

Wellbeing Toolkit

Strategies, activities,
ideas and contacts /
apps that might help to
make your day a little easier.

ORIGAMI
FORTUNE -
TELLER
INCLUDED

*It's important to
make
time for
yourself!*
what do you do, for you?

+ Colouring pages
Mindfulness cards
Activity pages

And

TIPS FOR HELPING A FRIEND.

How to know when a friend
needs support with their
mental health, what to say
and the signs to look out for.

5
GREAT APPS
To help on those tougher days.

*From the Student Support Team at Yeovil College
You can find us in D10*

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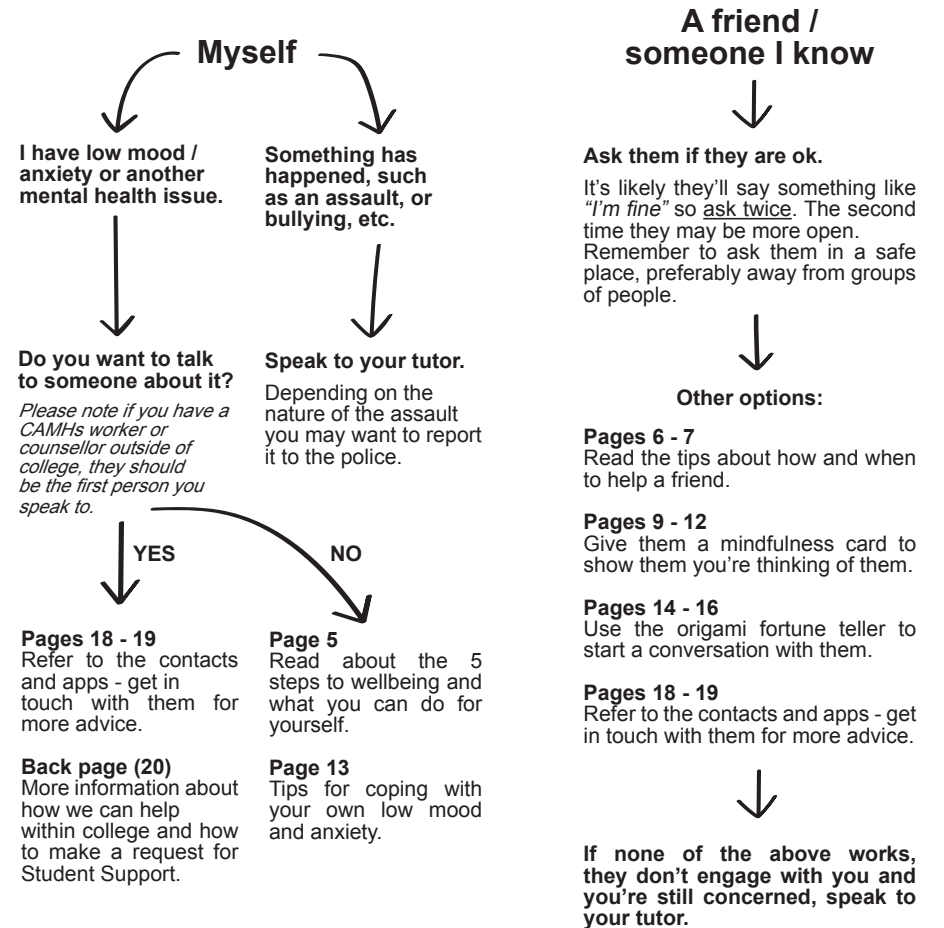
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If you're still unsure what page to refer to, use the flowchart on the next page.



Who are you seeking help for?



IF YOUR CONCERN IS URGENT, CALL THE COLLEGE SAFEGUARDING MOBILE

(See back page for number)

Colour me in

Colouring is proven to relieve stress and boost creativity



5 steps to wellbeing

1. Connect.

Good relationships are important for your mental wellbeing. They help build your sense of belonging and self-worth, allow you to share positive experiences, support others and let others support you.

Try to:

Spend time with your loved ones every day, even if it's just to eat dinner. Switch off the TV and play a game with people around you, or just talk! Visit a friend or neighbour who needs support or company. Volunteer at a school, hospital, community group, etc.

2. Keep active.

Being physically active is great for health and fitness but it can also significantly improve your mental wellbeing.

3. Take notice.

Be mindful of your surroundings. Pay attention to the present moment - think about the world around you, your thoughts, feelings and body.

4. Give to others.

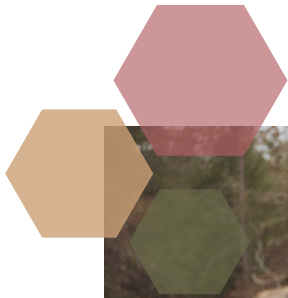
Small acts of kindness benefit both people involved. Research suggests acts of kindness create positive feelings and a sense of reward, gives you purpose and helps you to connect with others. It doesn't have to be a big gesture, it could be something as simple as thanking someone for something they have done for you. You could ask friends or family how they are doing and really listen to their response or consider volunteering.

5. Learn something new.

Learning a new skill can boost your confidence, help you to connect with others and build a sense of purpose. Often people feel like they don't have enough time, or may not need to learn anything new but even small skills, like learning a new recipe, can really benefit your mental wellbeing.

You could try:

Taking on a new responsibility at work or college - perhaps apply to become a student ambassador. You could sign up for a night school course at college or try a new hobby, such as blogging, taking up a sport or learning to paint.



Tips for helping a friend

And how to know when a friend needs or wants help

It's important to remember that we **all** go through tough times, your friend might need you now and you might need them in 3 months, a year from now or maybe even next week. We have to support each other, people want to be loved and belong - it's a basic human need.

What your friend needs, no matter what's going on with their mental health, is to know they're supported, loved, safe and not alone. People with depression might not want to talk, those with anxiety might not want to meet you for a coffee and someone who's Bipolar might cancel on you, regularly. This isn't a sign they're 'fine', they might really need your help but everything just feels completely overwhelming to them at the moment. **Give them time and space but just remind them you're there**, maybe send them a message along the lines of...

Hi, I hope your day is going ok.

I just wanted you to know I'm here if you need me.

You don't need to reply to this text if you don't want to or can't at the moment, I understand.

It sounds obvious but **have you asked if they're ok?** They might genuinely be fine but something happened this morning to upset them and you're over-analysing the situation. If they still don't seem themselves but they say "I'm fine", ask again but phrase it differently - "are you sure you're ok?" - they might be more open knowing you have a hunch they're not ok.

If you have a gut feeling something isn't right, **try to look out for the signs someone is struggling with their mental health.** They might lose interest in daily activities they would usually enjoy or their eating habits might have significantly changed. They may be tearful, nervous, irritable, more tired than usual, lack concentration / motivation, be easily startled or avoid certain situations. As a friend you should be able to gauge what is normal for them and what behaviour is unusual - if they're acting differently, it's likely something is bothering them and you don't necessarily need to know exactly *what* is on their mind, just reassure them that you're there.



8 tips for talking about mental health with a friend

1.

Make time to talk about mental health in a place with no distractions.

If someone wants to tell you about their mental health, it's important to find a safe, open, non-judgemental space.

2.

Let them share as much (or as little) as they want to. Don't put pressure on them to tell you anything they aren't ready to talk about.

Let them lead the discussion at their own pace.

3.

Don't try to diagnose their feelings.

You aren't a doctor or trained counsellor, try not to jump to conclusions or a diagnosis. Just listen and at the end of the conversation make a decision, together, about what to do next.

4.

Keep questions open ended.

Give the person time to answer and keep your language neutral - ask things like, "what makes you feel like that?" or "can you tell me more about ...?"

5.

Talk about their wellbeing, hobbies and interests.

Check they're looking after themselves, eating healthily, doing regular exercise and making time for themselves.

6.

Listen carefully.

You might want to repeat things back to them, to check you understood correctly and to let them know you're listening.

7.

Suggest where to go from here.

Suggest they speak to their tutor, student support team, GP, etc. They might not want to speak to anyone other than you occasionally, so decide and discuss if you're happy to do that.

8.

Know your limits.

Look after your own wellbeing too, if you don't feel comfortable talking about the things they want to discuss, tell them that. Remember if you need advice, come and speak to student support.

It's often a really big deal for people to open up about their mental health, you may be the first person they're talking to about it, so be respectful, listen and if you don't know what to do with the information they've told you, speak to your tutor or the student support team.

What do you do, for you?

It's important to make time for yourself.

Whether you like to read, play football, bake, draw or travel, it's important to have that outlet to express yourself, take time out from everyday stresses and do the things that make you happy.

On the lines below, write 3 interests that you have:



1.

2.

3.

Can't think of anything?

Do you partipate or have any interest in the following -?

- Sport
- Cooking / Baking
- Art / Illustration
- Gaming
- Travelling
- Photography
- Walking
- Socialising
- Reading / Writing
- Gardening
- Getting involved with Duke of Edinburgh or Ten Tors
- Volunteering
- Army cadets
- Meditation / Yoga

etc.

Find ...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- and 1 thing you can taste

And focus your attention on these things.

To

Just to let you know,
I'm here if you need to talk.

From

Close your eyes and think about your
favourite memory.

- Where are you?
- Is it a warm day?
- Who is there?
- Are there any familiar smells?
- What is within reaching distance?

Try to recall it in as much
detail as possible.

The darkest nights
make the brightest stars

- Witt Lowry

Activities

Complete the activities
and share (or keep!)
the mindfulness cards
that you like!



Bee Kind,
for everyone you meet
is fighting a battle
you know nothing
about.

- Wendy Mass



Mindfulness cards...

...Removable middle pages

Walk through
a room of your
choice.

What can you see?

How do those items
make you feel?

Who put them there?

If you can touch them,
what do they feel like?

Are they making
any sounds?

Focus on what
you can see, hear,
touch, smell and
possibly taste.

To

JUST TO LET YOU KNOW,
I'M HERE IF YOU NEED TO TALK.

From

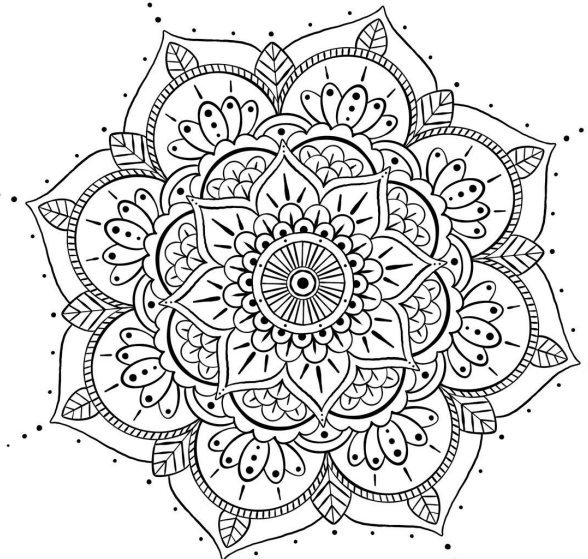
Close your eyes and think about your
one colour.

- What objects can you think of that are that colour?
- Are any animals that colour?
- Do you associate that colour with a smell?
- Does the colour remind you of a texture?

Now open your eyes and see what things
around you are that colour.

Colour me in.

The shape below is a mandala. The meaning of the word mandala in
Sanskrit is circle. The mandala is a spiritual symbol that represents
the universe. The circular designs symbolise the idea that life is
never ending and everything is connected.



Tips for coping with your own low mood or anxiety

- 1. Talk to someone.** That might be a friend, parent, counsellor or your tutor. Talking it through with someone else can shed new light on the issue and help towards finding a solution. *If feeling low or having anxiety is new to you and you've been experiencing it for longer than 2 weeks (and it's not being triggered by something like exam-stress) speak to your GP.*
- 2. Focus on your breathing.** Take a deep breath in, hold it for 2 or 3 seconds and take a long breath out (ideally for longer than the time taken to breathe in).
- 3. Get some space from social media.** It's not always a positive environment so maybe limit your daily use or take a few days away from it. You could remove some of the people you're following that don't bring you any positivity.
- 4. Distract yourself temporarily from the thing concerning you.** You could distract your senses by playing music, having a snack or looking at a magazine - when you return to your concern you may be able to see a logical solution.
- 5. Practice mindfulness.** Try to be entirely in the moment, look at the things around you, focus on little details and allow yourself to be curious.
- 6. Accept that you can't control situations but you can control your reactions.**
- 7. Focus on what you want and how you're going to achieve it.** You could break this down into a list of smaller goals but ensure you set realistic goals.
- 8. Ensure you get enough sleep.** Many medical experts recommend not looking at screens (TV, phone, PC) for at least an hour before bed. Do something else, like read or draw.
- 9. Be kind to yourself!** Don't beat yourself up if you can't achieve as much today as you did yesterday - every day is different.

Also refer to the 5 steps to wellbeing on page 5.

Origami Instructions

for a mini origami 'fortune teller' (conversation-starter)

1. Cut out the fortune teller on the next page.
2. Fold the square in half diagonally. Unfold it. Fold the other diagonal sides together. Unfold it. You should now have crease marks that show an X on your paper square.
3. Fold the square in half vertically. Unfold it. Fold the other vertical sides together. Unfold it. You should now have crease marks that show an X and a + on your paper square.
4. Take each of the four corners of paper and fold them into the centre. You should now have a smaller square, with numbers and colours on one side and questions on the reverse side.
5. The question-side should be facing up for the next fold. Now take each of the four corners of paper and fold them into the centre (the same as step 4). You should now have a smaller square, with numbers on one side and colours on the other.
6. Flip the square over so the colour-side is facing you. Gently fold out the colours so that you can put a finger under each colour.

How to use the fortune teller (conversation-starter)

1. Begin by asking someone to choose one of the four colours. For example, if they choose "green", open the fortune five times for each of the letters for the word "green". Alternate between opening the fortune teller from up and down to left and right.
2. Now 4 numbers will be revealed inside - ask the other person to pick one of the numbers. Repeat the same process as last time, if they choose 4, do 4 alternative movements.
3. When you are done, the same set of 4 or a new set of 4 numbers will be revealed. Ask the other person to pick a number. This time, lift that number flap to show the message hidden under the selected number. Read the "fortune" (question) out loud.



Reflecting back & looking forward

Write down 1 thing you're proud of achieving in the last year.

Examples: Completing a Level 2 NVQ, your DofE bronze award, learning a new recipe, selling an artwork, raising money for charity, volunteering at a shop, passing your driving test, etc.

1.

Write down 1 thing you've achieved today?

Examples: Completed a piece of coursework, walked the dogs, made yourself breakfast, etc.

1.

Write down 2 things you're thankful for.

Examples: Kind family, supportive friends, having a job / car, your health, etc.

1.

2.

Write down 2 things you're looking forward to.

Examples: your birthday, seeing someone at the weekend, a football match, a gig, a film being released soon, contacting someone you haven't seen for a while, etc.

1.

2.

Contacts, apps and other resources ...

SEXUAL HEALTH

1. SWISH

SWISHservices.co.uk

Call: 0300 1245010

Or download the App

You can anonymously ask SWISH a question at

www.swishservices.co.uk/ask

(See back cover for more details)

SELF HARM / SUICIDAL THOUGHTS

1. Young Minds

Youngminds.org.uk

Text: YM to 85258

2. Self Injury support

SelfInjurySupport.org.uk

Call: 0808 800 8088

(Tues & Thurs 7pm - 9.30pm)

3. Shout

Giveusashout.org

Text: Shout to 85258

4. Samaritans

Samaritans.org

Call: 116 123

Email: Jo@Samaritans.org

MENTAL HEALTH (MH)

1. MIND

mind.org.uk

Call: 0300 123 3393

(9am - 6pm Mon - Fri)

Text: 86463

Email: Info@mind.org.uk

2. Kooth

Kooth.com

Free, safe and anonymous, online support.

3. Young Minds

Youngminds.org.uk

Text: YM to 85258

MORE MH WEBSITES

4. Time-to-change.org.uk

5. Themix.org.uk

6. Sane.org.uk

TALKCAMPUS APP

Get instant support for your mental health any time of day and night. Student life can be incredibly tough. At TalkCampus we're here for the moments when you just need a friend. Talk anonymously to students around the world going through the exact same struggles you are, any time of day or night.

To sign up to TalkCampus, use your student email which will unlock the app free of charge, You will be asked to verify your email before posting.

BULLYING

1. Shout

Giveusashout.org

Text: Shout to 85258

Or speak to your tutor.

EATING DISORDERS

1. SWEDA

SwedaUK.org

Call: 01749 34 33 44

Email: Support@swedauk.org

2. BEAT EATING DISORDERS

BeatEatingDisorders.org.uk

Call: 0808 801 0677

Email: Help@BeatEatingDisorders.org.uk

DRUG / ALCOHOL ADDICTION

SDAS (Somerset Drug and Alcohol Service)

Turning-point.co.uk

Call: 0300 303 8788

Visit: 3rd Floor, Maltravers House, Petters Way, Yeovil, BA20 1SH

OCD SUPPORT

OCD UK

OCDUK.org

Email: support@ocduk.org

Call: 01332 588112

(9am - 12pm)

RAPE / SEXUAL ASSAULT

1. THE BRIDGE

TheBridgeCanHelp.org.uk

Call: 0117 342 6999

Email: ubh-tr.thebridgecanhelp@nhs.net

2. SARSAS (Somerset and Avon Rape and Sexual Abuse Support)

SARSAS.org.uk

Call: 0808 801 0456 / 0808 801 0464

Email: support@SARSAS.org.uk

BIPOLAR SUPPORT

1. Bipolar UK

BipolarUK.org

Email: Info@bipolaruk.org

2. MIND

mind.org.uk

Call: 0300 123 3393

(9am - 6pm Mon - Fri)

Text: 86463

Email: Info@mind.org.uk

3. SANE

Sane.org.uk

Call: 0300 304 7000

(4pm - 10pm everyday)

BEREAVEMENT

1. Survivors of bereavement by suicide

UKsobs.org

Email: email.support@UKsobs.org

2. Cruse bereavement service

Cruse.org.uk

Call: 0808 808 1677



GAMBLING ADDICTION

1. GamCare

Gamcare.org.uk

Live chat service available

Call: 0808 8020 133

MORE GAMBLING AWARE WEBSITES:

BeGambleAware.org

Call: 0808 8020 133

HOUSING ADVICE

1. Shelter

england.shelter.org.uk

Online chat service available

(9am - 5pm Mon - Fri)

Emergency helpline: 0808 800 4444

(8am - 8pm Mon-Fri / 9am - 5pm weekends and bank holidays)

2. YMCA

MendipYMCA.org.uk

Call: 01749 679553

Email: admin@ymca-bg.org

3. Runaway Helpline

Runawayhelpline.org.uk

Online chat service available

Call: 116 000

Text: 116 000

Email: 116000@runawayhelpline.org.uk

If you have been made homeless, call the college safeguarding mobile (details on back page).

NON-SEXUAL ABUSE

1. Shout

Giveusashout.org

Text: Shout to 85258

2. SIDAS (Somerset Survivors - Domestic Abuse Support)

Somersetsurvivors.org.uk

Call: 0800 69 49 999

Email: SIDAS@Somerset.gov.uk

Or speak to your tutor.

If you need to speak to the emergency services, call 999 (emergencies) or 111 (non-emergencies).

APPRENTICES HELPLINE

If you are an apprentice and have a mental health issue that it making it difficult for you to attend work or has caused you to have some time off absent, you can speak to the team at Remploy.

www.remploy.co.uk/individuals/support-work/workplace/support-apprentices

Call: 0300 456 8210

Email:

Apprentices@remploy.co.uk

RECOMMENDED APPS

1. Headspace

Guided meditation and mindfulness

2. Calm

Better sleep, lower stress and less anxiety

3. Happiful

Positive mental health app

4. Kooth

Online free counselling

5. SWISH Services

Sexual health guidance

OTHER RESOURCES

1. Happiful magazine

Read it for free online!

<https://read.happiful.com/>

Most of these charities are on social media where you can follow them for the latest updates and event information - see their websites for more details.

All details above were correct when published on 26/08/2022

References:

(2019). *5 steps to mental wellbeing* [online]. NHS. Available from: NHS.uk

(2020). *How to support someone with a mental health problem* [online]. Mental Health Foundation. Available from: mentalhealth.org.uk

YEOVIL COLLEGE SAFEGUARDING MOBILE: 07973898849

Our Safeguarding Officer is available to speak to:

Monday - Thursday, 9am - 5pm

Friday, 9am - 4.30pm

(Including holidays, except bank - holidays and the Christmas break.)

If you need to speak to someone about any of the topics mentioned in this toolkit, please ask your tutor or the student support team in D10 for help or guidance.

SWISH

(Somerset Wide Integrated Sexual Health)

You now need to book an appointment with SWISH, we do not offer drop-in appointments.

To book an appointment, you need to email

swishtoteam@somersetft.nhs.uk the following details:

- Your name
- DOB
- mobile number
- college you attend
- A brief reason for the appt.

SWISH will contact you on the mobile number you provide and give you an appointment time.

WE CAN PROVIDE SUPPORT AT YEOVIL COLLEGE.

Please be aware of these important services we offer -

FIRST AID

We have a team of first aiders, call them if you need support. If it's urgent, always call 999.

0 7 9 7 7 4 5 3 6 1 0

TALKCAMPUS APP

Get instant support for your mental health, any time of night or day. See page 18 for more info.

F R E E SANITARY PRODUCTS

Available in most toilets or can be collected from D10.

F R E E CONDOMS, C-CARDS AND CHLAMYDIA KITS

All can be collected from D10.