

Managing Anxiety: A Mini Toolkit

 khulisa



Intro- why this toolkit may work for you

Being isolated and having big changes to our normal lives is likely to cause you to feel anxious, worried, and scared. This is normal, and there are things you (and the people you live with) can do to make this time as manageable as possible. To stay well when everything is changing, we need to look after our emotions and our bodies.



While reading this toolkit, lookout for the light bulb for tips and techniques to help you look after you and your daily wellbeing



This toolkit is interactive – it may ask you to reflect on questions, write, and/or draw your thoughts and feelings. Lookout for the thinking bubble for activities you can do to help you understand your thoughts and feelings and the impact they have on you.



Doodle – This is your own personal toolkit so feel free to make notes, draw, scribble and complete the tasks when you see this sign. Not all the ideas will be helpful for everyone. So take what you find useful and leave the rest (we do recommend you try as many of the ideas as possible before deciding what is and isn't for you).



Remember – When you see this sign, this is highlighting key bits of information that might be useful for you to remember.



Movement symbols - It's a good idea to stand up and move around at the end of each task. Listen to a song you love, shake your arms and legs about, stretch, do star jumps or walk around the space you're in a few times, take some deep breaths as you move around.



Quiz- what do you already know?



Let's see how much you already know about anxiety- don't worry it's not a test.

- | | |
|--|---------------|
| 1. Anxiety's main job is to keep you safe | True or False |
| 2. Feeling anxious can be harmful | True or False |
| 3. Feelings of anxiety eventually go away | True or False |
| 4. Most people don't feel anxious | True or False |
| 5. Everyone can tell when you're anxious | True or False |
| 6. If you get REALLY anxious you could lose control or go crazy | True or False |
| 7. Anxiety problems are common | True or False |
| 8. Having problems with anxiety means you're weak | True or False |
| 9. If you're a really anxious person, there's not much you can do to change that | True or False |
| 10. Telling yourself to "relax" is a very effective way to deal with anxiety | True or False |



Answers:

1.True- When faced with perceived danger, your body goes through lots of changes in order to get you ready to protect yourself. Your body revs up (e.g., muscles tense up) and you are ready to strike out at danger, make a safe getaway or hold still until the danger passes- fight, flight, and freeze responses.

2. False- Your body is designed to react to danger. The changes you feel in your body are adaptive, which means they are meant to keep you safe. For example, your heart makes sure that blood and oxygen is being pumped to major muscles like your biceps or thighs. This gives you the energy and power to strike out at danger or to run away as fast as you can. These changes might feel uncomfortable or annoying, but they're not dangerous.

3.True- Sometimes anxiety feels like it could go on forever. However, eventually it always goes away or lessens. Just like your body is designed to rev up to protect you from danger, your body is also designed to dial down at some point. It may take a little time, but it will come down.

4.False- Everyone feels anxiety at times. For example, most people feel anxious on the first day of school, before a final exam, or at a job interview. The only difference between people is how often, how easily, and how much anxiety they experience.

5.False- Anxiety can feel really loud to you. It's like listening to music on your phone full blast with your earphones. But most other people don't really notice (except maybe those closest to you like your parents or best friend). Having anxiety is like someone walking by you on the sidewalk while you're listening to your music with earphones, they only hear a quiet muffled sound, if anything.

6.False- Although sometimes we can feel really overwhelmed or panicky when we're anxious, we're not going to lose control or go crazy. That's just not what happens when we're anxious.

7.True- Anxiety problems are quite common. In fact, 1 in 4 teens will experience some type of problem with anxiety at some point. If you struggle with anxiety – you are not alone!

8.False- Having anxiety problems does not mean there is anything wrong with you. It has nothing to do with strength. In fact, there are lots of famous and successful people with anxiety problems. For example, Emma Stone, Jennifer Lawrence, Zayn Malik, Lady Gaga, Adele, Selena Gomez, David Beckham, and John Mayer just to name a few! However, it does take strength to acknowledge that anxiety is a problem for you and to take steps to deal with it.

9.False- If anxiety is a problem for you, there is a lot you can do! You can learn strategies to relax, challenge worrisome thinking, and face your fears. You can take control of managing your anxiety, so it doesn't hold you back! You have taken the first step already by visiting this site.

10.False- When you struggle with anxiety, it's not as simple as just telling yourself to "relax." Most people have to learn some new coping strategies that will help them better deal with anxiety. The good news is that there is help available. And this website and the Mindshift CBT app are great places to start.

Add up your correct responses to get your score and see your results!

0 – 3 = Looks like you need a bit more information before you become an anxiety expert

4 – 6 = You're well on your way to being an anxiety expert

7 – 10 = Congratulations! You're an anxiety expert

1. What to do if you're worried about anxiety

Take a moment to reflect on your anxiety levels.



On a scale of 1-10, how have you been feeling lately? – circle where you think you are. 10 being the most anxious you've ever felt and 1 being not anxious at all.



If you think you may struggle with anxiety, or just would like some coping strategies to better manage it, then this toolkit will help you do just that. In this toolkit we will share some useful exercises/things you can do to help get your anxiety under control. Some of the things might sound a bit weird, but they are all things that have helped others, including the staff who work at Khulisa. We suggest trying as many of the ideas as possible before deciding which ones work best for you.



Make notes or draw a picture on how you're feeling

If you are worried about your emotional health (e.g. feeling lonely, depressed, anxious, or suicidal) there are places you can reach out for free and professional support here (more listed at the back of the toolkit):

- The Mix <https://www.themix.org.uk/mental-health> offers online advice, as well as a phone line (0808 808 4994) and a text crisis line (text THEMIX to 85258)
- Young Minds Crisis Messenger – text YM to 85258
Call Childline on 0800 1111



2. Anxiety- the basics

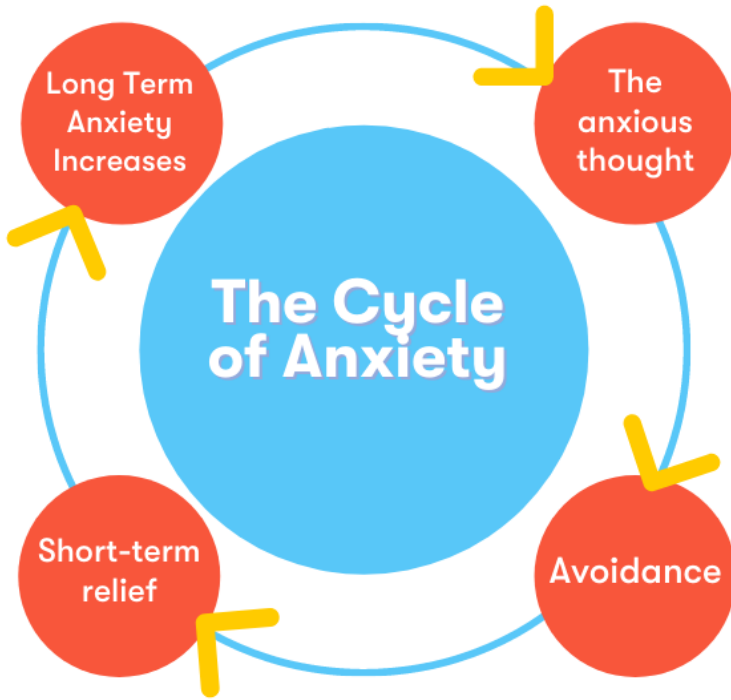
So, from the quiz at the start, you should already know a little bit about anxiety, but let's go a little bit deeper.

When we think of something that makes us uncertain or worried, we can become anxious. Anxiety is a feeling of unease, such as worry or fear and is actually helpful in small doses as it helps protect us from danger. It does this by helping us focus our attention on problems, letting us know when something important is happening and helps us perform at our best, e.g., an exam coming up we need to revise for, healthy anxiety will push us to revise. However, although anxiety is designed to protect us in the face of real danger, sometimes anxiety grows out of control, having the opposite effect. It can leave us unable to solve problems and can potentially start affecting our daily lives. We know anxiety may be becoming a problem when it:

- Goes off when there is no real or immediate danger (e.g., like a smoke alarm that goes off when you're just making toast)
- Happens a lot
- Feels pretty intense
- Is upsetting and causes you distress
- Stops you from doing fun and important things (e.g., like going to school dances or parties, making friends or dating, getting your homework done, or getting a job or your driver's license)



When you are worried it is easier to imagine the worst-case scenario and start to have irrational thoughts, but in reality, these worries may never come true. What could happen is NOT the same as what WILL happen. This often makes us want to avoid the situation, but in fact this is one of the most harmful things you could do, as although avoiding the situation will make you feel better temporarily, the next time you face a similar situation you will feel worse! And the cycle continues. Check out the diagram below to see the cycle.



1. The anxious thought:
A situation causes anxious thoughts, and you may feel worried, fearful, overwhelmed etc.

2. Avoidance
To stop you from feeling like this, you avoid whatever it is that caused you to feel anxious. E.g. skipping a lesson to miss having to present, not answering your phone to avoid confrontation, going out instead of working on a challenging task, using drugs or alcohol to escape.

3. Short-term relief
Avoiding the anxiety producing situation temporarily lessens your feelings of anxiety. You feel better, but only for a short time.

4. Long term anxiety increases
The situation that caused you to feel anxious becomes worse. Your anxiety increases even more as your brain has learnt that avoiding the situation provides relief. The anxiety and fear then builds up and becomes even worse as you have not learnt how to manage it- you are therefore more likely to avoid the situation and therefore the cycle continues.



Can you think of an example of your own anxiety cycle? Have a go at trying to see what you could do to break the cycle- There are no right or wrong answers.



If we learn how to face whatever it is that makes us anxious, it will lose its power over us and reduce how anxious we feel. There are multiple handy things we can do to try and reduce our anxious thoughts.

- 📖 **Anxiety body map**
- 📖 **Challenging anxious thoughts**
- 📖 **Bringing thoughts to trial**
- 📖 **Thoughts, feelings, behaviour**

We will go through each one below. But before that lets look at some symptoms of anxiety. Feel free to tick off any symptoms that you go through:

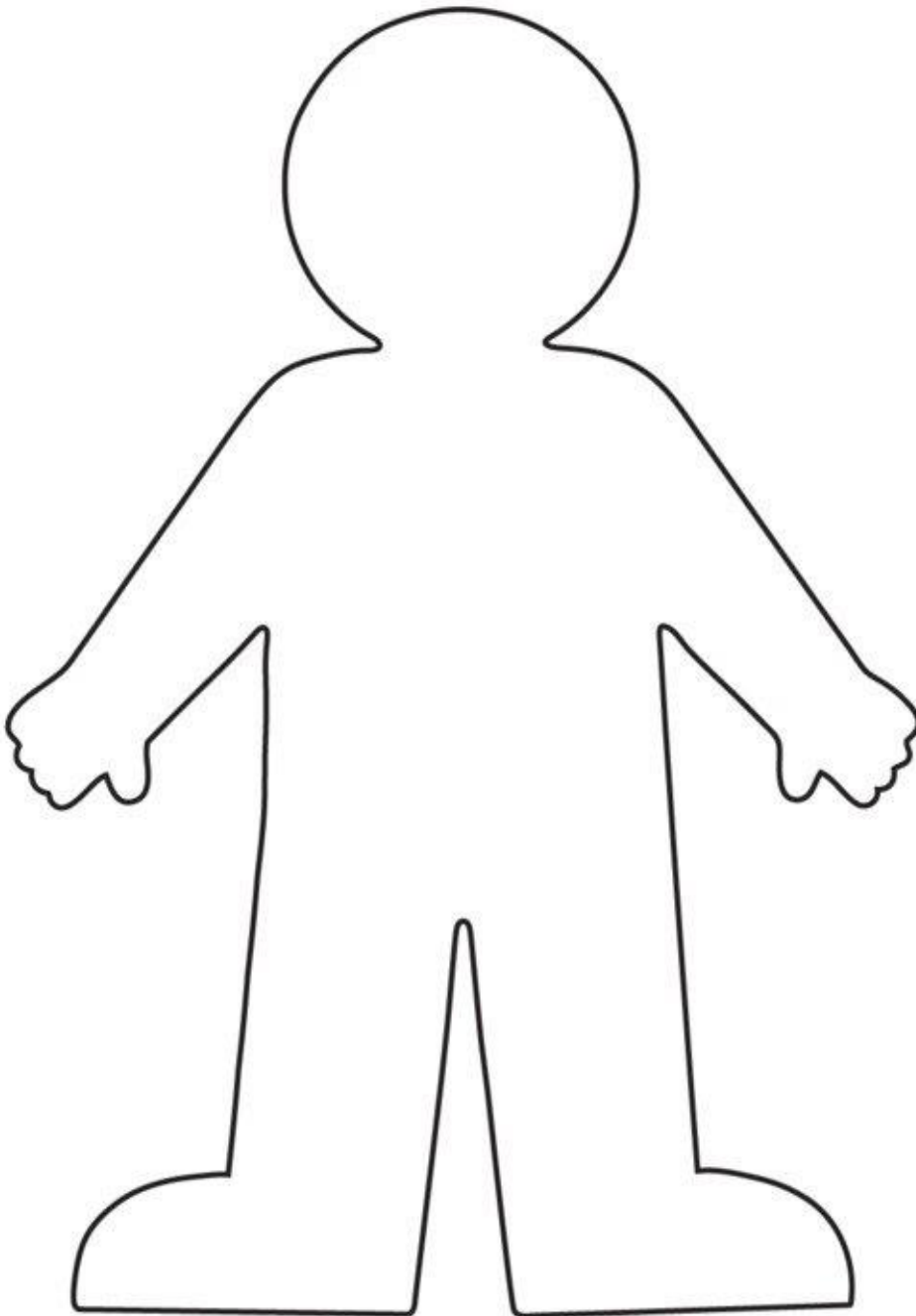
<p style="text-align: center;">Physical Symptoms</p> <ul style="list-style-type: none"><input type="checkbox"/> Increased heart rate<input type="checkbox"/> Shortness of breath<input type="checkbox"/> Chest pain or pressure<input type="checkbox"/> Choking sensation<input type="checkbox"/> Dizziness, light headedness<input type="checkbox"/> Sweating, hot flashes, chills<input type="checkbox"/> Nausea, upset stomach, diarrhoea, Trembling, shaking<input type="checkbox"/> Weakness, unsteadiness, faintness<input type="checkbox"/> Tense muscles, rigidity<input type="checkbox"/> Dry mouth<input type="checkbox"/> Other: _____	<p style="text-align: center;">Cognitive Symptoms (things going on in your head)</p> <ul style="list-style-type: none"><input type="checkbox"/> Fear of losing control, being unable to cope<input type="checkbox"/> Fear of physical injury or death<input type="checkbox"/> Fear of "going crazy"<input type="checkbox"/> Fear of negative evaluations by others<input type="checkbox"/> Frightening thoughts, images, or memories<input type="checkbox"/> Perceptions of unreality or detachment<input type="checkbox"/> Poor concentration, confusion, distractibility<input type="checkbox"/> Narrowing of attention, hypervigilance for threat<input type="checkbox"/> Poor memory<input type="checkbox"/> Difficulty in reasoning, loss of objectivity<input type="checkbox"/> Other: _____
<p style="text-align: center;">Behavioural Symptoms</p> <ul style="list-style-type: none"><input type="checkbox"/> Avoidance of threat cues or situations<input type="checkbox"/> Escape, flight<input type="checkbox"/> Pursuit of safety, reassurance<input type="checkbox"/> Restlessness, agitation, pacing<input type="checkbox"/> Hyperventilation<input type="checkbox"/> Freezing, motionlessness<input type="checkbox"/> Difficulty speaking<input type="checkbox"/> Other: _____	<p style="text-align: center;">Emotional Symptoms</p> <ul style="list-style-type: none"><input type="checkbox"/> Feeling nervous, tense, wound up<input type="checkbox"/> Feeling frightened, fearful, terrified<input type="checkbox"/> Being edgy, jumpy, jittery<input type="checkbox"/> Being impatient, frustrated<input type="checkbox"/> Other: _____

3. Anxiety body map

Anxiety can make you feel lots of different things. Our brain doesn't always know the difference between real and perceived threat. Our bodies might prepare for Fight, Flight, Freeze, Faint/Flop or Friend. When we realise the stimulus is non-threatening, our stress hormones re-balance and we regain equilibrium and function.



Draw any physical sensations that occur in your body when you are anxious / in survival mode (fight, flight, freeze, flop or friend):



Adapted from an exercise by Pete Wallis – A Programme for Children and Young People Who Have Experienced Victimization (Jkp Resource Materials, 2010).



Regulation / Dysregulation Script



After you have completed your body map, reflect and respond:

- Things that make me anxious are...
- When I am anxious, I notice...
- When I am anxious, I am drawn to ...
- I feel ...
- I think ...
- When I am anxious, I need (from myself)...
- When I am anxious, I need (from others)
- I will let them know this by ...
- Others could help me by ...
- I will let them know this by ...

Did you find this exercise useful?





4. Challenging anxious thoughts

This exercise will help us to catch our irrational thoughts and replace them with rational alternatives. The idea is that with enough practice this process will become natural to help manage anxiety.



Write down a situation that triggers your anxiety

e.g., Being in a big group of people, having to give a presentation

Anxiety distorts our thinking and heightens the fear that something will go wrong, imagining that the potential outcome is a lot worse than in reality. Sometimes just taking a moment to think about this can help us recognise these thoughts and tackle them.

Going back to the anxiety producing thought you produced above. Imagining you are face it right now, what will be the:

Worst outcome: _____

Best outcome: _____

Likely outcome: _____

Imagine the worse outcome comes true. Would it still matter

1 week from now? _____

1 month from now? _____

1 year from now? _____



Now let's try this. Again, using your worst outcome and likely outcome, try and rephrase your irrational thought into a more rational counterstatement.

E.g. irrational thought 1: 'I am going to forget my speech and embarrass myself in front of everyone, they will never let me live it down' vs rational thought: 'My speech might just be OK, but if I do mess up everyone will forget about it soon enough'.

Irrational thought 2: 'I can't go out like this my hair is a mess and people will stare at me' vs rational counter thought: 'My hair looks a little messy today, but everyone will be too occupied with other things to notice. Even if they do notice they probably won't even care.'

Irrational thought: _____

Rational counterthought: _____

Irrational thought: _____

Rational counterthought: _____

Irrational thought: _____

Rational counterthought: _____

Did you find this exercise useful?





5. Bringing thoughts to trial

Another thing we can do to override thoughts irrational fears and worries that come with anxiety is 'Bringing the thought to trial'

In this exercise you will put an irrational/negative thought through 'trial'. Just like in court you will provide evidence in support of, and against, your thought. Evidence can only be used if it is a verifiable fact. No interpretations, guesses, or opinions.

The thought: _____



The defence (evidence supporting the thought):



The prosecution (evidence against the thought):



The verdict:



A simplified yet effective form of this is Socratic questioning. To do this you question the thoughts that contribute to your anxiety.

Ask yourself:

“Is my thought based on facts or feelings?”

“How would my best friend see this situation?”

“How likely is it that my fear will come true?”

“What’s most likely to happen?”

“If my fear comes true, will it still matter in a week? A month? A year?”



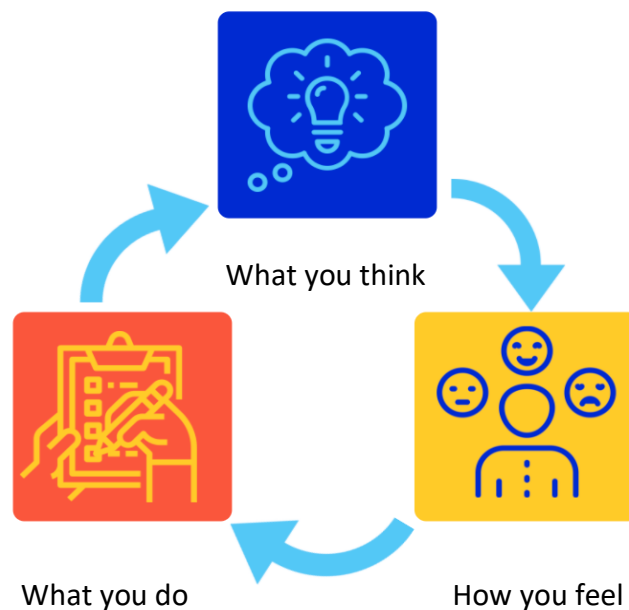
Jot down, doodle, draw anything that comes to mind

Did you find this exercise useful?



6. Thoughts, feelings, and behaviour

Your thoughts change the way you feel, and the way you feel changes your behaviour, and your behaviour changes the situation positively or negatively - which influences our thoughts. Kind of like the anxiety cycle we explored earlier. Without intervention, the process continues to repeat. The cycle looks a little something like this:



Let's look at a real life example of this...



You wake up feeling tired, groggy, and insecure. You have a big presentation today and you REALLY DON'T like speaking in front of groups.



Your thoughts start up: "I'm going to mess up", "No one is going to like my presentation", "I can't even talk in front of a group, how am I going to do this?", "I'm worthless", "I'm rubbish", "I should just stay home so I don't look like an idiot." How many times have you found yourself saying similar things?



Now enter feelings. After a morning filled with all those thoughts, you're feeling even worse. You feel extremely anxious about your upcoming presentation- the last thing you want to do is present. Are you surprised? The things that we tell ourselves matter.



Now 'behaviour' enters the chat. After time spent fighting back and forth thoughts in your head, you make it and you're just starting your presentation. As you begin, your thoughts are running wild and you're feeling even more anxious. Despite knowing the contents of your presentation really well, you can't seem to get your words out and articulate your thoughts in the way you want to. You stumble your words, miss out on key points, and confused yourself.

How many times have we done this? Gotten ourselves so worked up that we can barely make it through something that is typically well within our capabilities. This presentation put another dent in your confidence. What happened today seems to justify all those negative thoughts you had about yourself. The cycle repeats. And repeats. And repeats.

But how do we change our thoughts?

A lot of what you do we've already covered in the activities above.

Bring awareness to your thoughts. One of the best ways we can maintain our emotional health is to be aware of when we are stuck in a web of negative thoughts. When we recognize that the little voice inside our heads is just the story that we tell ourselves, we can start to break up those webs and focus on a situation with a fresh perspective.

Challenge those negative thoughts! Just like the challenging anxious thoughts task on pg 10

Affirmations! Repeat positive statements over yourself repeatedly- positive counterstatement task.

Behaving in a way that is opposite to how we feel. Fake it until you make it. Facing it even though you want to hide- do something that makes you happy.

Grounding. Break up the thought pattern by using your five senses. When you feel caught up in the cycle focus on what is really going on right NOW... notice what you see e.g., the curve of the road, and what you hear... the words of a song playing in the background, what you can taste.... the flavour of your meal, or the softness of a pet, what you can smell... the KFC across the road. Grounding helps bring you back to the present when you're feeling overwhelmed with negative/anxious thoughts.

7. Social anxiety

Another type of anxiety is social anxiety and having been in lockdown during the pandemic it is easy to see why the world opening again could make us anxious. Social anxiety is described as overwhelming anxiousness or self-consciousness in ordinary social situations.

Maybe it's being out in a group all day that makes you feel worried, or maybe you are worried about not being able to say no to invites out or maybe you're worried if you spend all your time socialising how you will find time to look after yourself. All of which are valid feelings.



Let's explore some common worried thoughts during social situations. What thoughts do you relate to (if any)? You can add your own in as well.

Embarrassing myself

Looking stupid

Not knowing what to say

My physical appearance

Being noticed

Being rejected










Being disliked



It is important to identify the thoughts you have that make you feel anxious. This is so (like we learned earlier on in this tool kit) we can challenge the thoughts and help to break the cycle.



Now let's look at the different situations that may make you feel anxious, again please feel free to add your own examples:

-  Giving a speech
-  Meeting someone new
-  Making eye contact
-  Going to the shop
-  Spending time alone with a friend
-  Going on a date
-  Being the centre of attention
-  Talking on the phone
-  Attending a crowded event
-  Dealing with authority figures



7. Social anxiety continued: The social agony aunt



Let's address potential solutions to the original 3 anxiety producing scenarios mentioned at the start of this section. Imagine someone your age has written into an agony aunt column for some advice, thinking about all you have learnt so far, and from your own experiences, what advice would you give them....

1. Dear agony aunt, I don't know what to do or why I am feeling like this. I feel so nervous about socialising with my friends again, especially in big groups. The very thought of it makes me want to run away and hide, but I don't want to miss out. What can I do?

2. Dear agony aunt, lockdown actually made it easier for me to stay out of trouble as I was able to say no easily to certain requests to go places. I am now worried I won't be able to say no and find myself in situations I don't want to be in. What do I do?

3. Dear agony aunt, I get so excited by all the things to do, I say yes to everything, but often end up not looking after myself and feeling drained. I sometimes will go out every day and never have time to myself, how can I make sure this doesn't happen again and find balance.



If any of these situations are familiar to you, try to take some of your own advice. After all we are more likely to do something if it came from ourselves. However, good advice from someone else is also helpful.

Please see below for some more advice for the same problems above:

1. Being in big groups can be nerve-wracking for anyone, maybe try just meeting one or two friends at a time until you get back into the groove of things. Maybe choose to do something active to keep you all occupied, so that you don't have to worry about what to say or what they think; maybe something like a day at the park, watching a movie or playing some games/sports. It might be helpful to put together some conversation starters in case you run out of things to say or a little schedule of activities, so you are not stuck thinking what to do next. Ultimately just take it at your own pace. They are your friends after all, they should know and accept you as you are!

2. For some young people lockdown was actually a blessing as it meant that they could easily say no to people/invites out- whether it was something innocent like just hanging out with friends, or something more problematic that could get you into trouble. It is important to remember you have the power to decide what it is you want to do. Maybe write down a list of reasons for not going if someone asks you to go out or do something, you're not up for doing you could use if asked, as it helps to be prepared. If it is something that could get you in trouble, it is really important you share this with a trusted adult in your life as they will better be able to support you in saying no.

3. When we're out having fun, it is easy to forget we need to look after ourselves as well, especially as we have been locked down for so long. We may forget how draining socialising can be. One way to deal with this is to ring fence- that is set aside protected time or a day where that day is just for you. On this day you can focus on self-care, doing things to look after yourself, whether that is running yourself a nice bath, chilling out and playing video games, watching your favourite movie or just zoning out in your room. Whatever you decide, make sure this time is protected to help you recharge.



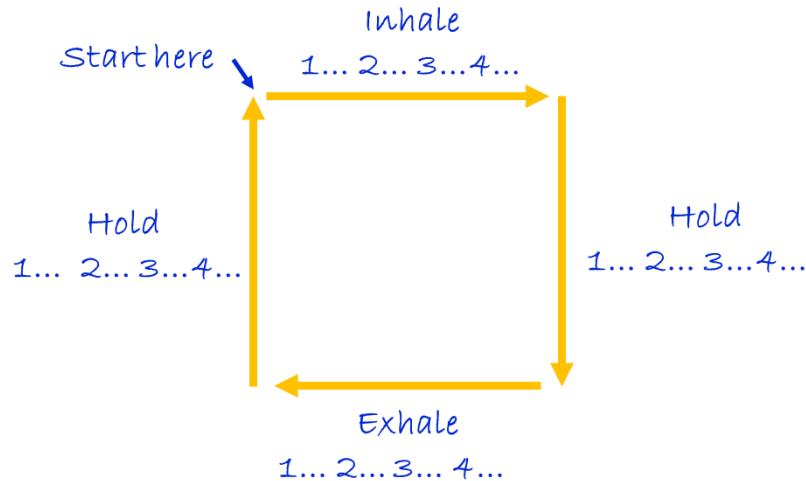
Remember all these feelings are valid- if you resonate with any of the scenarios maybe circle which advice you think would work best or you. Also, it will likely help to talk about it with someone you trust- this could be a trusted adult, a friend or a support service (a list of support services is added at the end of this toolkit).

Did you find this exercise useful?



8. Other things that can help

Breathing exercises



1. Box breathing can help us feel less anxious and more relaxed, especially if we practice it regularly. Simply breathe in for 4 counts, hold your breath for 4, exhale for 4 and then hold your breath for 4 and repeat.
2. Another breathing exercise is the 'Long Exhale'. If we exhale longer than we inhale, we become less anxious e.g. inhale for 4 counts, exhale for 8 (or whatever works for you). Try to imagine that you are breathing in a feeling of calmness and breathing out tension and stress (you can even say in your head 'calm' when inhaling, and 'stress' when exhaling' to help you let go). Try and do this for at least 9 breaths.
3. Humming Bee breath. Put your hands over your ears, so you can fully hear/feel the noise in your mind & body. Take a deep breath in, and hum like a bee as you breathe out. This is a great way to reset your mind and body. Focusing on the sound and where you feel it in your body enables your brain to have a few seconds rest, whilst also oxygenating your whole body. Repeat 6-9 times ideally.

Why breathing and humming? Any sound we make with our voice box (larynx) activates something called your parasympathetic nervous system, which calms you down. The key thing in this system is something called the Vagus nerve. The Vagus nerve- is a long nerve that runs from the bottom of your brain all the way down to your digestive system, connecting the brain to the body. It's associated with many bodily functions such as swallowing, taste, digestion, and heart rate. When we activate this nerve, it basically tells your brain 'all is well' and your parasympathetic nervous system kicks in and relaxes you. Your voice box (larynx) is connected to your Vagus nerve, so when you hum or sing, you naturally activate it. On top of this stimulation, humming requires you to control your breathing and this also has a positive effect for calming you by activating the parasympathetic nervous system. ([Polyvagal Theory](#))



'5 Senses' exercise

Being present can help us stay calm and focussed when we are overthinking, feeling anxious or panicking. Look around the room you are in and notice:

5 -things you can see (textures, colours, details in pictures, plants, flowers)

4 -things you can hear (birds, traffic, footsteps, dogs, children, breathing, rain)

3 -things you can touch (feet on the ground, hands in your lap, clothes on skin)

2 -things you can smell (food cooking, perfume, flowers, cut grass, fresh air)

1 -thing you can taste (morning coffee, afternoon tea, toast, chocolate!)

Guided meditations Try the 'Calm' app or Headspace. They have many free sessions including topics like managing stress, calming anxiety, feeling confident, soothing pain and staying focused.

Mindful BIF Walking BIF stands for Beautiful, Interesting and Funny. Go for a walk and take time to be curious and pay attention until you find something that is Beautiful, Something Interesting and Something Funny.

Visualisations can be a great way to relax, breathe and use your imagination to escape (when it's safe to do so). Google "safe space visualisations" for some good videos or suggestions.

Did you find these exercises useful?





9. Who else can help - Signposting

There are any organisations that are out there that can support you if you feel you do need that extra bit of support. Check them out below:

Young Minds offers information and support on all things mental health, from medication to coping strategies and also Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. Text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors; www.youngminds.org.uk

The Mix provides information and support for the under 25's. covering a range of topics including mental health Their helpline and webchat are open 11am - 11pm daily. Tel: 0808 808 4994; www.themix.org.uk

Student Minds supports students to look after their mental health and provides information and advice for parents. The website provides details about local services offered by universities, and young people can also access their peer and group support programmes. You can call or email for more information (this is not a helpline). info@studentminds.org.uk; 0113 343 8440; www.studentminds.org.uk/

No Panic supports people struggling with panic attacks, phobias, obsessive compulsive disorder (OCD) and other anxiety-related issues - and provides support and information for their carers. Offers a specialist youth helpline for people aged 13-20. The opening hours are 3pm - 6pm, Monday - Friday; 6pm - 8pm, Thursdays and Saturdays. Call 01952 680835 for a recorded breathing exercise to help you through a panic attack (available 24/7). Tel:0300 772 9844; 0330 606 1174 (Youth helpline- 10am - 10pm, 365 days a year); www.nopanic.org.uk/

Health for Kids provides information for children on staying healthy and understanding feelings; www.healthforkids.co.uk

Health for Teens provide an advice website on all aspects of health for teenagers, provided by the NHS, www.healthforteens.co.uk

Mind have information to better understand diagnoses and managing mental health on their website; www.mind.org.uk

Single Point of Access (SPA) HPFT's SPA can put you in touch with the relevant NHS mental health service; 0300 777 0707 (8am -7pm)

Wellbeing Service offer CBT (Cognitive Behavioural Therapy) to anyone over 16 years struggling with their mental health, www.talkwellbeing.co.uk

Voice Collective support young people experiencing voices or unusual sensory experiences and have an online forum. 020 7911 0822; info@voicecollective.co.uk; www.voicecollective.co.uk

Kooth provides free, anonymous online counselling for 10 - 25-year-olds. You can IM counsellors Mon - Fri, midday-10pm, and Sat - Sun, 6pm - 10pm; www.kooth.com

Childline offer free, confidential counselling to under 19's though their helpline and webchat. 0800 1111; www.childline.org.uk

Relate offer counselling to young people, and specialise in relationship troubles (family, friends or romantic). 0300 100 1234; www.relate.org.uk

Registered charity 1120562



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