

# Headache Resource Pack

Information for patients, relatives and carers

## Produced by:

Paediatric Psychology Service  
Wexham Park Hospital

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## What Are Headaches?

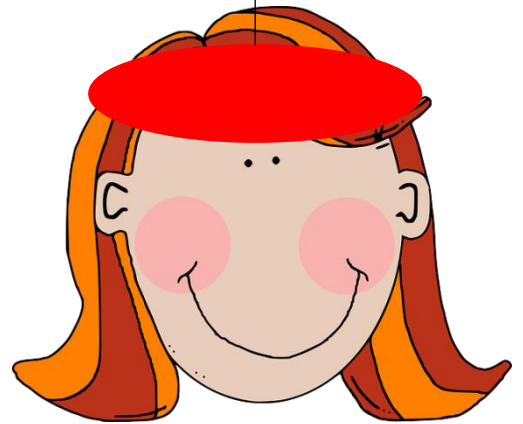
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### **Tension Headaches**

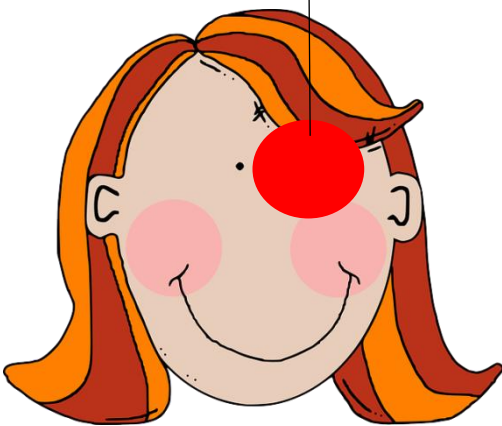
This is the most common type of headache, and occurs more in teenagers and adults, especially women. It can feel like a constant ache affecting both sides of the head. This is typically accompanied with the neck muscles tightening and pressure behind the eyes. These symptoms usually last less than 15 days out of a single month and the cause is unknown.

Tension headaches can be caused by cold or flu, stress, skipping meals, and dehydration. Some females experience headaches as a symptom of the drop in oestrogen levels just before their periods.

Aching pain spanning across the forehead



Pain occurs over one side, typically around the eye.



### **Cluster Headaches**

Cluster headaches are severe attacks of pain over one side of the head, often felt around the eye. These headaches are more common in men and typically occur in adulthood. They begin very quickly, and unlike some migraines, have no warning. The pain has been described as a sharp, burning or piercing sensation on one side of the head, around the eye temple and/or face. These attacks can make you feel agitated, anxious and stressed. Cluster headaches are sometimes accompanied by a red watery eye, swelling of one eyelid, constriction of one pupil, sweating and a blocked or runny nostril.

The causes of cluster headaches is still unclear, some research suggests a genetic component, sensory triggers and smoking, whereas others suggest the cause lies in brain activity levels.

# Migraine Headaches

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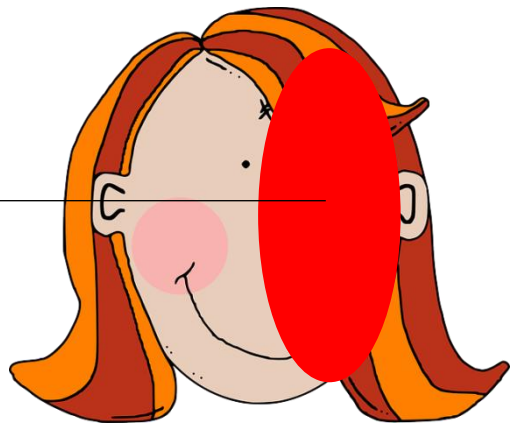
Migraines are usually a moderate to severe ‘throbbing’ headache on one side of the head. Many people have symptoms such as feeling nauseated and being sick, as well as increased sensitivity to light and sound. Migraines are a common health condition which affects around 1:5 women and 1:15 men. They usually being occurring in the late teenage years/early adulthood.

There are several types of migraine:

1. Migraine with an aura – this is when there is a specific clue that a migraine is about to being, for example seeing flashing lights or spots.
2. Migraine without an aura – this is when a migraine occurs without any warning signs.
3. Migraine aura without the accompanying headache – this is also known as a silent migraine; an aura or other migraine symptoms are experienced, but a headache does not occur.

Migraines have been linked to the hormone changes occurring during menstruation. Furthermore, migraines can be triggered by stress, fatigue and the ingestion of some foods including chocolate.

Pain occurring down one side of the head.



**What words would you use to describe your headaches? E.g. Thumping or hammering.**

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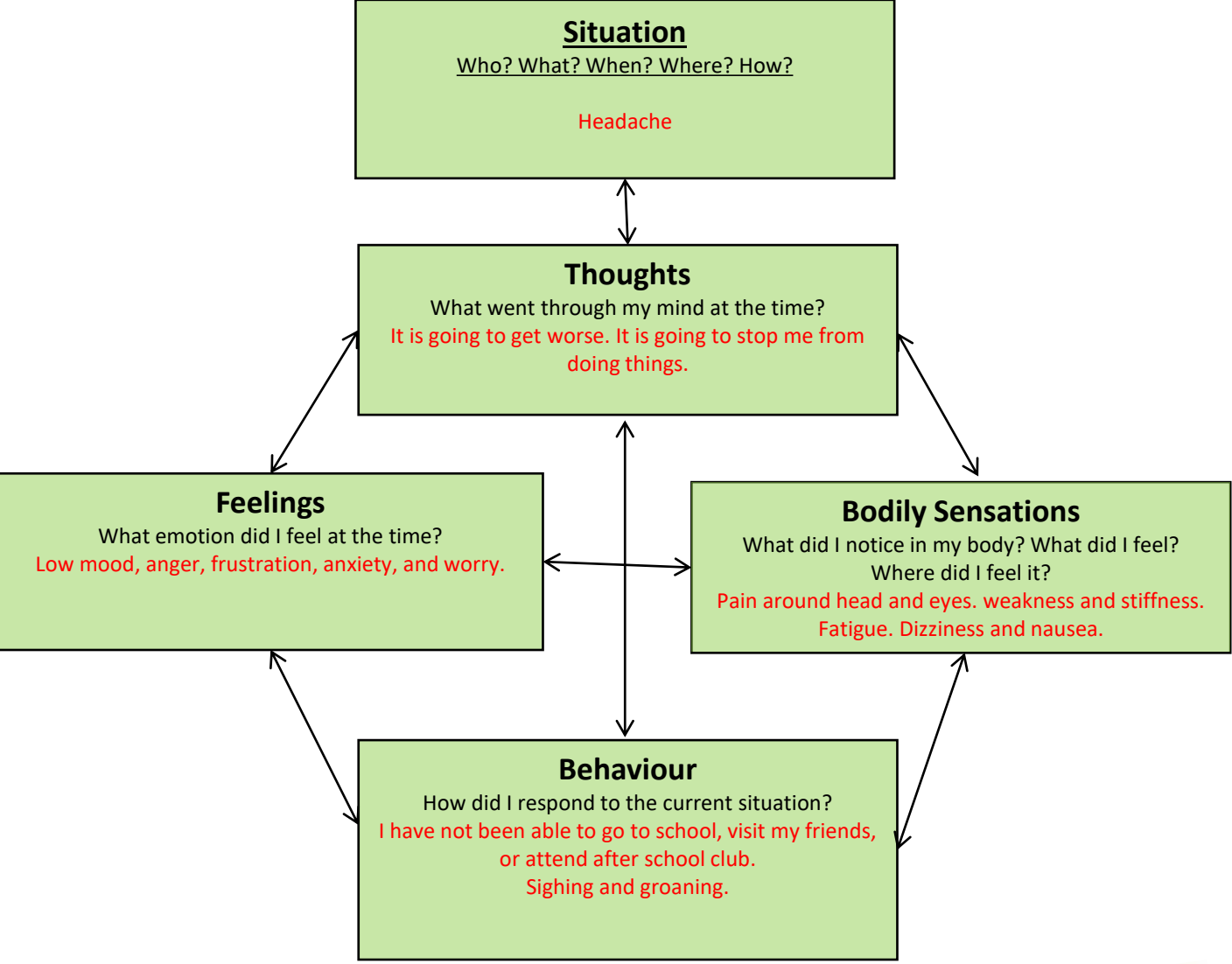
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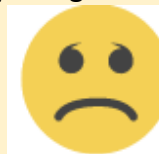
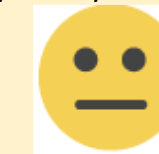

# The Connections Between the Thoughts, Feelings, and Behaviour

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*Some people experiencing headaches can get caught in an unhelpful cycle. It is important to recognise what this cycle is so we can break it.*



Tips: For younger children exploring their emotions using this model, try using a smiley face system.

			
Angry	Sad Disappointed	Confused Worried Nervous	Happy Excited



## Physiological Self Help for Headaches

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### **Water**

Headaches caused by dehydration may occur after sweating, especially on a hot day or after lots of physical activity! The body loses essential fluids which contribute towards its functioning. Most of the time, the amount of fluid lost is balanced through the consumption of water and fluid-rich foods. However, in some cases, the body loses water quicker than it is replenished. This can lead to dehydration, with one of the main symptoms being a headache. Research has suggested that dehydration is a trigger for migraine, therefore, water is found to be effective in migraine frequency and severity reduction. Drinking too quickly can sometimes cause vomiting in those with dehydration, so it is best to take slow steps; sucking on an ice cube has been found useful in younger children.

### **Electrolyte Drinks**

Electrolytes are minerals your body requires to function, your body gets them through dietary intake. Dehydration can disrupt the important balance of electrolytes in your body, so replenishing them with a **low-sugar** sports drink may make you begin to feel better.

### **Regular Meals**

The body needs energy to function, most of the body's energy comes from the consumption of carbohydrates. The body converts carbohydrates into glucose, which is then transported through the blood into areas where energy is required. The brain requires a constant supply of glucose to function. If glucose levels fall the brain is one of the first organs affected, hence why headaches can appear shortly after skipping meals. Thus, it is important to have regular meals, meeting the 'Healthy Living Plate' guidelines. For some, eating regular meals means eating breakfast, having a small snack mid-morning, eating at lunch time, having a mid-afternoon snack, and eating at dinner time. Foods should be healthy and low in sugar.

### **Menstrual Headaches**

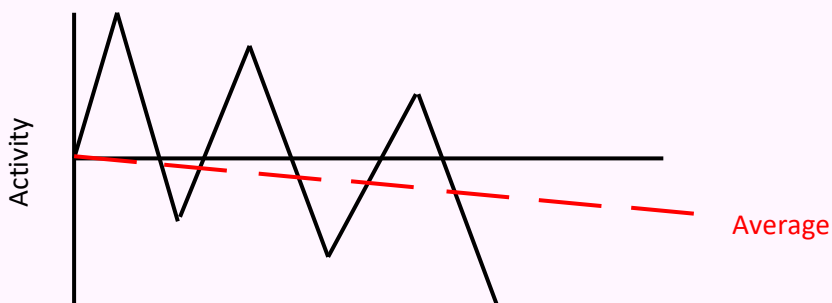
Many headaches are linked to changing levels of hormones, specifically oestrogen and progesterone, which occur during menstruation. Whilst some birth control may worsen headaches for some women, they can actually lessen them for others. If you suffer from headaches and are using, or planning to use, a hormonal method of contraception, you should discuss this with your GP or a family planning nurse.

# Changing How I Cope With Headaches: Doing Too Much or Too Little (7)

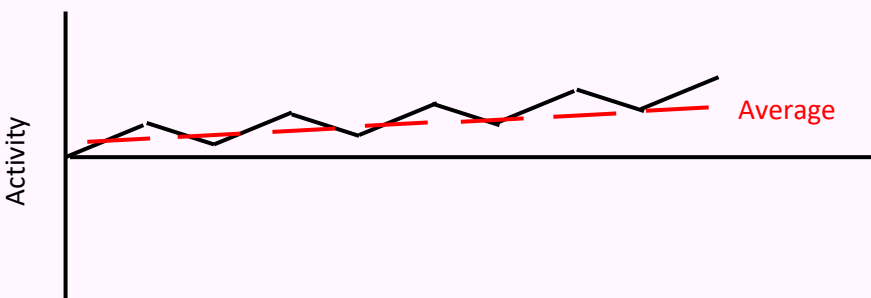
## Pacing

Some people who suffer with headaches make the choice to do less, or even nothing. This makes sense, however, it can result in you missing out on important and fun activities. However, we know that missing out can negatively impact your mood. Some people take the opposite approach and try to stay very active on days they feel better. Again, this approach makes sense but can be counterproductive. You may push yourself too hard and end up suffering, resulting in exhaustion and low-mood. This is referred to as a **boom and bust pattern**.

Pacing is a skill which enables you to consistently carry out activities without causing excessive exhaustion or inactivity. Pacing is the middle ground between doing nothing and doing too much. Over time you may notice that pacing enables you to do more.



1. Choose an activity, such as visiting your friends or housework.
2. Measure the length of time you feel physically and emotionally comfortable doing this. Do this at least 3 separate times on good and bad days.
3. Take the average of these times. This helps you find your comfortable starting point to spend on these activities. Try to stick to this time, no more and no less.

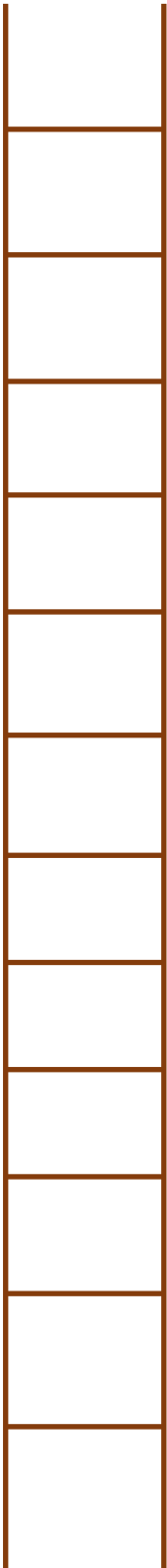


## Remember:

- Pacing can give you more control.
- Pacing is about judging when to stop an activity based on **time** and not mood.
- The comfortable starting point should be used on both good, and bad days. It is normal to find it difficult to limit yourself on good days.
- Using a comfortable starting point leads to improved tolerances and achievement.
- Taking a break is not a sign of weakness or failure. You may find it helpful to gradually build up the amounts you are able to do on the bad days.

## Changing How I Cope With Headaches: The Ladder Hierarchy

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Headaches can prevent us from doing things we like, such as going to the cinema, swimming, or spending time with friends. However, you cannot let them stop you, it is important that you practice fighting against avoidance! Ultimately, you need to face your fears if you want to overcome your headaches. It may seem overwhelming in the beginning, however, it is much easier if you break the process down into smaller steps.

Construct a ladder of places or situations that you avoid because of your headaches. At the top of the ladder, state the situation that you are most anxious about. At the bottom of the ladder, put places or situations you avoid, but don't bother you as much. Give each item a rating of 0-10 according to how anxiety provoking the situation is.

Overcome your headaches by approaching these situations, starting from the bottom of the ladder. Make sure you write down what you think will happen, before approaching the task, and compare this with what actually happened.

<u>Situation</u>	<u>Anxiety (0-10)</u>
Example: Going to a loud party	10
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Example: watching TV	2



## Calming The Body

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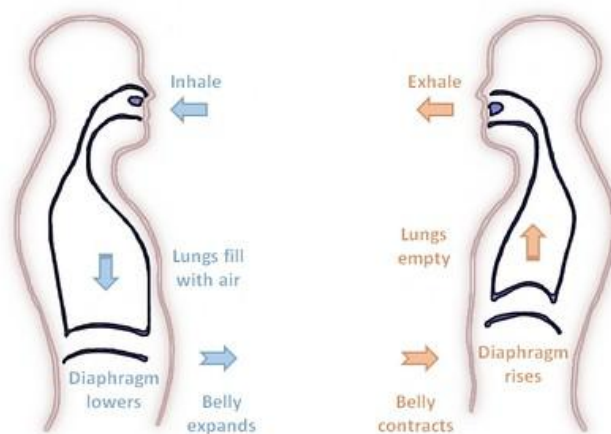
### **Progressive Muscle Relaxation (PMR).....(see p.11)**

Muscle tension is commonly associated with stress and anxiety, it is the bodies natural response to potentially dangerous situations. Even when there is no danger, our bodies can still respond in the same way. You may not always realise that your muscles are tense, it may be as subtle as your jaw clenching, or as obvious as your shoulders feeling really tight and hunched. PGR is a deep relaxation technique which is based upon the simple practice of tensing one muscle group at a time . This is followed by a relaxation phase with release of tension. This is very useful before bedtime.



### **Deep Breathing.....(see p.12)**

You can do this standing up, sitting in a supportive chair, or lying down comfortably. Let your breath flow deep into your stomach without forcing it. Breath in through your nose and out through your mouth. Counting to five will help you to breath calmly and regularly. Hold your breath for five seconds, as you exhale say 'relax'. Repeat this process for 3-5 minutes.



## Calming The Body: Deep Breathing

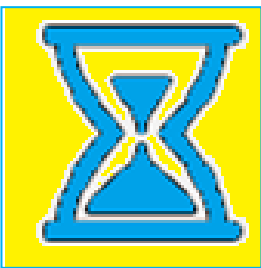
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During periods of anxiety, the body triggers the **Fight or Flight Response**. Breathing is shallow, uncontrolled, and muscles become tense. Deep breathing triggers the **Relaxation Response**, whereby breathing becomes deeper, controlled, slower, and the symptoms of anxiety reduce.

Sit or lie down comfortably. Close your eyes if it makes you feel more comfortable. Place your hand on your stomach, if you breath deeply enough, you should notice your hand rising and falling with each inhalation and exhalation. Imagine a balloon blowing up in your stomach as you breath in, and deflating as you breath out.



1. **Inhale.** Breath in slowly through your nose for 4-8 seconds.



2. **Pause.** Hold the air in your lungs for 4-8 seconds (however long is most comfortable for you).



3. **Exhale.** Breath out slowly through your mouth for 4-8 seconds.

**Repeat.** Practice for at least 2 minutes. As your technique improves, practice for 5-10 minutes.

### Tips

1. Slow down. The most common mistake is breathing too quickly. Count each step slowly as you do so.
2. Counting your breaths takes your mind off of the source of anxiety. Counting acts as a distraction, whenever you catch your mind wandering, return to counting.

## Progressive Muscle Relaxation 11

<b>1</b>	Get comfortable in a distraction free environment. You can either lay down or sit upright in a chair. Closing your eyes will help you focus on the different muscle groups, but you do not have to if you don't want to! <b>For all steps, hold the tense position for a couple of deep breaths, or however long is comfortable for you, then relax. Repeat each step three times.</b>
<b>2</b>	Draw a deep breath in through your nose and feel your abdomen rise as you fill your body with air. Then slowly exhale from your mouth, pulling your belly-button towards your spine.
<b>3</b>	Start with your feet. Clench your toes with your heel pressing towards the ground. Squeeze tightly for a couple of breaths and then release. It may help to say 'relax' whilst you release the tension. Next, flex your feet with your toes pointing towards your head.
<b>4</b>	Next move to your legs. Stretch your leg out, with your toes pointing towards the sky, feel the back of your leg tightening. Hold this for a couple of deep breaths and then release. Then, point your toes down into the ground with your leg straight for a couple of deep breaths.
<b>5</b>	Now move onto your glutes. Squeeze your buttocks muscles for a couple of deep breaths. Remember, you should only feel tension and not pain.
<b>6</b>	To tense your stomach and chest, pull your belly button in towards your naval as tight as you can. Breath in deeply, filling up your chest and lungs with air.
<b>7</b>	Next, tense your shoulder blades and back. Push your shoulder blades backwards, as if you are trying to get them to touch. This will push your chest forwards.
<b>8</b>	Now tense the muscles in your shoulders as you bring your shoulders up towards your ears.
<b>9</b>	Be careful when tensing your neck muscles! Face forward, and <u>SLOWLY</u> pull your head back to look up at the ceiling.
<b>10</b>	Squeeze your teeth together to tense your jaw. Open your mouth as wide as you can, as if you are yawning, to relax your mouth and jaw.
<b>11</b>	To tense your eyes and cheeks, squeeze your eyes tight shut.
<b>12</b>	Raise your eyebrows as high as they will go, as if you were surprised, to tense your forehead.
<b>13</b>	To tense your upper arms, bring your forearms up to your shoulder to 'make a muscle'.
<b>14</b>	Finally, to tense your hand and forearm, make fists with both of your hands.

*Practice means progress. Only through practice can you become more aware of how your muscles respond to tensions and relaxation. Training your body to respond differently to stress is like any training – practice is the key!*

## Calming The Mind

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### **Worry Tree.....(see p.14)**

Worry Trees are helpful for feelings of anxiety surrounding both hypothetical situations and current problems. A copy of a Worry Tree has been provided in this pack.

### **Visualisation.....(see p.15)**

Help yourself to feel more relaxed by thinking about things that make you feel calm and rested. For example, picturing your favourite place. This can be either independent, or you can take a guided visualisation approach. A guided visual imagery relaxation task has been provided in this pack.

### **Safe Place Visualisation.....(see p.16)**

A powerful stress reduction and relaxation tool, that can be applied at any time, in any location.

### **Self Soothing Strategies.....(see p.17)**

Develop self-soothing strategies so that you don't have to always rely on family and friends.

### **Developing Coping-Self Talk.....(see p.18)**

These are phrases that you can say to yourself that are supportive. For example "Just because it has happened before it does not mean it will happen again"





# Worry Tree 13

1. What is making you worry?

\_\_\_\_\_

2. Can I do anything about this issue?

**NO**

**YES**

Try to distract myself to ease my worry

Make a mind-map or list showing what different things I can do to stop or improve my worry.

3. Can I do anything about it **right now**?

Yes, I can...

\_\_\_\_\_

No, I cannot do anything about it in this moment.

Do this now!

Make a mind-map or action plan of what I can do in the future to help ease my worry.

Stop worrying and distract yourself.

Do my best to stop worrying by distracting myself, until I can action my plan.

Tip: make your mind-maps and lists colourful, you will be more likely to remember what you have written, and engage with the material more!

## Guided Visual Imagery Relaxation: The Beach

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*Lay down, or sit comfortably in a quiet room. Use the deep breathing techniques you learnt earlier in this pack, close your eyes and listen to somebody read you the following script. You can also read this script to yourself. You may find it more relaxing to play an audio track of crashing waves on the beach; this can be sourced on YouTube, Spotify, and most other online music platforms.*

You're walking down a long wooden stairway to a big, beautiful beach. It is very quiet and stretches off into the distance as far as you can see. As you look down you notice that the sunlight is reflecting off of the golden sand. You step into the sand, it feels warm so you wriggle your toes. You notice the warmth from the sand between your toes and around your feet. You notice the sounds of the waves crashing and chasing you up the shore, the water sparkles like a diamond as it retreats back. The roaring sound of the waves is so soothing that you can just let go of any worries.

The ocean is a beautiful light blue, with patches of darker sapphire in the deep. As you look at these deep blue areas you notice a small sailboat on the horizon. All of these sights help you to let go of any worries and relax even more.

As you continue walking along the beach, you become aware of the fresh salty sea air. You look up take a slow deep breath in, and breath out. This breath makes you feel refreshed and relaxed. As you look up you notice two seagulls, the wind gusts and they appear to dance in graceful circles above you. It makes you wonder how it would feel if you could fly under the warm sun.

You find yourself settling into a deep state of relaxation as you walk further down the beach. You feel the sun wrap its warm arms around you, the warmth relaxes all of your muscles. You notice a beach chair as you walk down the beach, once you reach it you take a seat. Laying back in this comfortable chair makes you reflect on everything you have felt, seen and thought at this beach. You drift into a deeper state of relaxation.

Now, feeling relaxed and at peace, you slowly rise from the beach chair and step into the warm sand to walk home. As you walk, you remember how relaxing this beach has been, and you know that you can come back to this place anytime you like. You start to climb the wooden stairs and gradually bring yourself back into the room. When you are ready, you can open your eyes.

## Relaxing Safe Place Imagery

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All visualisations can be strengthened by engaging all of your senses in creating your 'Safe Place'. If you any negative thoughts enter your positive imagery, discard that image and create another one.



VISION



HEARING



SMELL



TASTE



TOUCH



Get comfortable in a quiet place where you won't be disturbed. Sit, or lie, comfortably. Take a few minutes to practice some deep breathing, become aware of any tension in your body, and release it with each breath.

Imagine a place where you can feel safe and relaxed. Your safe place can be somewhere you have been on holiday, somewhere you have seen a picture of, or a completely new place you create. Avoid using your home as your safe place.

Look around your safe place, pay attention all the colours and shapes around you. Describe what you see aloud.



Now focus on what you can hear. Listen to the sounds far away from you, and those close to you. Perhaps you hear is silence. You may hear the sound of running water, or the crunch of leaves under your feet.

Now focus on any skin sensations. Notice the feel of the ground beneath your feet, or whatever is supporting you in this place. Pay attention to the temperature and direction of the wind, and anything else you can feel.



Take a deep breath in. Place your hand on your stomach, and imagine a balloon inflating in your stomach. Can you notice any smells there? Maybe you can taste the salty sea air as you inhale?



Pay attention to all of these sensations whilst you spend time relaxing in your safe place.

Whilst you're in your safe place, give it a name that you can use to bring that image back at any time.

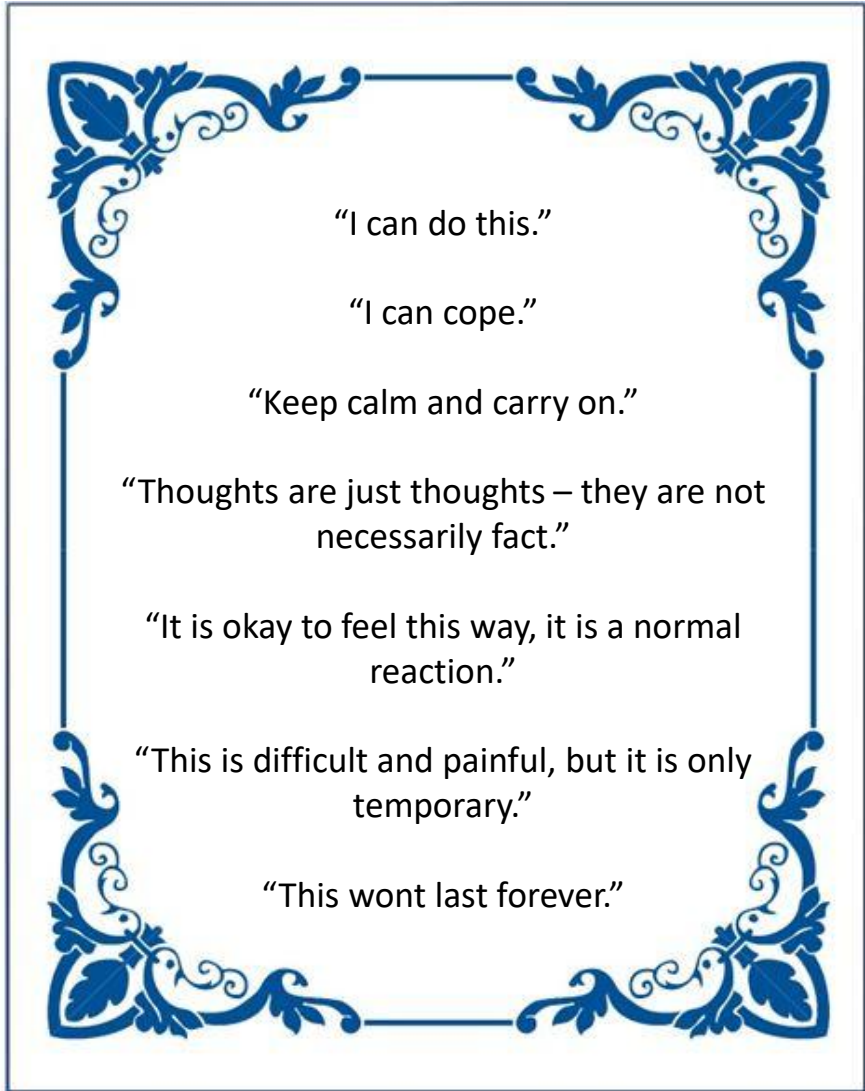
You can choose to stay for a while, enjoying the calmness and tranquillity. You can leave when you are ready by slowly opening your eyes and bringing yourself back to alertness in the present.

## Develop Coping Thoughts/Positive Self-Talk

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Positive statements encourage us and help us cope through distressing times. We can act as our own coach by saying these encouraging things to ourselves.

Some examples include:



### Activity:

Situation	Coping Thought/Positive Statement
Example: I have started in a new school. I do not know anybody here yet. I am worried about speaking to new people and making new friends.	It is okay, everybody experiences first day nerves. I will make friends soon enough!
I have exams in the next couple of weeks, they are really important. I am worried I will miss an exam, or do badly in them.	
My best friend has a contagious illness, she wants me to visit her. I have anxiety about becoming unwell.	
I have to talk to my whole class to present a piece of work. I can feel myself getting hot, my heart rate increasing, and my mouth getting dry.	



## Self-Soothing

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### **5, 4, 3, 2, 1 Grounding Technique**

This approach explores your five senses to help keep you grounded in the present. This is a calming technique that can help you get through periods of anxiety, or headaches. It can be done independently, making it useful for when you are alone.

Take a deep belly breath to begin. Imagine a balloon in your stomach filling up with air as you breath in.

**LOOK:** Look around for **5** things that you can see, and say them out loud. For example, you could say, I see the TV, I see the pencil case, I see a vase of flowers.



**FEEL:** Pay attention to your body and think of **4** things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my slippers, I feel the grass beneath my feet, or I feel the beanbag I am sitting on.



**LISTEN:** Listen for **3** sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.



**SMELL:** Say **2** things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favourite smells. You may say, I can smell dinner cooking, or I can smell perfume.



**TASTE:** Say **1** thing you can taste. It may be the toothpaste from brushing your teeth, or sweetness from fruit. If you can't taste anything, then say your favourite thing to taste.



Take another deep belly breath to end.

## Supporting Young Children and Teenagers Suffering From Headaches

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It can be difficult to see a child/teenager in pain. However, as an adult there are ways in which you can help improve their ability to cope with pain:

- 1. Reassurance** – Receiving a diagnosis from a GP means that more information can be provided, and a treatment plan can be formulated. This is reassurance that the child/teenager is experiencing something real, and that healthcare professionals are available for support.
- 2. Record** – It is important to keep a headache diary. This will allow doctors to make a firm diagnosis and determine if any treatments are working. Another benefit of a headache diary is that it helps to identify triggers, patterns, and warning signs of headaches. This can be very helpful to give to schools so they can act quickly and appropriately. Please ask your doctor for a headache diary if you plan to see them again, and think that this would be helpful.
- 3. Observation** – Watch your child/teenager, you may be able to sense when they are about to have a headache attack. You may suspect the onset of an attack by recognising certain warning signs which can occur 2-48 hours prior. These may include fatigue and yawning, muscular pain, a pale complexion (looking 'washed out'), they are more quiet and irritable than usual, confusion, and food cravings.
- 4. Encourage** – The child/teenager may feel more confident in their ability to cope with their condition if they try to manage it. Your role is to provide positive encouragement that they can cope with, and manage, their headaches, as well as utilise strategies in this pack.
- 5. Support** – Headaches may affect the child/teenager's ability to complete homework, coursework, and revision. Offering support at home with studies may relieve some of stress, in turn decreasing the chance of reoccurring headaches. Provide this information sheet to their school/college so they can provide extra support where necessary.

## Online Support

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### **Apps:**

Mindfulness and Sleep: <https://www.smilingmind.com.au/>

Meditation and Sleep: <https://www.calm.com/>

Meditation: <https://www.headspace.com/kids>

Progressive Muscle Relaxation: <https://www.thinkpacifica.com/>

### **Websites:**

Resources for Teachers, Parents, Carers, and Children: <http://www.youngminds.org.uk/>

Free Online Counselling: <https://www.kooth.com/>

Stress and Anxiety: <https://www.moodcafe.co.uk/for-children-and-young-people/feeling-worried,-frightened,-stressed-or-anxious.aspx>

Anxiety and Depression: <https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

Mindful Breathing: [www.getselfhelp.co.uk/mindfulness.htm](http://www.getselfhelp.co.uk/mindfulness.htm)

Mindful Activity: [www.getselfhelp.co.uk/mindfulness.htm](http://www.getselfhelp.co.uk/mindfulness.htm)

Relaxation Techniques: [www.getselfhelp.co.uk/relax.htm](http://www.getselfhelp.co.uk/relax.htm)

Relaxing Imagery: [www.getselfhelp.co.uk/imagery.htm](http://www.getselfhelp.co.uk/imagery.htm)

Thought Distancing: [www.getselfhelp.co.uk/cbtsetp6.htm](http://www.getselfhelp.co.uk/cbtsetp6.htm)

Supporting Sleep: [www.getselfhelp.co.uk/sleep.htm](http://www.getselfhelp.co.uk/sleep.htm)

Self Help (Insomnia): <https://www.getselfhelp.co.uk/sleep.htm>

Headache Information: <https://www.migrainetrust.org/>

Social Anxiety UK: [www.social-anxiety.org.uk](http://www.social-anxiety.org.uk)

## Local Free Youth Counselling and Mental Health Services: Berkshire



**Frimley Health**  
NHS Foundation Trust

### **Number 22**

*\*must be aged between 12-25 and live in Windsor, Maidenhead or Slough\**

27 Church Street, Slough, SL1 1PL  
Tel: 01628 636661  
Email: [info@number22.org](mailto:info@number22.org)

Self Referral Link:

<https://number22.org/enquiry-form/>

Telephone support line, aged 11+, bookable  
25- minute telephone appointment.  
Link to book telephone appointment:  
<https://number22.org/support22/>

### **Time to Talk**

*\*Must be aged 11-25 and live in West Berkshire.\**

Up to 12 free counselling sessions. Face-to-face, online or telephone sessions.

Broadway House, 4-8 The Broadway, Newbury, RG14 2BA  
Tel: 01635 760 331  
Email: [office@t2twb.org](mailto:office@t2twb.org)

Self Referral Link:

<https://t2twb.counsel360.co.uk/referral/create>

### **Youthline**

*\*Must be aged 12-25 and live in Bracknell Forest.\**

Counselling sessions in person, online and by telephone.

Tel: 01344 311200

Email: [ask@youthlineuk.com](mailto:ask@youthlineuk.com)

Self Referral Link:

<https://www.youthlineuk.com/counselling-enquiry>

### **ARC Youth Counselling**

*\*must be aged 11+ and live in Wokingham\**

Counselling sessions face-to-face or online.

Tel: 0118 977 6710

Email: [Office@arcweb.org.uk](mailto:Office@arcweb.org.uk)

Self Referral Link:

<https://arcweb.org.uk/get-in-touch/>

### **Child and Adolescent Mental Health Service (CAHMS)**

*\*Must be age 0-17 and live in Berkshire\*.*

For more serious concerns about your child's mental health.

Tel: 0300 365 1234 (for non-urgent enquiries)

For urgent mental health concerns about a young person: Call the mental health access team on 0300 247 0000.

Link to Refer:

<https://forms.berkshirehealthcare.nhs.uk/cyph/>

For lower level mental health concerns, search for the **Getting Help Team** in Buckinghamshire, which can be accessed via Early Help.

### **Berkshire Talking Therapies**

*\*must be aged 17+ and live in Berkshire\**

Talking therapy for anxiety, low mood & stress.

Tel: 0300 365 2000

Email: [talkingtherapies@berkshire.nhs.uk](mailto:talkingtherapies@berkshire.nhs.uk)

Self Referral Link:

<https://gateway.mayden.co.uk/referral-v2/7c824928-ff62-4838-855e-80d1281dfb94>

## Local Free Youth Counselling and Mental Health Services: Buckinghamshire



Frimley Health  
NHS Foundation Trust

### **Bucks Mind**

*\*Must be aged 13-21 and live in Buckinghamshire\**

Face-to-face and online appointments.

Tel: 01494 463364.

Email: [ypcounselling@bucksmind.org.uk](mailto:ypcounselling@bucksmind.org.uk)

Referral Link:

<https://www.bucksmind.org.uk/young-peoples-counselling-referral-form/>

### **Youth Enquiry Service (YES Wycombe)**

*\*Must be aged between 13-35 and live in High Wycombe\**

52 Frogmoor, High Wycombe, HP13 5DG

Tel: 01494 437373

Email: [info@yeswycombe.org](mailto:info@yeswycombe.org)

Referral Link:

<https://www.yeswycombe.org/get-in-touch>

### **Buckinghamshire Talking Therapies**

*\*must be aged 17+ and live in Buckinghamshire\**

Talking therapy for anxiety and depression.

Tel: 01865 901 600

Text: Text TALK and your name to - 07798 667 169

Self Referral Link:

<https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=eb19256a-1304-4192-bbc3-56aab5e1c7c6>

### **Youth Concern**

*\*must be aged between 13-25 and live in Aylesbury Vale, Buckinghamshire\**

Offer 20 free counselling sessions face-to-face, by phone or virtual.

The Uptown Coffee Bar, Whitehill Lane, Aylesbury, HP19 8FL.

Tel: 01296 431183

Text or Whatsapp: 07470 833500

Email: [admin@youthconcern.org.uk](mailto:admin@youthconcern.org.uk)

Self Referral:

You can ask for counselling by contacting

Margaret: [counselling@youthconcern.org.uk](mailto:counselling@youthconcern.org.uk)

### **Child and Adolescent Mental Health Service (CAHMS)**

*\*Must be age 0-17 and live in Buckinghamshire\*.*

For more serious concerns about your child's mental health.

Tel: 01865 901 951

Email: [BucksCAMHSSPA@oxfordhealth.nhs.uk](mailto:BucksCAMHSSPA@oxfordhealth.nhs.uk)

Link to Refer:

<https://secureforms.oxfordhealth.nhs.uk/camhs/Buckinghamshire.aspx>

For lower level mental health concerns, search for the **Getting Help Team** in Buckinghamshire, which can be accessed via Early Help

<https://www.buckssafeguarding.org.uk/childrenpartnership/professionals/early-help/>

## Local Free Youth Counselling and Mental Health Services: Surrey and Northeast Hampshire



**Frimley Health**  
NHS Foundation Trust

### **Mindworks Surrey**

*\*Must be age 0-17 and live in **Surrey or Northeast Hampshire**\**

Emotional wellbeing and mental health service

### **Early Support**

Self-referral and lots of helpful resources at  
[www.mindworks-surrey.org](http://www.mindworks-surrey.org)

Tel: 0300 222 5850

### **Community Mental Health Teams (CAMHS)**

These services are for more serious concerns about your child's mental health. Referrals must be made by a professional.

Crisis line (6+ years): 0800 915 4644

### **Hampshire Child and Adolescent Mental Health Service (CAMHS)**

*\*Must be aged between 8-18 and live in **Hampshire**, n.b. for Northeast Hampshire see Mindworks Surrey\**

Support for a range of emotional and mental health difficulties

Tel: 02382 317 912

Email:

[hantscamhsspa@southernhealth.nhs.uk](mailto:hantscamhsspa@southernhealth.nhs.uk)

Referral Link:

[www.portal.hampshirecamhs.nhs.uk](http://www.portal.hampshirecamhs.nhs.uk)

### **Hampshire Youth Access**

*\*must be aged between 5-17 (or 24 for care leavers and SEND) and live in **Hampshire**\**

Counselling, mental health and emotional wellbeing advice and support.

Tel: 02382 147 755

Text: text 'HANTS' to 85258

Email: [enquiries@hampshireyouthaccess.org.uk](mailto:enquiries@hampshireyouthaccess.org.uk)

Website: [www.hampshireyouthaccess.org.uk](http://www.hampshireyouthaccess.org.uk)

### **Talking Therapies Hampshire**

*\*must be aged 16+ and registered with a GP in **Hampshire**\**

Talking therapy for anxiety and depression.

Tel: 023 8038 3920

Email: [info@italk.org.uk](mailto:info@italk.org.uk)

Self Referral Link: [www.italk.org.uk/self-referral/](http://www.italk.org.uk/self-referral/)

### **Healthy Surrey Talking Therapies**

*\*must be aged 17+ and registered with a GP in **Surrey**\**

Talking therapy for anxiety and depression.

Organisations within Healthy Surrey:

Centre for Psychology:

[www.centreforpsychology.co.uk](http://www.centreforpsychology.co.uk)

DHC Talking Therapies:

[www.dhctalkingtherapies.co.uk](http://www.dhctalkingtherapies.co.uk)

IESO digital health:

[www.iesohealth.com/areas/surrey](http://www.iesohealth.com/areas/surrey)

Mind Matters:

[www.mindmattersnhs.co.uk](http://www.mindmattersnhs.co.uk)

With you: [www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)

A wealth of general health and wellbeing resources: [www.healthysurrey.org.uk](http://www.healthysurrey.org.uk)



**Frimley Health**  
NHS Foundation Trust

## Free National Services

### **Emergency Services**

If you feel like you may attempt suicide, have injured yourself, taken an overdose, or are worried about immediate safety call **999**

Call the NHS on **111** and select option 2.  
Contact your GP.

Call **HOPELINEUK** on 0800 068 4141

Call **Samaritans** on 116 123.

Text **SHOUT** to Shout's textline on 85258.

### **Childline**

Free confidential online service where you can talk about anything. Online resources for young people for a variety of struggles

Website link: [www.childline.org.uk](http://www.childline.org.uk)

Tel and online chats open 24/7

Tel: 0800 1111

Link to 1-to1 webchats with online counsellors

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Support aimed for children under 12:

[www.childline.org.uk/get-support/u12-landing/](http://www.childline.org.uk/get-support/u12-landing/)

### **The Mix**

*\*Ages 11-25\**

Telephone or webchat counselling.

Contact Link:

<https://www.themix.org.uk/about-us/contact-us>

Self Referral Link:

<https://themix.my.salesforce-sites.com/CounsellingBooking>

### **Kooth**

*\*For young people aged 11-25\**

Free, anonymous online counselling, via a live chat service or messages.

Website link: <https://www.kooth.com/>

Link to sign up for support:

<https://www.kooth.com/signup/available-in-many-areas>

### **Mind**

Website link:

<https://www.mind.org.uk/for-young-people/>

Variety of resources and information regarding mental health and wellbeing for young people

## Local Youth Support Services

### **Fleet Phoenix**

*\*young people and families living in **Hart district**\**

Music projects, youth clubs and mentoring projects, anxiety workshops, and community outreach programmes

Website link-

[www.fleetphoenix.co.uk](http://www.fleetphoenix.co.uk)

### **Berkshire Youth Support Service**

*\*Youth clubs for those living in **Berkshire**\**

Website link -

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

### **Action4Youth**




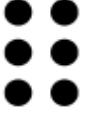
*\*For young people living in **Buckinghamshire**\**

Youth groups

Website link -

<https://www.action4youth.org/youth-groups/>

For a translation of this leaflet or to access this information in another format including:

Large Print				
	Easy read	Translated	Audio	Braille

Please contact the Patient Advice and Liaison Service (PALS) on:

**Frimley Park Hospital**

**Telephone:** 0300 613 6530  
**Email:** [fhft.palsfrimleypark@nhs.net](mailto:fhft.palsfrimleypark@nhs.net)

**Wexham Park and Heatherwood Hospitals**

**Telephone:** 0300 615 3365  
**Email:** [fhft.palswexhampark@nhs.net](mailto:fhft.palswexhampark@nhs.net)

<b>Frimley Park Hospital</b> Portsmouth Road Frimley Surrey GU16 7UJ	<b>Heatherwood Hospital</b> Brook Avenue Ascot Berkshire SL5 7GB	<b>Wexham Park Hospital</b> Wexham Street Slough Berkshire SL2 4HL
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**Switchboard:** 0300 614 5000      **Website:** [www.fhft.nhs.uk](http://www.fhft.nhs.uk)

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<b>Author</b>	Dr. Lara Payne, Clinical Psychologist	<b>Department</b>	Paediatric Psychology Service		
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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.