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Relationships for change



East Sussex  
County Council

# Digital resources to support mental health



# Welcome

This pack includes a range of digital resources to use with children and young people to promote good mental health.

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## Digital toolkit

The digital toolkit has been created to provide resources, apps and websites to use with children and young people and comprises the following sections:

- Advice on keeping children and young people safe online
- Apps and sites for young people

Many of the apps are available to download on to iPhone or Android devices.

### Advice on keeping children and families safe online

There are a number of websites which offer guidance on ways you can help children and young people stay safe online, including age specific guidance on how to approach the challenges including sexting and gaming:

[Think you know \(CEOP\)](#) This CEOP website has e-learning, advice and resources for guiding children and young people on how to safe online. It has resources for parents, carers and practitioners working with children and young people.

[Parent Zone](#) This website helps families deal with the many difficulties that are thrown up by the pace of technological change, providing them with the knowledge to make the most of the digital age, creatively and confidently. They run training and events, and produce fantastic content for parents.

[NetAware \(NSPCC\)](#) Good advice for parents and children on how to stay safe online. Guide to social media apps, what to avoid and beware of.

[NSPCC online safety](#) From setting up parental controls to advice on sexting, online games and video apps, this site can help you to understand the risks and keep children safe.

### Sexting

Sexting and nude selfies are increasingly normal part of children and young people's lives. There are some great resources on Think You Know including the following film:

<https://www.thinkuknow.co.uk/professionals/resources/nude-selfies/>

### App to combat sexting

There is also the [Zipit](#) app was developed by ChildLine. It helps children to respond to unwanted chat with the power of GIFs.



## Apps and sites for young people

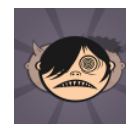
The apps included in this section can be used by parents, carers, children and young people.

They come under a number of headings:

### Managing stress and emotions

#### Stressheads

The [Stressheads app](#) has been developed by The Mix (formerly Youthnet) to help young people work out their frustrations. In the app young people can create 'stressheads' and take out their stress and frustrations on these rather than acting out.



#### Headspace meditation app

Learn to meditate in just 10 minutes a day with the Headspace app. Daily meditation has been shown to help people stress less, exercise more and even sleep better.



Practice the basics of meditation and mindfulness with Take10, Headspace's free introductory series. With 10 sessions of 10 minutes each, you can learn how to train your mind for a happier, healthier life.

### Physical and mental health issues

#### Stepfinder

Helps young people under 25 find the nearest support service to them. Whether its contraception, homelessness, bereavement, mental health or anything else, [StepFinder](#) can pin-point local services and help you navigate to them using your phone. Stepfinder shows which organisations young people say are 'youth friendly' so can trust you're going to get a good service. Designed by The Mix (YouthNet),



StepFinder is a totally free and confidential service.

#### The Mix

[The Mix](#) (formerly YouthNet) is the online guide to life for 16–25 year-olds in the UK. It provides non-judgmental support and information on everything from sex and exam stress to debt and drugs.



Straight-talking emotional support is available 24 hours a day. You can connect with experts and your peers who'll give you the support and tools you need to take on any challenge you're facing.

It's a free and confidential multi-channel service, which means you choose how you access support, without the worry of anyone else finding out. Whether it be through the articles and video content online or phone, email, peer to peer and counselling services.

### Young Minds



[Young Minds](#) offers information to young people and children about mental health and emotional wellbeing. Find organisations that listen, plus online support.

### Staying alive – suicide prevention app



[Staying alive](#) has been developed by Grassroots Suicide prevention this suicide prevention pocket resource for the UK, Stay Alive offers help and support both to people with thoughts of suicide and to people concerned about someone else.

The app can be personalised to tailor it to the user.

There is a [video about the app](#) on the Grassroots website.

### Get self help

This [website](#) provides CBT self help and therapy resources including information sheets, worksheets and MP3 self help audio.



## Keeping safe online

Think you know is the CEOP's website which offers advice for different age groups on staying safe online and how to report cyberbullying, abuse, etc.



Age groups:

**5 – 7** includes easy advice and information about different forms of online networking (i.e. email, games, friends sites), games, creative resources, cartoons

**8 – 10** includes advice on staying safe and in control on different online networking platforms, games, cyber café game, how to report

**11 – 13** focus on getting help and advice, information around dangers of sharing, child sexual abuse or exploitation, worried about a friend

**14+** more specific focus on getting help and advice for themselves or friends re-sharing information and images online, grooming, abuse and porn

## Advice and support around young people's issues including sex and relationships

### BISH

**BISH** is a guide to sex, love and you for everyone over 14. It's for people who are (or are thinking about) having sex and relationships. It's for all genders, sexualities, backgrounds, beliefs, values and people with disabilities.



### The Mix

**The Mix** (formerly YouthNet) is the online guide to life for 16–25 year-olds in the UK. It provides non-judgmental support and information on everything from sex and exam stress to debt and drugs.



Straight-talking emotional support is available 24 hours a day. You can connect with experts and your peers who'll give you the support and tools you need to take on any challenge you're facing.

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## Mental Health related iPhone/Android Apps

Below is a list of apps which can be downloaded onto an iPhone/Android device to support children and young people experiencing mental health issues:

**Distract** - access to advice about self-harm and suicidal thoughts

**Happify** - Happify's activities and games can help reduce stress, overcome negative thoughts, and build greater resilience.

**Headspace** - Learn to meditate with the free basics pack, a 10-day beginner's course that guides you through the essentials of meditation and mindfulness. It'll give you a solid foundation to build your practice on.

**Hoop** - find activities in area for children which are free.

**My Local Health** - Find services near you, gives information about services for patients.

**ReachOut Breathe** - helps with breathing and calming exercises to reduce physical symptoms of anxiety and stress.

**ReachOut Worry time** - helps with strategies to disrupt overwhelming feelings of anxiety and worry.

**Sanvello Stress and Anxiety** – provides immersive journeys that use videos and audio exercises, activities, mood and health tracking to help young people manage emotions and improve wellbeing founded on CBT techniques.

**Stay Alive** - Stay Alive offers help and support both to people with thoughts of suicide and to people concerned about someone else.

# How to activate Guided Access on your work iPhone

When using an iPhone with children and young people it is responsible to enable guided access on your iPhone to ensure the child or young person cannot access inappropriate information. Below are instructions on how to do this.

Guided Access limits your iOS device to a single app and lets you control which features are available. You can turn on Guided Access when you let a child use your device, or when accidental gestures might distract you.

## Setting up Guided Access

1. Go to Settings > General > Accessibility
2. Scroll down to the bottom and select Guided Access.
3. Turn on Guided Access.
4. Tap Passcode Settings, then tap Set Guided Access Passcode.
5. Enter a passcode, then reenter it. From here, you can also turn on Touch ID as a way to end a Guided Access session.

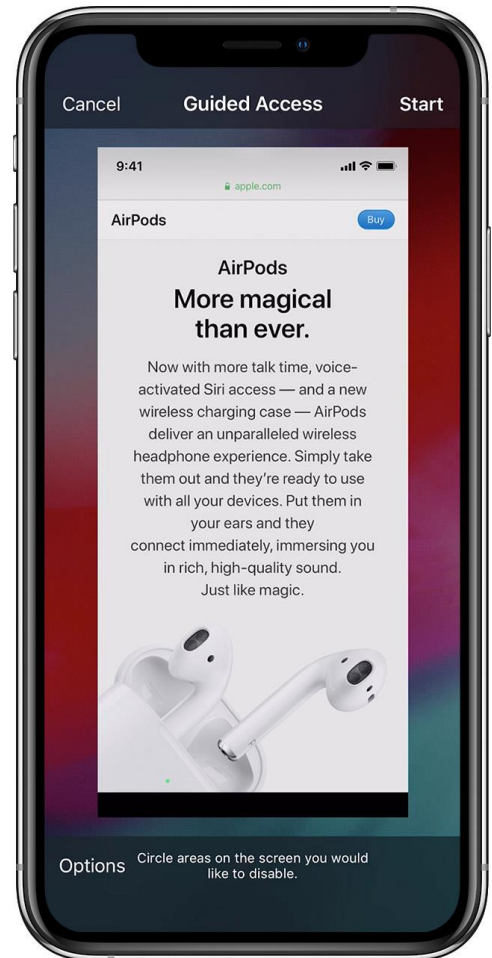




## Start a Guided Access session

1. Open the app that you want, then triple-click the Home button.
2. If you want parts of your screen to stop responding to touch, use one finger to circle those areas. You can move or resize the circle, or tap the X to remove it.
3. Tap Start.

Or to start a Guided Access session with Siri\*, open the app that you want, then tell Siri "Turn on Guided Access."



## Control which features are available



1. To turn off features or set a time limit, triple-click the Home or side button, then tap Options. If you don't see Options, triple-click the Home or side button again and enter your passcode.
2. Turn on the options that you want, then tap Done.

Sleep/Wake Button: To turn off the Sleep/Wake button on your device, turn this off.



Volume Buttons: To turn off the volume buttons on your device, turn this off.



Motion: To limit how your device responds to motion, turn this off. For example, your screen won't respond when shaken, and the screen won't rotate no matter how you hold your device.



Keyboards: To turn off the keyboard so that it does not appear, turn this off.



Touch: If you want your device to ignore screen touches, turn this off.



Dictionary Lookup: To use the Look Up feature when you select text, turn this on.



Time Limit: To choose a time limit for your Guided Access session, turn this on.

## End a Guided Access session

Triple-click the Home button or side button, enter your Guided Access passcode, then tap End. Or if you turned on Touch ID or Face ID for Guided Access, double-click the Home or side button.