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| what is it? | Contact information | What they do? | How to access | End goal |
| **SHOUT**  **Mental health service for feelings of anxiety, depression, bullying, self-harm and suicide.** | Phone number:  **85258**  Website:  [**https://giveusashout.org/get-help/how-shout-works/**](https://giveusashout.org/get-help/how-shout-works/) | Trained volunteers  A 24-hour, 7 day a week.  Night or day FREE messaging service.    (All major mobile networks in the UK)  Confidentiality.  You can text back and forth and share what you feel comfortable sharing. | To start a conversation text the word ‘SHOUT’ to the number **85258.**  Once texted, you’ll receive four automated messages before you are connected to one of their volunteers.  Usually five minutes or longer. | The goal of the conversation with the volunteer is to reach a calm and safe place.  Plan on how to support yourself.  Confidentiality    Extra tools or resources for more expert support. |
| **NHS 111- Option 2** | Phone number:  **111** | Provides immediate access to advice and guidance to those requiring mental health support.  Especially if feelings of suicide are becoming more prominent. | It is a free calling service with many options.    When you first call it should give you four/five options for your city and if you need access to medical or health services.    An agent will be with you shortly and they should signpost you to where you need to go. |  |
| **Sheffield Mind**  **Wellbeing centre** | Address:  **110 Sharrow Lane, Highfield**  **S11 8AL**  Hours:  **1000-1600**    Phone number:  **0114 258 4489**  Website:  [**https://www.sheffieldmind.co.uk/**](https://www.sheffieldmind.co.uk/) | A phoneline for adults aged 18+, living in Sheffield, who might be shielding, experiencing symptoms of anxiety or depression | It is a listening phone line, so there should be someone answering the call not long after ringing for help.    They can give a listening ear or signpost for more mental health services if further advice is needed. | Having someone to express your feelings and get support. |
| **Calm, UK** | Website:  <https://www.calm.com/> | #1 app in the UK for sleep, meditation and relaxation.  Their goal is to help you improve health and happiness, sleep quality, stress or anxiety and even self-improvement. | It is a free app with inn-app purchases that asks you immediately when downloaded what you need help and support with.  From sleep to meditation to anxiety and depression also.  Can be used on a desktop or laptop. | Skills for meditation    How to sleep  Exclusive music to allow relaxation    Mindful movements and stretching. |
| **The 5-4-3-2-1 Grounding technique** |  | Help settle distracting negative thoughts or feelings of anxiety.  Useful for everyday use when it comes up. | **5 things you can see:**  Look for small details or things you may have never noticed around you.  **4 things you can feel:**  Things such as the clothes worn, objects in view.  **3 things you can hear:**  The things the mind has tuned out, such as clock ticking, wind, birds outside.  **2 things you can smell:**  Notice things around you, air freshener, coffee or fleshly cut grass.  **1 thing you can taste:**  Savoury or sweet | Useful for everyday use as it helps reduce stress and anxiety.  to help with feelings of anxiety or if there are overwhelming feelings  helps with bringing thoughts back in the moment. |
| **The 4-7-8 breathing method** |  | This breathing pattern aims to reduce anxiety or help people get to sleep.  decreased fatigue  Reduced hypertension | **Empty lungs of air**  **Breathe in through nose (4 seconds)**  **Hold breath (7 seconds)**  **Exhale forcefully through the mouth (8 seconds)**  **Repeat cycle up to 4x.**  If not able to hold breathe for so long, they can try:  **Breathe in for 2 seconds**  **Hold breath for 3.5 seconds**  **Exhale through the mouth for 4 seconds.** | Reduces anxiety  Stress    Helps improve sleep at night.  Eases breathing    Controlling and reducing anger responses |