

## What can I do if I'm struggling?

**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.*

*Below is a list of places you can go to access support and help:*

*Bridge the Gap Child Mental Health offer free parent support. You can call us on Thursdays on **01332 869417** between 10:00am -5:00pm, email [enquirybridgethegap@outlook.com](mailto:enquirybridgethegap@outlook.com) or message us on Facebook [www.facebook.com/jwbridgethegap](http://www.facebook.com/jwbridgethegap)*

## Stayingsafe.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.

## 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 [www.samaritans.org](http://www.samaritans.org) or give them a ring **116 123** for free.

## Step Change

No matter how large or small your debt problem is [www.stepchange.org](http://www.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.

## Trent PTS

Feeling stressed, anxious or low?

Trent PTS can help you conquer a wide range of psychological and emotional problems. It's easy to self-refer. Please visit [www.trentpts.co.uk](http://www.trentpts.co.uk) for more information.

## Grieving

<https://www.cruse.org.uk>

**Cruse** offers face-to-face, telephone, email and website support. They have a Freephone national helpline and local services, and a website ([hopeagain.org.uk](http://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.

[https://www.cruse.org.uk/sites/default/files/default\\_images/pdf/Documents-and-fact-sheets/Restoring\\_Hope\\_Jul2017.pdf](https://www.cruse.org.uk/sites/default/files/default_images/pdf/Documents-and-fact-sheets/Restoring_Hope_Jul2017.pdf)

**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.

<https://www.dyingmatters.org/>

## **Green Lane Counselling and Psychotherapy**

Green Lane Counselling & Psychotherapy is an **affordable** service based at **61 Friar Gate** in the centre of Derby which aims to make counselling **accessible** to everyone. They work with clients from the age of 5 upwards. **They offer face to face, Skype or telephone sessions.**

If you feel you cannot cope - whether because of sudden change or crisis in your life, or because of longer term issues – Green Lane Counselling and Psychotherapy may be able to help

**07977 712027**

<https://www.greenlanecounselling.co.uk/>

## **Recommended Apps**

### **HOW CAN I 'NOTICE' HOW I FEEL THROUGHOUT THE DAY?**

### **APPS**



**Mindshift** App by Anxiety Canada.

Support for different types of anxiety, support to nurture healthy thinking, goal setting and information. CBT based.



**Daylio** App

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



**Headspace** App

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



**What's up?** App

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



**Calm** App

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

**There are lots of different apps available - these are our favourites.**



[jwbridgethegap.com](http://jwbridgethegap.com)