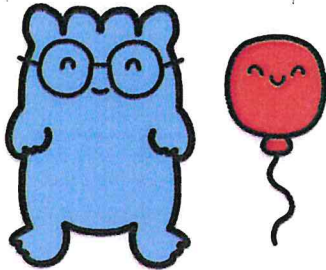


Breathing Techniques

When we feel anxious, upset or distressed, it can be difficult to know what to do to feel better. By using these breathing techniques, we can reduce our anxiety and lower our blood pressure/heart rate. This helps us feel calmer and more focused and helps us to face our fears.

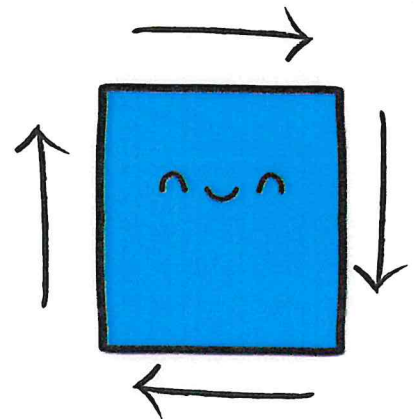
Belly Breathing



- Take a deep breath in and fill your belly like you're inflating a balloon.
- As you do this, count 1, 2, 3, 4 to breath in and fill the balloon in your belly.
- Pause and then let all of the air out of your belly like you're letting a balloon deflate.
- As you do this, count 1, 2, 3, 4 to breath out and let the balloon go down from your belly.

Square Breathing

- Imagine you're drawing a square with your finger in the air.
- Breath in while counting 1, 2, 3, 4 as you draw the top line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line down the side and then pause.
- Breath in while counting 1, 2, 3, 4 as you draw the bottom line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line up the side to make the square.

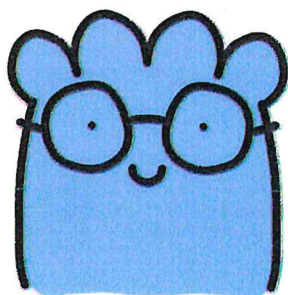


Finger Breathing



- Use your index finger to trace around the edges of the fingers on your opposite hand.
- Count 1, 2, 3, 4 and breath in as you go up the first finger.
- Count 1, 2, 3, 4 and breath out as you go down the finger.
- Repeat until you have traced up and down all five fingers, breathing 1, 2, 3, 4 in and 1, 2, 3, 4 out each time.

Top Tip! Practise these breathing techniques when you're calm so that you're better prepared to use them when you need to.



Count **slowly** when breathing in and out and **repeat** the technique as many times as you need to until you feel calmer.



Support and Helplines

The Reflexions Service operates from 9am – 5pm Monday to Friday (Excluding Bank Holidays). If you need to speak to someone during our opening times please contact your local Reflexions Team via the contact details below:

Dudley Team – 01384 324 689

Walsall Team – 01922 607 400

Sandwell Team – 0121 612 6620

Wolverhampton Team – 01902 444 021

Or email bchft.reflexions@nhs.net

If you need emergency support during or outside of our working hours, please follow the advice below:

- Call your out-of-hours GP service
- Contact our 24/7 Black Country Mental Health Support line which is available for Black Country residents of all ages:
Call: 0800 008 6516
Text: 07860 025 281
- Call the Black Country Healthcare main switchboard on **01902 607 000**
- For urgent medical attention, attend your local emergency department or contact 999.

Other Support & Helplines for Children & Young People



SHOUT provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. Text SHOUT to 85258. This service is free on all major mobile networks.



Papyrus provides advice and support for young people who feel like they want to take their own life, and all their advice is confidential. Call their HOPELineUK on: 0800 068 41 41 or text: 07786 209687. (Lines are open everyday from 9am – midnight)



ONLINE, ON THE PHONE, ANYTIME

Childline offers support to young people under 19, and they confidentially call, email, or chat online about any problem, big or small. Their Freephone 24-hour helpline is 0800 1111.



Samaritans are available 24/7 and offer a free anonymous non-judgemental listening service. They can be reached by phone on 116 123 or email at jo@samaritans.org.



The Mix offers a free helpline for young people under 25 between 4pm – 11pm. Call 0808 4994 or you can email or text the Crisis Messenger service 24/7.



Young Minds Crisis Messenger provides free crisis support and links to a range of support options.



All local NHS 24/7 urgent mental health lines can be found on [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth).



Digital Resources for Children and Young People

Calm zone | Childline

Activities and tools, wellbeing exercises and interactive games for under 19s.

**Kooth**

Online mental wellbeing community for 10 – 25 year olds.

**Mental Health - The Mix**

Online articles and discussion forums for 11 – 25 year olds.



Self-care tips videos for young people - Every Mind Matters - NHS (www.nhs.uk)
Online self-care video library.



Other Support and Helplines for Parents and Carers



Local NHS 24/7 urgent mental health lines can be found on [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth).

Public Health England's Better Health Every Mind Matters campaign shares helpful tips for young people, parents and carers, including how to spot signs that your child may be struggling.



YoungMinds Parents Helpline is available for parents, guardians and carers. You can call them on 0808 802 5544. 09:30am to 16:00 on weekdays.

YoungMinds Crisis Messenger provides free crisis support and links to range of support options for young people.

Helpful Resources for Parents and Carers

Parents and carers guide
Suicidal Thoughts | Suicidal Ideation Signs and Symptoms | YoungMinds



Tips and Guidance
Supporting your child: Every Mind Matters



NHS App
Digital tools and apps to support your own wellbeing.



Suicide prevention training:
Free online training from Zero Suicide Alliance

