



HYCS
HOUNSLOW YOUTH COUNSELLING SERVICE



ANXIETY: SOURCES OF SUPPORT AND INFORMATION

If your worry and anxiety is getting in the way of your daily life, the organisations listed below are just some of those who can offer support.

HYCS (Hounslow Youth Counselling Service) – tel 020 8568 1818 or text 07784 481 308

www.hycscounselling.co.uk HYCS Registered Charity Number 26633

Free, confidential 1-to-1 counselling for 11-25 year olds living, working or studying in Hounslow borough.

YOUNG MINDS www.youngminds.org.uk/

Mental health information and support for young people on a wide range of issues.

CHILDLINE - 0800 1111 (24 hour) www.childline.org.uk/

ChildLine is a private and confidential service for children and young people up to the age of 19. Call free or visit the website to talk confidentially to a counsellor or get information.

NO PANIC – Youth Helpline 01753 840 393 (13-20 year olds) 4pm - 6pm Monday to Friday

No Panic Crisis Recorded Relaxation Message for Panic – 01952 680835 – 24 hours

www.nopanic.org.uk

Charity providing information, support & care for those who experience anxiety, panic, phobia and OCD.

ANXIETY UK - 08444 775 774 www.anxietyuk.org.uk/

Promotes the relief and rehabilitation of persons suffering from agoraphobia and associated anxiety disorders, phobias and conditions

ANXIETY ALLIANCE – 0845 2967877 (10am-10pm daily, local call charge).

www.anxietyalliance.org.uk/

Anxiety Alliance is a charity dedicated to helping and supporting those suffering from anxiety. The telephone number can also be accessed overnight for guided relaxation.

THE SITE (YOUTHNET UK) www.thesite.org

Information and support for young people age 16+ – advice about sex, relationships, drugs, mental health, housing and employment.

ROYAL COLLEGE OF PSYCHIATRISTS www.rcpsych.ac.uk/healthadvice

Advice and information leaflets available on a range of mental health issues.

FEARFIGHTER

NICE recommended cognitive behavioural therapy-based online self-help course *for over 16's* for treating panic and phobia. Available via some GP services in some areas or privately.



CAMHS - HOUNSLOW BOROUGH DUTY LINE - 020 8583 3887 Daily from 12 to 2pm.

<http://mycamhschoices.org/> or <http://www.westlondoncamhs.nhs.uk/>

CAMHS (Child Adolescent Mental Health Service) provides phone consultation for those seeking clarity or confirmation regarding mental health concerns for children or young people up to 18 years.

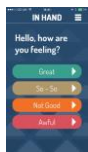


TRIUMPH OVER PHOBIA (TOP) UK - 01225 422705 www.topuk.org

Charity for people with phobias or OCD (Obsessive Compulsive Disorder)

AND FINALLY..... HELPFUL APPS, WEBSITES & VIDEOS

All apps available from App Store or Google Play. Apps below have been tried by our panel of testers and their subjective star ratings awarded (maximum 5 stars) are given alongside.



IN-HAND  4.2

A 'digital friend' and mood checker app', allowing you to focus and re-balance yourself in moments of stress or low mood. Customisable with your own photos, music and videos.



PZIZZ (Sleep app) –  4.3

Is an app' that helps you to beat sleeping difficulties, reduce stress and relax.



PERSONAL ZEN –  4.2

A stress and anxiety reduction app with a simple fun based game that helps to promote positive thinking and to reduce stress as you play.



SAM (Self Anxiety Management)  3.5

SAM is an application to help you understand and manage anxiety.



SMILING MIND –  3.9

Meditation and mindfulness app to bring balance to your life with age-related sections for young people.



HEADSPACE

Described as a 'gym membership for the mind', aiming to make meditation and mindfulness simple. Guided meditations for all levels to relieve anxiety.



QI GONG FOR ANXIETY, TRAUMA RELEASE AND RECOVERY Video – simple and effective body work exercises by Qi Gong practitioner Rosemary Biraghi – available on You Tube.

CALM – A free mindfulness and meditation app/website. www.calm.com

PUBLIC & CLIENT DISCLAIMER: The role of this leaflet is to provide ideas & information but does not imply HYCS' endorsement or recommendation. It is your personal responsibility to ensure that any content/organisations listed are appropriate and safe for you.

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