

ADULT MENTAL HEALTH SUPPORT



BRIDGE THE GAP

jwbridgethegap.com

Parenting is hard, there are so many pressures on us, and them, and collectively this can lead to our families wellbeing suffering.

Maybe you haven't children of your own but you work with children or young people, this information is also for you.

Our own mental health is important, it's never selfish to spend time working on your thoughts and feelings - our children drink from our pool, by helping ourselves we are also supporting them.

Sometimes when we start to explore how we feel it can bring up uncomfortable and difficult feelings or memories, we can call this being 'triggered'.

Sometimes we just feel like life is too difficult right now. We want you to know how much we care and how valuable you are. Things do get better over time, especially with the right support, we understand how hard it can be to take that first step, but please know you do not have to cope with how you feel alone.

This document shares where you can access support and information, in both a proactive and reactive way.



Bridge the Gap Child Mental Health offer parent support and different therapies and interventions.

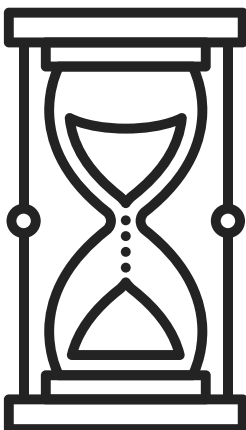
You can call us on 01332 600827 between 10:00am - 5:00pm, email info@jwbridgethegap.com or message us on facebook www.facebook.com/jwbridgethegap

Staying safe.net

Staying Safe is a website you can visit for immediate help with suicidal thoughts. If you are struggling and you're not sure if you want to live or die, can you, just for now hold off making this decision and keep reading and watching the videos on staying safe for some ideas about how to get through. There may be things that you - and other people - can do to make things better.

They also have downloadable templates to make a safety plan, please visit and take a look.

M o m e n t s P a s s



The Samaritans

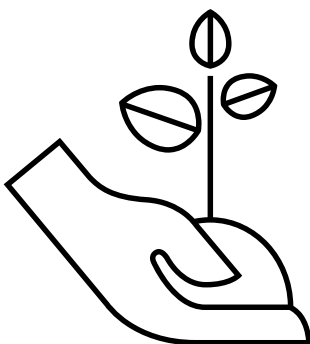
Whatever you're going through, a Samaritan will face it with you. They're there 24 hours a day, 365 days a year. You can visit their website samaritans.org or give them a ring 116 123 for free.

Step Change

No matter how large or small your debt problem is stepchange.org can help. They look at your financial situation and give you expert debt advice and recommend debt solutions to suit your situation. They can also help you set up and support your chosen solution. They offer a wide range of practical debt solutions to suit every situation so please don't struggle alone.

NHS - IAPT Services

Feeling stressed, anxious or low? The NHS offer psychological therapies including CBT. They can help you conquer a wide range of psychological and emotional problems. It's easy to self- refer. Please visit the NHS website and enter your postcode to find the services available in your local area.



Grieving

Cruse (cruse.org.uk) offers face-to-face, telephone, email and website support. They have a Freephone national helpline and local services, and an additional website (hopeagain.org.uk) specifically for children and young people. Their services are provided by a network of 5,000 trained volunteers and are confidential and free. Cruse also provides training and consultancy for external organisations and for those who may encounter bereaved people in the course of their work. Cruse Bereavement Care is committed to being a diverse and inclusive charity that is accessible to all sections of society.

They also have a free downloadable booklet called 'Restoring Hope'. This is an 18 page booklet to help you in bereavement, with information about what you might be feeling, how you can take care of yourself, how as a friend or relative you can help others in their bereavement, looking to the future, and about how to help bereaved children and young people.



Grieving

Dying Matters is a coalition of individual and organisational members across England and Wales, which aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life. They have many useful free downloadable leaflets, there is a specific one entitled 'Talking to Children about Dying' which is very useful.

dyingmatters.org

Addiction

Addiction is debilitating, if you are concerned about any of your habits, please don't suffer in silence - there is no shame or judgement to face at any of the fantastic organisations that you can find by visiting [ADfam](#)

Eating Disorders

Eating disorders are serious mental illnesses affecting people of all ages, genders, ethnicities and backgrounds. People with eating disorders use disordered eating behaviour as a way to cope with difficult situations or feelings. If you are struggling, please know that there is nothing to be ashamed of, please do reach out for support by talking to someone you can trust and feel safe with. You can also access information through visiting [BEAT](#). They also have [helplines that you can call](#).



Sleep

Struggling with sleep can have a huge impact on our mental health and wellbeing. Whether you are coping with a young child, struggling with insomnia or tossing and turning because of stress and anxiety - you are not alone. There are organisations that you can spend some time exploring, these offer valuable support and information on both adult and child sleep.

[The Sleep Charity](#)

[The Sleep Council](#)

APPS

There are some brilliant apps that you can download onto your phone to help you manage your thoughts and feelings, as well as helping you to implement coping strategies into your day. We have shared a few of our favourites with you below.

Headspace

Accessible daily meditation and mindfulness. Perfect for beginners. Support for sleep. Free resources during the pandemic. Free for teaching and NHS staff.



HEADSPACE®



Calm

Mood check in, music, sleep stories, meditation and body scanning. Calm Kids. Free subscription for teachers.



What's up?

Emergency calm, forums, quotes and affirmations, breathing control, coping strategies, information and diary to record habits and moods.



Daylio

Daily mood tracker. Diary to record activities and collect your thoughts. Easy to see data so you can notice patterns in mood.



Mindshift by Anxiety Canada (good for children too). Support for different types of anxiety, support to nurture healthy thinking, goal setting and information. CBT based.



Breeth: Meditation and Sleep

A wide variety of content to help you de-stress and sleep better. Full of masterclasses and podcasts from personal growth experts.

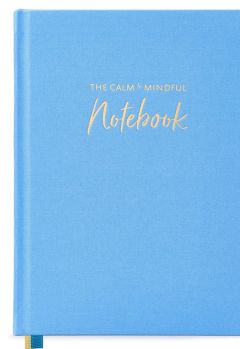
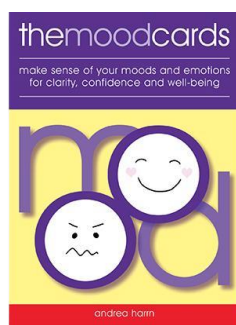


Resources

There are lots of useful resources you can now purchase that can help you to explore your emotions and feelings. We use many of these at Bridge the Gap but we have shared a few for you to explore on the next page.

The Mood Cards

These cards offer a fun and accessible way to help you identify and explore your moods and emotions. Each card includes guided questions for self-exploration plus an affirmation for positive thinking. Whether to help you manage difficult moods, approach relationships more skilfully, become more sensitive to the needs of others, or simply be able to communicate and listen effectively, using the cards will encourage you to be confident in who you are, expand your emotional intelligence and help you move forward in a positive way.



The Calm & Mindful Notebook

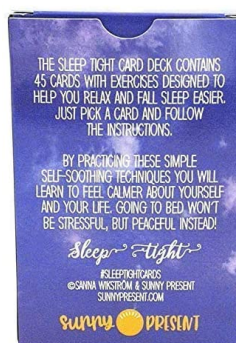
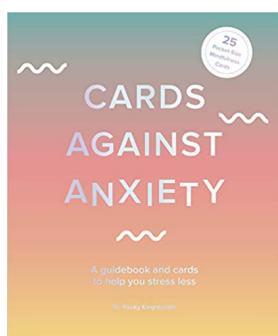
Daily reflections over a 12-week period are designed to help you focus on specific areas of your life and become more aware of the present.

Small daily activities include monitoring water intake, reducing screen time and acknowledging good deeds and gratitudes. These encourage you to make appreciation a daily habit rather than an afterthought. You can also find inspiration in different surroundings, motivational speeches or moving quotes.



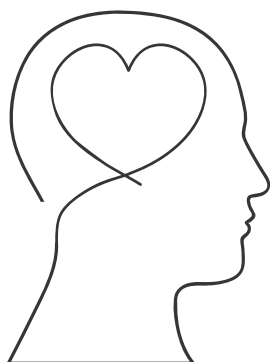
Cards Against Anxiety

a 128 page book and a pack of 25 cards uses long established CBT techniques and controlled breathing practices that will help users stress less and combat anxiety and depression. Designed for use on the go and around other people, there's no need find the perfect quiet spot to meditate in and it is discreet enough to be used on packed public transport or in an open public space without compromising your privacy.



Sleep Tight Cards

These bedtime meditation and mindfulness cards propose 45 different choices from which you can draw, with helpful, guiding exercises that will help relax yourself and ease the falling asleep process.





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You matter, you are loved, you
are not alone...

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