



Us Plus Mental Health and Wellbeing Bulletin 6

Hello everyone,

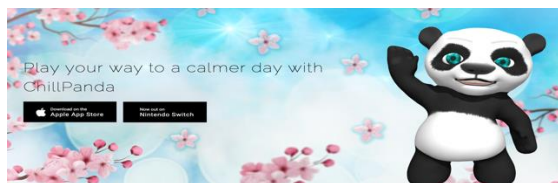
Thank you to everyone who completed the Us Plus Mental Health and Wellbeing Survey. I'll update you all on the findings of the survey and planned next steps in the next Us Plus Bulletin.

Coping with poor mental health and/ or low mood can be really difficult and make asking for help a challenge. There is a great team at Penrice who can support you but also lots of free help, advice and support online. Today's bulletin gives details of a range of free online support.

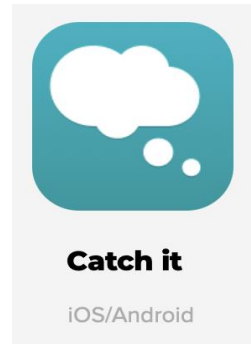
Mrs Taylor



The Connect Card your tutor handed out a few weeks ago can be used to 'connect' to an amazing website designed by young people in Cornwall. This site can give help and advice and shares information about local activities and competitions.



Chillpanda.co.uk is a great free app that can help you to address anxiety and relax.



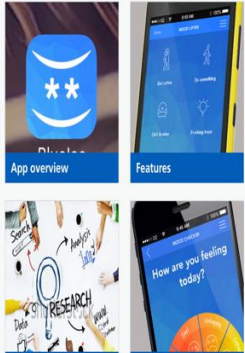
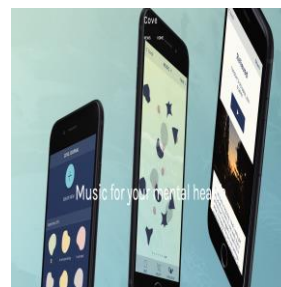
Catch it is a free app that helps you to manage feelings like anxiety and depression. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

Blueice app

Blueice is a prescribed evidence-based app to help young people manage their emotions and to reduce urges to self-harm.

It includes a mood diary, toolbox of evidence based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

Blueice was developed by Paul Stallard from Oxford Health NHS Foundation Trust and co-produced by young people with lived experience of self-harm. Blue Ice is available for iOS and Android.

The Cove app allows you to create music to reflect your mood and express how you feel. You can store your sound in a personal journal or share with



annafreud.org is an incredible site that can help and support anyone who is struggling with their mental health and wellbeing.

Remember that you can contact the TIS team at Penrice if you need help with any worries or anxieties. Email us at tis@penrice.org.uk

