VARIATION ON TRADITIONAL MEDITATION THAT REQUIRES YOU TO EMPLOY NOT ONLY YOUR VISUAL SENSE, BUT ALSO YOUR SENSE OF TASTE, TOUCH, SMELL, AND HEARING.**

**WHEN USED AS A RELAXATION TECHNIQUE, VISUALISATION INVOLVES IMAGINING A SCENE IN WHICH YOU FEEL AT PEACE, FREE TO LET GO OF ALL TENSION AND ANXIETY.**

Choose whatever setting is most calming to you, whether it's a tropical beach, a favourite childhood spot, or a quiet wooded glen. You can do this visualisation exercise on your own in silence, while listening to soothing music, or with a therapist (or an audio recording of a therapist) guiding you through the imagery. To help you employ your hearing you can use a sound machine or download sounds that match your chosen setting—the sound of ocean waves if you've chosen a beach, for example.

## PRACTISING VISUALISATION MEDITATION

Find a quiet, relaxed place. Beginners sometimes fall asleep during a visualisation meditation, so you might try sitting up.

Close your eyes and let your worries drift away. Imagine your restful place. Picture it as vividly as you can—everything you can see, hear, smell, taste, and feel. Visualisation works best if you incorporate as many sensory details as possible, using at least three of your senses. When visualising, choose imagery that appeals to you; don't select images because you think they should be appealing.

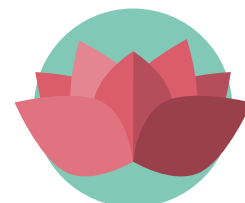
Let your own images come up and work for you.

### IF YOU ARE THINKING ABOUT A DOCK ON A QUIET LAKE FOR EXAMPLE:

- WALK SLOWLY AROUND THE DOCK AND NOTICE THE COLOURS AND TEXTURES AROUND YOU.
- SPEND SOME TIME EXPLORING EACH OF YOUR SENSES.
- SEE THE SUN SETTING OVER THE WATER.
- HEAR THE BIRDS SINGING.
- SMELL THE PINE TREES.
- FEEL THE COOL WATER ON YOUR BARE FEET.
- TASTE THE FRESH, CLEAN AIR.

Enjoy the feeling of deep relaxation that envelopes you as you slowly explore your restful place. When you are ready, gently open your eyes and come back to the present.

Don't worry if you sometimes zone out or lose track of where you are during a guided imagery session. This is normal. You may also experience feelings of stiffness or heaviness in your limbs, minor, involuntary muscle-movements, or even cough or yawn. Again, these are normal responses.



# TOP 10 STRESS RELIEVING AROMATHERAPY SCENTS

AROMATHERAPY IS AN OLD PRACTICE THAT USES YOUR SENSE OF SMELL. THE TINY MOLECULES ARE TAKEN IN THROUGH YOUR NOSE OR SKIN AND STIMULATE THE PART OF YOUR BRAIN WHICH IS CONNECTED TO MEMORY AND MOOD. RESEARCH SHOWS THAT USING SCENTED ESSENTIAL OILS IN AROMATHERAPY COULD BE AN EFFECTIVE WAY TO PROVIDE NATURAL RELIEF FROM STRESS AND ANXIETY.

HERE ARE THE TOP 10 FOR YOU TO TRY!

## 1. LAVENDER

The herby, floral scent of lavender is widely used to help relax both the mind and body. Research carried out on students found that it could help treat sleep disorders such as insomnia, as well as depression. Lavender essential oil has been shown to have a de-stressing effect.

## 2. ORANGE

Sourced from the rind of this zesty fruit, orange and sweet orange essential oils have been linked to stress relief. A Brazilian study revealed that people who inhaled sweet orange oil reported improved anxiety symptoms.

## 3. ROSEMARY

Commonly used in the kitchen, rosemary is a herb recognized for its strong woody scent. The aroma of rosemary essential oil can help soothe emotional and mental strain by decreasing the hormone that causes stress symptoms.

## 4. PEPPERMINT

Peppermint scent is used to help to wake up your mind, focus your senses, and improve your memory. You can try this as an essential oil or as a peppermint tea.

## 5. FRANKINCENSE

Often used in aromatherapy, frankincense has a variety of health benefits, including stress and anxiety relief, pain and inflammation reduction.

## 6. ROSE OIL

Rose oil is known to boost confidence and self-esteem, and fight depression as well as anxiety, including panic attacks. It's widely used in aromatherapy to promote positive thoughts and feelings of joy and happiness.

## 7. JASMINE ESSENTIAL OIL

Jasmine is another great oil for reducing stress as a stimulating aroma that uplifts helps to produce optimistic, confident feelings that can help alleviate depression.

## 8. YLANG YLANG

Helps to ease fears and promote optimism as well as relaxing the body. It can also be helpful for those who suffer from tiredness and/or insomnia, and is especially effective for use in managing anger-related stress.

## 9. CHAMOMILE

A calming scent, the aroma of chamomile encourages inner peace while reducing anxiety, irritability and the tendency to overthink everything. You can try drinking Chamomile Tea before bed as it is known to help relaxation and sleep.

## 10. BERGAMOT

Bergamot is considered to be calming, with the ability to improve sleep and relaxation and lessen agitation so that you can get a better night's rest, while also providing an energy boost that can help improve your mood.

# IDEAS OF HOW TO USE ESSENTIAL OILS

### PLACE A FEW DROPS ONTO A COTTON PAD AND TUCK IT INTO A POCKET

THE OIL'S SCENT WILL HELP SUPPORT YOU THROUGHOUT THE DAY, BRINGING A SENSE OF CALM TO WHATEVER CHALLENGES YOU MIGHT FACE.

### IN THE BATH OR SHOWER

SOAKING IN THE BATH AFTER A LONG, HECTIC DAY CAN DO WONDERS TO HELP SOOTHE ACHING MUSCLES AND A TIRED MIND. DRIZZLING A FEW DROPS OF ESSENTIAL OIL IN A WARM BATH IS A WONDERFUL WAY TO TAKE IN THEIR CALMING SCENTS AND RELAX YOUR MIND.

### AS A MASSAGE OIL

WHEN YOU'RE FEELING STRESSED, NOTHING BEATS A CALMING MASSAGE WITH THE COMFORTING SCENTS OF AROMATHERAPY OILS. NOT ONLY DO MASSAGES RELIEVE MUSCLE TENSION, USING ESSENTIAL OILS AS WELL HAS BEEN SHOWN TO HELP COMBAT STRESS.

### BREATHE IT IN

ADD TWO OR THREE DROPS TO A BOWL OF HOT, BUT NOT BOILING, WATER. WITH A TOWEL, COVER YOUR HEAD AND CLOSE YOUR EYES AS YOU INHALE THE STEAM AND AROMA.

# HOMEMADE BATH BOMBS

BATH BOMBS ARE A GREAT WAY TO RELAX IN THE TUB AFTER A LONG DAY, ADDING IN YOUR FAVOURITE AROMATHERAPY OIL WILL HELP TO RELIEVE STRESS.



## YOU WILL NEED:



1 CUP OF BAKING SODA



½ A CUP OF CITRIC ACID



½ A CUP OF CORN STARCH



2 TEASPOONS OF WATER



30-40 DROPS OF YOUR FAVOURITE AROMATHERAPY OILS. THIS IS WHERE YOU CAN GET CREATIVE, ADD IN YOUR FAVOURITE AROMATHERAPY OILS AND NATURAL DYES TO CHANGE THE COLOURS AND SCENTS OF YOUR BATH BOMB.



1 TEASPOON OF VANILLA EXTRACT



EPSOM SALTS



MOULDS - CAKE TIN OR ANY GREASED CONTAINER OF THE SHAPE OF YOUR CHOICE.

## STEP 1

COMBINE DRY INGREDIENTS (BAKING SODA, SALT, CITRIC ACID, AND CORNSTARCH) IN A LARGE BOWL AND MIX WELL UNTIL COMBINED.

## STEP 2

IN A SMALL BOWL, COMBINE THE OIL, WATER AND VANILLA EXTRACT AND STIR WELL. ADD ESSENTIAL OILS IF USING.

## STEP 3

ADD THE LIQUID INGREDIENTS TO THE DRY INGREDIENTS A FEW DROPS AT A TIME. MIX WELL WITH HANDS (WEAR GLOVES IF YOU HAVE SENSITIVE SKIN).

## STEP 4

THE MIXTURE SHOULD HOLD TOGETHER WHEN SQUEEZED WITHOUT CRUMBLING. YOU MAY NEED TO ADD SLIGHTLY MORE WATER. I RECOMMEND USING A SPRAY BOTTLE WITH ADDITIONAL LIQUID TO EVENLY ADD.

## STEP 5

QUICKLY PUSH MIXTURE INTO MOULDS, GREASED MUFFIN TINS OR ANY OTHER GREASED CONTAINER. PRESS IN FIRMLY AND LEAVE AT LEAST 24 HOURS (48 IS BETTER) OR UNTIL HARDENED.

IT WILL EXPAND AS IT SETS. YOU CAN PUSH IT DOWN INTO THE MOULD SEVERAL TIMES WHILE IT IS DRYING TO KEEP IT FROM EXPANDING TOO MUCH.

WHEN DRY, REMOVE AND STORE IN AIR TIGHT CONTAINER OR BAG. USE WITHIN 2 WEEKS.



# SENSORY STRESS BALLS

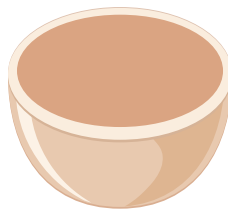
## YOU WILL NEED:



WATER



CLEAR BALLOONS



BOWLS



MULTI COLOURED  
WATER BEADS



WATER  
BOTTLE



## STEP 1

FILL A BOWL WITH WATER AND ADD THE BEADS. THE BEADS WILL START TO ABSORB THE WATER WITHIN 15 MINUTES AND WILL BE FULL GROWN WITHIN A FEW HOURS.

## STEP 2

POUR THE FULLY GROWN BEADS INTO A WATER BOTTLE. THEN FILL THE BOTTLE ABOUT HALFWAY WITH WATER. THIS WILL KEEP THE BEADS MOIST WHEN THEY ARE INSIDE THE BALLOON.

## STEP 3

BLOW UP THE BALLOON ABOUT HALFWAY. HOLD THE AIR IN WITH ONE HAND, AND STRETCH THE END OF THE BALLOON OVER THE TOP OF THE WATER BOTTLE WITH THE OTHER HAND. TIP: IT HELPS TO HAVE ANOTHER PERSON HOLD THE WATER BOTTLE IN PLACE!

## STEP 4

SQUEEZE THE WATER BOTTLE TO GET THE BEADS INSIDE OF THE BALLOON. THIS STEP IS REALLY FUN! THEY FALL PERFECTLY INTO THE BALLOON, ALONG WITH THE WATER. IT ALSO MAKES A PRETTY COOL SOUND, ADDING TO THE SENSORY EXPERIENCE!

## STEP 5

LET SOME AIR AND WATER OUT OF THE BALLOON UNTIL YOU ARE HAPPY WITH THE SHAPE AND SIZE. BE SURE TO KEEP ENOUGH WATER INSIDE SO THE BEADS WON'T DRY OUT. THEN TIE THE BALLOON.  
SQUEEZE THE BALLOON AND ENJOY YOUR DIY SENSORY BALL!

# STRESS BALLS

YOU WILL NEED:



FILLERS - FLOUR, RICE, BEANS



BALLOONS (TRY EMOJI BALLOONS OR DIFFERENT COLOURS)



FUNNEL



SPOONS

## STEP 1

BLOW UP YOUR BALLOON TO STRETCH IT OUT, LET THE AIR PARTLY OUT.

## STEP 2

PLACE THE FUNNEL IN THE TOP OF THE BALLOON AND BEGIN FILLING YOUR BALLON WITH YOUR CHOSEN INGREDIENT!

## STEP 3

KEEP ADDING THE INGREDIENT UNTIL YOU ARE HAPPY WITH THE SIZE AND SHAPE OF YOUR BALLOON.

## STEP 4

TIE THE END OF THE BALLOON.

## STEP 5

MAKE A RANGE OF DIFFERENT STRESS BALLS WITH DIFFERENT FILLINGS.

# CLEANSING TEA TREE AND CLAY FACE MASK

MAKES ENOUGH FOR 2-3 MASKS  
LASTS 3 WEEKS

## YOU WILL NEED:

- 3 TABLESPOONS OF BENTONITE CLAY POWDER
- 3 TABLESPOONS OF FINELY GROUND OATS
- 3-6 TABLESPOONS OF WATER
- 12 DROPS OF TEA TREE ESSENTIAL OIL



## INSTRUCTIONS:

1. COMBINE THE BENTONITE CLAY POWDER AND THE FINELY GROUND OATS IN A SMALL BOWL
2. ADD THE WATER IN, TABLESPOON BY TABLESPOON, ENOUGH TO MAKE A SPREADABLE PASTE
3. ADD 12 DROPS OF THE TEA TREE ESSENTIAL OIL AND MIX TOGETHER

## TO USE:

- APPLY THE MASK TO YOUR FACE EVENLY
- LEAVE ON FOR 10-15 MINUTES
- TO REMOVE THE MASK, USE A WASHCLOTH AND WARM WATER



## BENEFITS:

- BENTONITE CLAY IS RICH IN BENEFICIAL MINERALS SUCH AS: MAGNESIUM, SILICA, AND CALCIUM. THESE PULL-OUT IMPURITIES AND TOXINS FROM YOUR SKIN
- OATS CONTAIN ANTI-INFLAMMATORY PROPERTIES AND ARE GREAT FOR SENSITIVE SKIN
- TEA TREE OIL IS KNOWN FOR ITS ANTI-SEPTIC PROPERTIES AND HAS BEEN USED FOR TREATING ANYTHING FROM ACNE TO DANDRUFF!

# MOISTURISING SHEA BUTTER, COCONUT AND ALOE VERA MASK

MAKES ENOUGH FOR 2-3 MASKS  
LASTS 3 WEEKS

## YOU WILL NEED:

- 3 TABLESPOONS OF SHEA BUTTER
- 3 TABLESPOONS OF COCONUT OIL
- 3 TABLESPOONS OF ALOE VERA GEL (OPTIONAL)



## INSTRUCTIONS:

1. COMBINE THE SHEA BUTTER AND COCONUT OIL IN A SMALL BOWL AND MIX UNTIL SMOOTH
2. ADD THE ALOE VERA GEL AND STIR UNTIL COMPLETELY COMBINED

## TO USE:

- APPLY THE MASK TO YOUR FACE, ADDING EXTRA TO ESPECIALLY DRY AREAS
- LET THE MASK DRY FOR 15 MINUTES
- TO REMOVE THE MASK, USE A WASHCLOTH AND WARM WATER

## BENEFITS:

- THE COMBINATION OF SHEA BUTTER AND COCONUT OIL HYDRATES, SOFTENS, EVENS OUT SKIN TONE, AND RESTORES ELASTICITY
- ALOE VERA IS KNOWN TO SOOTH IRRITATED AND SORE SKIN



# EXFOLIATING HONEY, OAT AND LAVENDER MASK

MAKES ENOUGH FOR 2 MASKS  
LASTS 1 WEEK

## YOU WILL NEED:

- 8 TABLESPOONS OF OATS
- 1 TEASPOON OF GROUND NUTMEG
- 1 TEASPOON OF DRIED LAVENDER
- 2 TABLESPOONS OF HONEY
- 15 DROPS OF LAVENDER ESSENTIAL OIL



## INSTRUCTIONS:

1. COMBINE THE OATS, NUTMEG AND DRIED LAVENDER IN A SMALL BOWL
2. ADD THE HONEY AND THE LAVENDER ESSENTIAL OIL AND STIR UNTIL COMPLETELY COMBINED

## TO USE:

- GENTLY RUB HALF OF THE MASK INTO FACIAL SKIN IN CIRCULAR MOTIONS
- LEAVE ON THE SKIN FOR 5-10 MINUTES
- TO REMOVE THE MASK, USE A WASHCLOTH AND WARM WATER



## BENEFITS:

- OATS CONTAIN ANTI-INFLAMMATORY PROPERTIES AND ARE GREAT FOR SENSITIVE SKIN
- HONEY IS NATURALLY ANTI-BACTERIAL SO IS A GREAT CLEANSER
- LAVENDER IS AN ANTI-INFLAMMATORY, SO IT CAN BE USED TO RELIEVE INFLAMED, SORE AND ITCHY SKIN
- RESEARCH ALSO SUGGESTS THAT LAVENDER MAY BE USEFUL FOR TREATING ANXIETY, INSOMNIA, DEPRESSION, AND RESTLESSNESS

# IDENTIFYING EMOTIONS

YOUNG PEOPLE HAVE SAID THAT LISTENING TO MUSIC ENABLES YOU TO RECOGNISE DIFFERENT EMOTIONS YOU MAY FEEL. YOU CAN EVEN DRAW WHILST LISTENING TO THE MUSIC TO HELP IDENTIFY EMOTIONS.

## STEP 1

LISTEN TO 3 DIFFERENT PIECES OF MUSIC OR SONGS AND THINK ABOUT HOW THEY MAKE YOU FEEL.

## STEP 2

CHOOSE 3 EMOTIONS RELATED TO EACH OF THE 3 DIFFERENT SONGS.

HERE ARE SOME SUGGESTED EMOTIONS:



HAPPY



LOVE



FEAR



ANGER



BORED



SAD



EXCITED



RELAXED



PEACEFUL



ANXIOUS



MOTIVATED

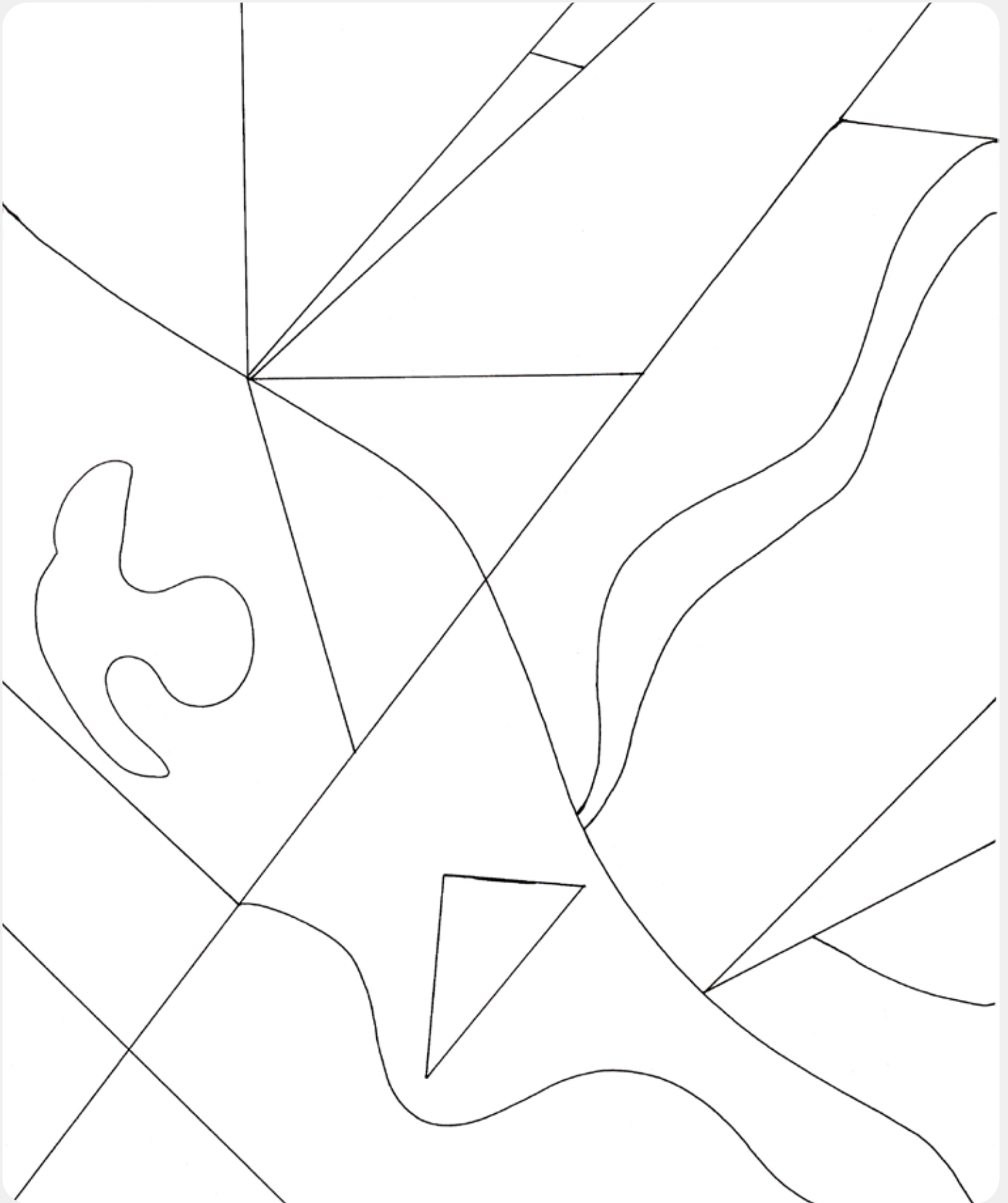
## MUSIC/SONG 1:

## MUSIC/SONG 2:

## MUSIC/SONG 3:



# COLOUR ME





# TOP TIPS FOR SUPPORTING A FRIEND

1. Listen and be non-judgemental.



2. Stay in touch - ask your friend how they are and be honest.

3. Suggest doing new things, day trips, introduce your friend to new events.

4. Suggest trying out a local support group to strengthen connections.



5. A nice surprise - bake or cook your friend's favourite food.

6. Suggest doing a physical activity, a meditation app, yoga, going to the gym or fitness class.



7. Suggest joining a group around hobbies and suggest going with your friend to the first session.

8. Explore the outdoors, pick up litter, plant trees, cut the grass that doesn't belong to anyone.



9. Go for a walk with your friend, if that doesn't work open a window and let some fresh air in.

10. Create a playlist for your friend.



11. Find a safe place your friend feels comfortable at to chat.

12. Share self-help strategies with your friend.



13. Try to give a positive vibe and outlook.

14. Offer to give your friend a hug.

15. Try to make your friend laugh.

16. Try to make your friend understand they're not alone.



17. Be kind and supportive to your friend.

18. Encourage your friend to be themselves without fear of judgement.



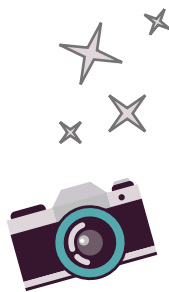
19. Do some creative wellbeing activities from the Youth Mental Health First Aid kit.

20. Reminisce on happy memories.



# THINGS YOU CAN DO TO MAINTAIN POSITIVE EMOTIONAL WELLBEING

1. TAKE PART IN PHYSICAL EXERCISE, SUCH AS WALKING OR RUNNING
2. SQUEEZE ICE FOR A SHORT TIME AND/OR HAVE SAFE THINGS WITH YOU TO SQUEEZE, SUCH AS A STRESS BALL OR FIDGET CUBE
3. WRITE A POEM, STORY, SONG, SPOKEN WORD, MUSICAL
4. WRITE IN A DIARY OR JOURNAL
5. CREATE A PLAY-LIST WITH YOUR FAVORITE SONGS ON IT
6. MAKE A MEMORY BOX OR SCRAPBOOK
7. TAKE A WALK
8. LEARN TO PLAY AN INSTRUMENT OR CREATE YOUR OWN MUSIC
9. TALK TO FRIEND/FAMILY
10. TAKE SOME PHOTOGRAPHS
11. WATCH TV OR A FILM
12. READ
13. HAVE A CUP OF TEA
14. WRITE A DIFFERENT ENDING TO A STORY
15. LOOK FOR OPPORTUNITIES TO BE KIND - TO YOUR FAMILY, TO STRANGERS, TO ANIMALS
16. GO CAMPING OR BUSH CRAFTING
17. EXPLORE WHERE YOU LIVE - LITERALLY, LET THE WIND BE YOUR GUIDE
18. GO OUT INTO NATURE, APPRECIATE THE EVERYDAY BEAUTY IN EVERYTHING
19. CREATE YOUR OWN CHARACTERS OR SUPERHEROES
20. LISTEN TO MUSIC
21. HUG YOURSELF
22. LEARN A NEW SKILL
23. MEDITATE OR TAKE PART IN YOGA AND RELAXATION ACTIVITIES
24. CREATE ORIGAMI
25. LEARN TO SEW OR KNIT
26. THINK ABOUT WHAT YOU'D LIKE TO CHANGE ABOUT YOUR LIFE AND CREATE SOME REALISTIC TARGETS
27. TIE DYE CLOTHES
28. MAKE A T-SHIRT
29. WRITE A LIST OF YOUR ACHIEVEMENTS AND AMBITIONS
30. CLOUD GAZE
31. VOLUNTEER



# Self-harm Alternatives

Take the first step - if you think you are affected by self-harm talk to someone you trust, maybe a teacher or youth worker. If you don't think you can confide in anyone, talk to your GP.

To find out more about self-harm, download the young minds guide to self-harm and getting the help you need;

[www.youngminds.org.uk/media/1519/youngminds-self-harm.pdf](http://www.youngminds.org.uk/media/1519/youngminds-self-harm.pdf)

1. Delay urges to self-harm for 10mins, write down/draw feelings and what helps, for e.g. Burn incense or keep re lighting a candle, talk to someone, focus on enjoyable activities.



2. Use creativity - try to distract from self-harm or increase good feelings, try out the OASIS 31 tops tips to maintaining positive and emotional wellbeing.



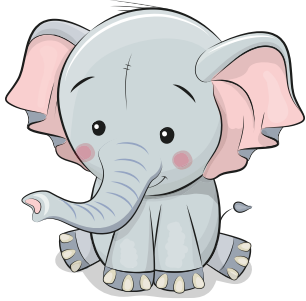
3. Use a stamp to mark on your body (as an alternative to burning).



4. Squeeze ice for a short time (as an alternative to burning).



5. Use peel off nail varnish or PVA glue (as an alternative to picking skin).



6. Put rubber bands over the wrists and 'snap' them (as an alternative to cutting).



7. Pinch the skin (as an alternative to cutting).

8. Draw an animal on your body where you would usually cut (as an alternative to cutting).



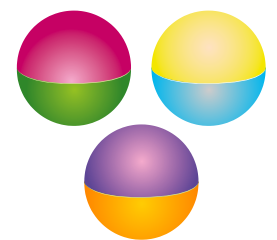
9. Draw on the body with red markers or paint (as an alternative to seeing blood).

10. Kick and punch something soft like a pillow.



11. Try physical exercise.

12. Carry safe things to squeeze e.g. stress ball.

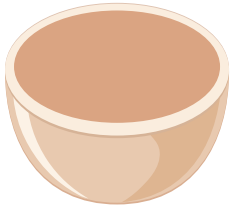


13. Try the Calm Harm app free to download at [www.calmharm.co.uk](http://www.calmharm.co.uk)

This is designed to help people avoid self-harm. It's full of activities which help distract or comfort someone and it logs your progress so you can figure yourself out better. You can choose whether you want animals to join you, a group of avatars called Calmers or none at all, and if you tell it how you're feeling it gives you services to help you manage that emotion/situation, depending on where you live. You can also add family/friend's contacts in case you want their help. It's really friendly and calming and if need be the activities can help with mental health issues.

# LIP SCRUB

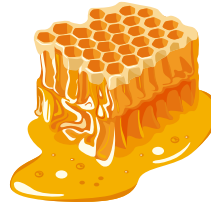
## WHAT YOU'LL NEED TO MAKE YOUR LIP SCRUB



1 SMALL BOWL



1 TABLESPOON SUGAR



1 TABLESPOON HONEY



1 TEASPOON  
OLIVE OIL



1 SMALL CONTAINER



**OPTIONAL:**  
1 TEASPOON VASELINE



PICK A  
COLOUR  
YOU LIKE!

**OPTIONAL:**  
COLOURED FOOD  
COLOURING

### DIRECTIONS

1. MIX THE HONEY AND SUGAR TOGETHER IN A SMALL BOWL.
2. ADD THE OLIVE OIL AND MIX AGAIN.
3. ADD IN A SMALL AMOUNT OF VASELINE.
4. IF YOU'RE FEELING CREATIVE, ADD 2-3 DROPS OF FOOD COLOURING!
5. PUT YOUR COMPLETED LIP SCRUB INTO A SMALL CONTAINER.

### HOW CAN YOU USE YOUR NEW LIP SCRUB?

1. Before going bed, take a small amount of the scrub and rub it gently onto your lips.
2. Rinse with water.
3. Do this a few times a week!

# I AM...

A WHEEL OF YOU. WHERE YOU CAN EXPRESS YOUR THOUGHTS IN A CREATIVE WAY. IF YOU FIND THIS DIFFICULT, TRY DOING IT WITH A FRIEND AND CREATING ONE FOR THE OTHER PERSON.

## YOU WILL NEED:



A PIECE OF PAPER  
(A4 OR A3)



SOMETHING WITH  
LETTERS

THIS COULD BE  
MAGAZINES,  
NEWSPAPERS OR YOU  
COULD CREATE YOUR  
OWN LETTERING.



GLUE OR  
DOUBLE-SIDED TAPE



PEN(S)



## HOW CAN I CREATE THIS?

YOU GET YOUR MAGAZINES, PAPERS AND GLUE AND CUT OUT OR DRAW WORDS/PHRASES TO WHICH DESCRIBE YOU!

CREATE A  
PICTURE OF  
YOURSELF  
AND SEE HOW  
AMAZING YOU  
REALLY ARE!

PUT YOURSELF IN THE  
MIDDLE AND STICK  
YOUR QUALITIES  
AROUND YOU. MAKE  
IT AS COLOURFUL  
AND FULL OR SIMPLE  
AS YOU LIKE.

# MAKE AND MAINTAIN YOUR GRASS HEAD

MAKE YOURSELF A LITTLE FRIEND. KEEP HIM LOOKING TIDY- CUT HIS HAIR AND KEEP HIM WATERED. PROMOTING SELF-CARE OF YOUR GRASS HEAD AND YOURSELF. HE NEEDS EVERYTHING YOU DO.



1 PAIR OF TIGHTS



GRASS SEEDS



DIRT OR COMPOST



GOOGLY EYES



WATER



RUBBER BANDS



SCISSORS

BE CAREFUL & LET SOMEONE HELP IF NEEDED

## DIRECTIONS

1. GET YOUR PAIR OF TIGHTS AND CUT AROUND 15CM OFF WHERE THE END THAT IS CLOSED.
2. GET YOUR GRASS SEEDS AND PUT THEM INTO YOUR TIGHTS SO THEY COVER THE CLOSED END.
3. ADD THE DIRT/ COMPOST UNTIL YOUR HEAD SHAPE STARTS COMING TOGETHER.
4. PUSH ALL THE DIRT/ COMPOST INTO A BALL AND TIE OFF INTO A BALL.

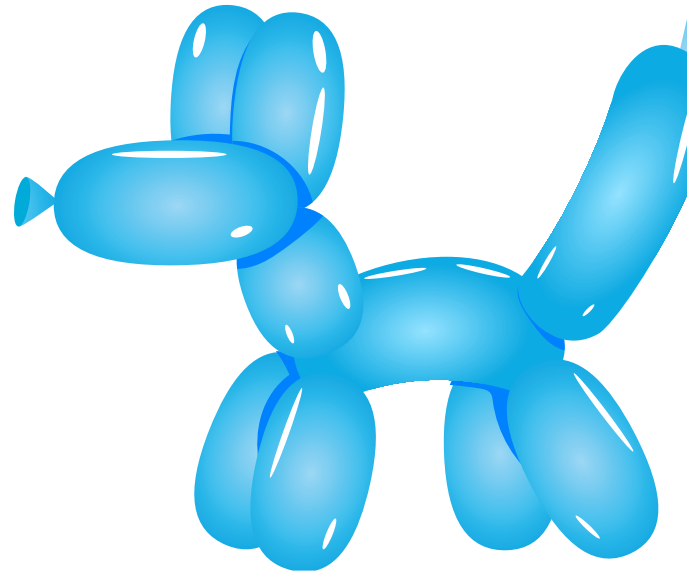
5. OPTIONAL- YOU CAN CREATE A NOSE ETC. BUT TYING RUBBER BANDS TO CREATE NUBS.
6. PUT YOUR BALL INTO WATER FOR 5 MINUTES.
7. GLUE YOUR EYES ON.
8. WAIT FOR YOUR GRASS HEAD TO GROW.

## REMEMBER...

KEEP YOUR GRASS TRIMMED AND YOUR BALL WATERED!

# BALLOON DOG

**SWITCH THAT BLACK DOG FOR A COLOURFUL BALLOON!** IS THAT 'BLACK DOG' GETTING YOU DOWN? YOU CAN CREATE A BALLOON DOG TO REPLACE THIS AND BE CREATIVE AT THE SAME TIME.



**YOU WILL NEED A LONG BALLOON (PREFERABLY A MODELLING BALLOON).**

## STEP 1

**BLOW UP THE BALLOON HALFWAY.**

## STEP 2

**START AT THE BEGINNING WITH THE KNOT AND TWIST A 3 TO 4-INCH BUBBLE OR 3 OR 4 FINGERS WIDE. MAKE SURE YOU HANG ON TO BOTH ENDS OF BALLOON, OTHERWISE IT WILL UNTWIST. TWIST IT AROUND 2 OR 3 TIMES. DO NOT WORRY; IT WILL NOT BREAK.**

**WHY WON'T IT BREAK? THERE IS SPACE AT THE END OF THE BALLOON FOR THE EXTRA AIR. THAT IS WHY WE ONLY BLOW THE BALLOON UP HALFWAY.**

## STEP 3

**WHILE HOLDING ON TO THE TWISTED BALLOON, MAKE ANOTHER BUBBLE THE SAME SIZE. THIS WILL BE THE ONE EAR. DO NOT LET GO.**

## STEP 4

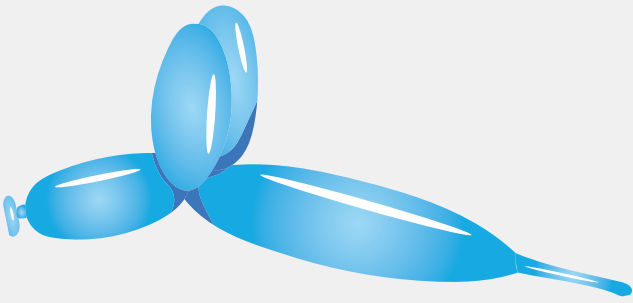
**MAKE ANOTHER BALLOON BUBBLE THE SAME SIZE. THIS IS THE OTHER EAR. LOOK AT PICTURE.**





## STEP 5

TWIST BALLOON JOINTS A & B TOGETHER. TWIST 2 OR 4 TIMES ALL THE WAY AROUND. THE BALLOON WILL NOT BREAK, AND THEY WILL STAY TOGETHER.



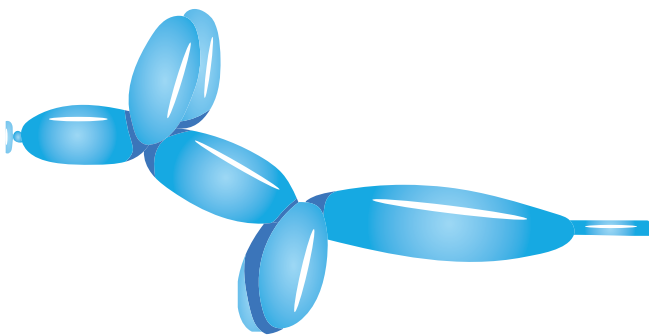
IF YOURS LOOKS LIKE THIS, VERY GOOD; IF NOT, TRY IT AGAIN. PRACTICE MAKES PERFECT.

## STEP 6

NOW FOR THE NECK. TWIST A 2 TO 3-INCH BUBBLE OR 3 OR 4 FINGERS WIDE. THIS IS THE NECK. MAKE SURE YOU HANG ON TO THE BALLOON, BOTH PARTS.

## STEP 7

LET'S MAKE THE LEGS, AFTER ALL - WE WANT YOUR DOG TO STAND. START BY TWISTING A 2 TO 3-INCH BUBBLE. HANG ON TO THE NECK AS YOU TWIST THE BALLOON, AND DO NOT LET GO OF THE LEG.

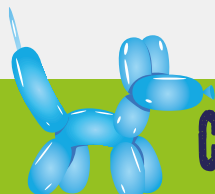


## STEP 8

SECOND LEG, SAME AS THE FIRST. TWIST A 2 TO 3-INCH BUBBLE. TWIST THOSE TWO PARTS TOGETHER JUST LIKE YOU DID WITH THE EARS. REMEMBER TWIST AROUND EACH OTHER 4 OR 5 TIMES. TWIST THE PARTS TOGETHER TO LOOK LIKE THE DRAWING.

## STEP 9

HAVE A LOT OF BALLOON LEFT OVER? HOTDOG! WE MAKE THE BODY 1 1/2 HANDS LONG. THEN TWISTING; MAKE SURE YOU HANG ON TO THE BALLOON. MAKE THE LEGS LIKE YOU DID IN STEP 7.



**CONGRATULATIONS, YOU HAVE JUST MADE YOUR FIRST COLOURFUL DOG**

# OUBLECK

## OUBLECK IS A NON-NEWTONIAN FLUID

PUNCH IT, PUT YOUR HAND IN + PICK IT UP, ROLL IT INTO A BALL + LET IT RUN THROUGH YOUR FINGERS.

### DIRECTIONS

YOU ARE WANTING THE TEXTURE WATERY LOOKING BUT SO THAT IF YOU POKE IT HARDLY IT FEELS SOLID. IF THE TEXTURE ISN'T EXACTLY RIGHT, ADD SOME MORE WATER OR CORNFLOUR DEPENDING ON WHAT'S NEEDED.



### INGREDIENTS:



1 PART WATER



1.5-2 PARTS CORNFLOUR

### OPTIONAL:



FOOD COLOURING



GLITTER



ESSENTIAL OILS

WRAP A SPEAKER (SUBWOOFER SPEAKERS WORK BEST) IN CLING FILM OR GREASEPROOF PAPER (TO PROTECT IT) ADD SOME OUBLECK ON TOP, PLAY SOME MUSIC THROUGH IT AND...

WATCH IT DANCE!

# PAINT, PATTERN AND DECORATION

WE THOUGHT THIS WOULD BE GOOD FOR EVERYONE TO DO NO MATTER IF YOU'RE GOOD AT ART OR NOT, AND IT'S ALSO VERY CALMING.



YOU WILL NEED:



PAPER



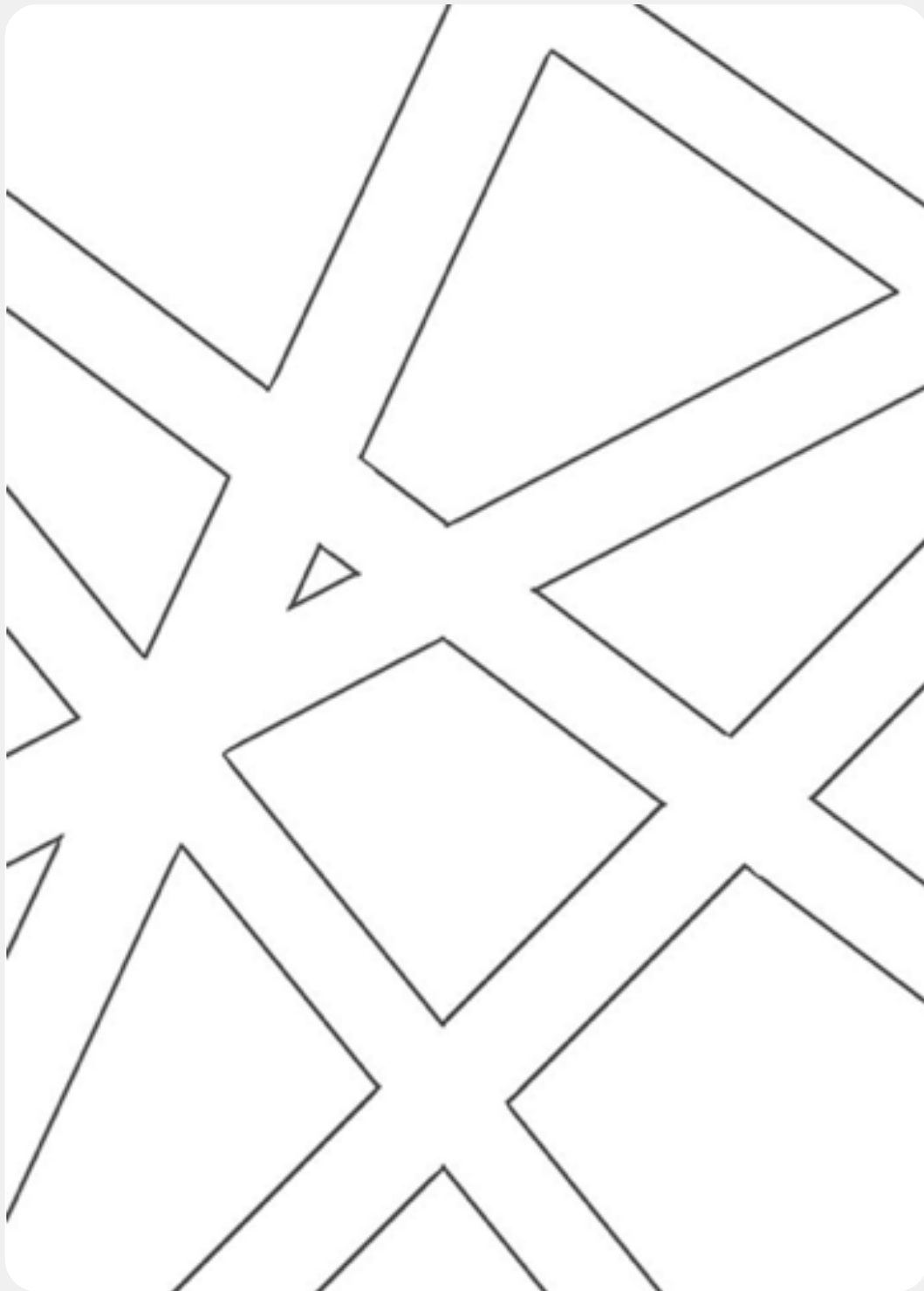
TAPE



PAINT / WATER COLOURS



BLACK FELT TIP PEN



# STEP 1

PUT TAPE IN RANDOM LINES ON A PAGE OR USE THE TEMPLATE ABOVE.



## STEP 2

**PUT WATERCOLOURS OR COLOURED PEN IN THE SHAPES MADE THEN  
PEAL OFF THE TAPE WHEN ITS DRY.**



## STEP 3

TAKE A BLACK PEN AND DOODLE IN THE SHAPES WHATEVER YOU LIKE.

# TOP TIP

YOU CAN WRITE POSITIVE NOTES IN THE WHITE LINES.

HERE ARE SOME SUGGESTIONS FROM  
YOUNG COMMISSIONERS...

EVERYTHING WILL BE ALRIGHT

ANYTHING IS POSSIBLE

PEOPLE LOVE ME

I'M NOT ALONE

THIS IS ME

I CAN DO THIS

THERE IS NO RAINBOW WITHOUT A LITTLE RAIN



# CAN YOU FIND EACH N?

FOR THE LETTER N:  
[WOOD] NYMPH AND NIGHTINGALE,  
PLAYING NINTENDO GAMES,  
AT NIGHT (THE NIGHTINGALE WON)

ALSO INCLUDES GENERALISED NATURE, AND  
THE WHITE FLOWERS ARE CALLED NODDING  
WAKEROBIN



ARTWORK BY  
GEORGIE LEE



WHY NOT LET YOUR IMAGINATION TAKE YOU SOMEWHERE MAGICAL, PICK A LETTER FROM THE ALPHABET AND INCLUDE THIS THROUGHOUT YOUR DRAWING?

HOW MANY N'S DID YOU FIND?

HERE ARE MOST OF THE N'S BUT THERE'S 21 IN TOTAL, CAN YOU FIND 2 MORE THAT AREN'T CIRCLED? (ONLY INCLUDING CAPITAL N'S)



ARTWORK BY  
GEORGIE LEE

# ISOLATION RECOMMENDATIONS



**DURING MARCH 2020, A TIME WHEN PHYSICAL SOCIAL DISTANCING MEASURES WERE IN PLACE ACROSS THE WORLD AND A TIME OF UNCERTAINTY FOR MANY YOUNG PEOPLE, YOUNG PEOPLE WORKING WITH CHILYPEP CAME TOGETHER TO HELP BUILD THE SUPPORT AROUND THEM.**

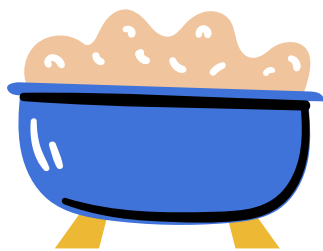
**YOUNG PEOPLE UTILISED THE TECHNOLOGIES AROUND THEM TO STILL STAY SOCIAL WHILST PHYSICALLY, SOCIALLY DISTANCING.**

**YOUNG PEOPLE REACHED OUT THROUGH PHONE CONTACT AND SOCIAL MEDIA PLATFORMS AND OTHER ONLINE NETWORKS TO KEEP IN CONTACT WITH THEIR PEERS, COMMUNITY AND EDUCATIONAL SOURCES.**

**YOUNG PEOPLE PRESENTED QUALITIES BY USING AN ARRAY OF SELF-HELP METHODS WHILST PROVIDING PEER SUPPORT TO THEIR FRIENDSHIP AND WIDER NETWORKS.**

**YOUNG PEOPLE THAT ARE PART OF CHILYPEP WOULD LIKE TO MAKE THE FOLLOWING SUGGESTIONS TO SUPPORT AND HELP OTHER YOUNG PEOPLE WITH THEIR WELL-BEING, THROUGH TIMES OF UNCERTAINTY, WHEN FEELING ALONE OR ISOLATED AND AS A HEALTHY FORM OF DISTRACTION.**

# SOMETHING FOR OUR BODIES



**WEAR COMFY CLOTHES**

**WORKOUT**

**HAVE A WARM BATH**

**TURN THE MUSIC UP – LISTEN TO THE CHILYPEP SPOTIFY PLAY-LIST**

**WALK THE DOG OR GO FOR A WALK**

**HUG A FAVOURITE CHILDHOOD TEDDY/CUSHION**

**MEDITATE**

**TAKE PART IN YOGA**

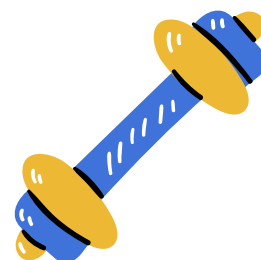
**RELAX AND UNWIND – PAMPER YOURSELF AND MAKE YOUR OWN FACE-MASK**

**USING THE GUIDES IN THE YOUTH MENTAL HEALTH FIRST AID KIT**

**SELF-HELP KITS WITH EXERCISES MIGHT BE HELPFUL FOR THOSE WHO DON'T**

**REALLY KNOW WHAT TO DO TO KEEP FIT WHILST SELF-ISOLATING**

**SIT IN THE GARDEN**



# SOMETHING FOR OUR HAPPINESS

EVERY TIME YOU THINK YOU'D LIKE TO DO SOMETHING, BUT CAN'T DUE TO FEELING LOW OR UNABLE TO DO DUE TO THE SOCIAL DISTANCING RULES IN PLACE DUE TO COVID 19; WRITE IT ON A PIECE OF PAPER AND PUT IT IN A JAR. THEN POST SOCIAL DISTANCING RULES OR ON A DAY WHEN YOU DON'T FEEL AS LOW, TAKE THEM OUT OF THE JAR ONE BY ONE AND TRY TO DO THEM.



GLITTER GEL YOUR EYEBROWS

BUILD A BLANKET FORT

MAKE A DEN

WATCH A MOVIE YOU HAVEN'T SEEN FOR A LONG TIME

COLOUR THERAPY - YOU CAN USE DIFFERENT APPS OR A COLOURING BOOK

HOST A ZOOM MEETING/CATCH UP — WE DO THIS EVERY WEEK WITH THE OASIS GROUP

HOST AN ONLINE 'SING A LONG' SESSION, ENCOURAGE OTHERS TO REQUEST SONGS

HOST AN ONLINE 'MAKE UP TUTORIAL' SESSION AND INVITE YOUR FRIENDS AND

SHARE TIPS

WRITE A FOOD BLOG AND ADD SOME FUN FOOD FACTS

FACETIME

SHARE PHOTOS OF CUTE ANIMALS



**SHARE PHOTOS/VIDEOS OF PETS**

**WATER PLANTS/FLOWERS**

**CREATE FUN DESKTOP BACKGROUNDS**

**DRAW**

**SING**

**WRITE SONGS/STORIES**

**FAUX STAIN GLASS**

**YOGA**

**MEDITATE**

**MAKE AND PLAY INSTRUMENTS**

**CREATE COLLAGES**

**CREATE CARDBOARD CREATIONS E.G. A ROBOT**

**CREATE A COMPANION OUT OF EVERY DAY HOUSEHOLD ITEMS, GIVE THEM A NAME  
LIKE CECIL**

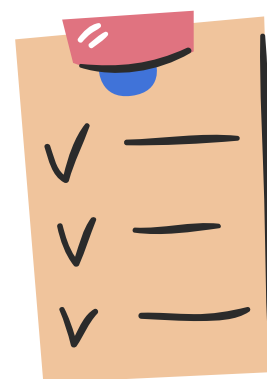
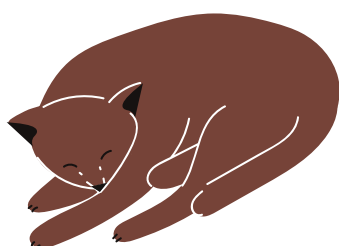
**RE ORGANISE OUR ROOM WHILST LISTENING TO PODCASTS**

**PAINTING, SOMETIMES PICTURES SOMETIMES FURNITURE (WITH PERMISSION)**

**WATCHING YOUTUBE**

**CONGRATULATE THE SMALL THINGS, IT'S A DIFFICULT TIME FOR EVERYONE AND IF  
YOU CAN'T DO AS MUCH AS YOU COULD PRE QUARANTINE THAT'S OKAY TOO**

**CRY UNTIL ITS OVER (CRYING IS A HEALTHY AND NORMAL REACTION TO A HARD  
SITUATION)**



# SOMETHING FOR SOMEONE ELSE

## LOOK AFTER EACH OTHER



HELP FAMILY MEMBERS WITH HOUSEHOLD CHORES

LET YOUR PET GO DOWN THE SLIDE (SAFELY)

SEND A VIRTUAL HUG

CREATE A SHARED PLAY-LIST WITH FRIENDS AND FAMILY

HOST A LIVE 'SING A LONG' SESSION, ENCOURAGE OTHERS TO REQUEST SONGS

HOST A LIVE 'MAKE UP TUTORIAL' SESSION AND INVITE YOUR FRIENDS AND

SHARE TIPS

WRITE A FOOD BLOG, SHARE TIPS AND FUN FOOD FACTS

ENCOURAGE KINDNESS IN YOUR COMMUNITY

SEND A HANDWRITTEN LETTER IN THE POST WITH A POSITIVE MESSAGE INSIDE

TO YOUR FRIENDS AND FAMILY

LEAVE POSITIVE MESSAGES AROUND THE HOUSE ON POST IT NOTES



# MENTAL HEALTH FRIENDLY APPS AND WEBSITES

This list has been compiled by Chilypep as a guide to the apps available to support young people's wellbeing.

Please check the suitability of each App, and if there are any cost implications or compatibility issues. Please also be aware that some apps may not be free and always check the in-app purchases.

**Doc Ready:** For help and support expressing and describing your symptoms and medical history to a GP you can use [www.docready.org](http://www.docready.org) to create a printable document to help get you prepared for your appointment.

**Find, Get, Give:** This is a mental health services signposting website for young people aged 11-25 where you can find help, get help and give feedback. For more information visit [www.findgetgive.com](http://www.findgetgive.com).

**Mood Bug:** This is an app young people can use to share their mood with their friends and see how others are feeling. For more information download the app or visit [www.moodbug.me](http://www.moodbug.me).

**Head Meds:** This website, powered by Young Minds gives young people more information about medication. Visit [www.headmeds.org.uk](http://www.headmeds.org.uk)

**Stay Alive App:** This app is a pocket suicide prevention resource full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. Search [Stay Alive](#) in your app store.

**Be Mindful:** The Be Mindful course is an easy-to-follow web-based training programme that guides you through all the elements of mindfulness-based cognitive therapy. Download it in your app store or visit [www.bemindfulonline.com](http://www.bemindfulonline.com)

**Epic Friends:** This website is for young people to connect and find useful, practical information and support around mental health and offer support to their friends. Visit <https://epicfriends.co.uk>

**ASK NORMEN:** This website has lots of useful information around dealing with mental health and self-harm for young people.

Visit <http://www.asknormen.co.uk/resources-and-tools/>

**Royal College of Psychiatrists Mental Health App:** This app is produced by the Royal College of Psychiatrists. It provides general public information about key mental health disorders that link to relevant videos and podcasts and to the Royal College website, to which members of the public could find further information about mental health disorders. Search [RCPshych Mental Health App](#) in your app store to download.

