

Working Collaboratively to Support Students Experiencing Exam Anxiety – MHPN Webinar Supporting Resources

Guidelines

Depression in children and young people: identification and management NICE guidelines

<https://www.nice.org.uk/guidance/cg28>

Anxiety disorders, guidance and guidelines NICE

<https://www.nice.org.uk/guidance/qs53>

Further reading

Prof. Mark Dadds (2012) Helping troubled children: Seven things you should know about the origins of mental health disorders. *InPsych*

<https://www.psychology.org.au/inpsych/2012/june/dadds/>

Websites

Reach out

Digital service for parents of teenagers, providing practical tips, fact sheets and forums to help parents support the mental health and wellbeing of their teens.

https://parents.au.reachout.com/?utm_source=referralstrat&utm_medium=email&utm_campaign=parents&utm_content=launch

Safe Minds

<http://www.education.vic.gov.au/school/parents/health/Pages/mentalhealth.aspx>

<http://deecd.tech-savvy.com.au/enrol/index.php?id=6>

Mind matters

<http://www.mindmatters.edu.au/>

Kidsmatter

<https://www.kidsmatter.edu.au/>

Job outlook careers quiz: <http://joboutlook.gov.au/careerquiz.aspx>

Careers help: <http://myfuture.edu.au/>

Kids helpline teens: <https://kidshelpline.com.au/teens/>

Parent line (state based) in Victoria:

<http://www.education.vic.gov.au/about/contact/Pages/parentline.aspx>

Lifeline: www.lifeline.org.au or phone: 13 11 14

eHeadspace: www.eheadsace.org.au

Orygen youth mental health: www.oyh.org.au

Apps and digital tools

Beyond now safety planning app: <https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>

MoodGym: <https://moodgym.anu.edu.au/welcome>

Kiwi version of MoodGym: <http://www.beatingtheblues.co.nz/>

Biteback: <http://www.biteback.org.au/>

Blackdog institute: www.blackdoginstitute.org.au

Black Dog's mood assessment program (MAP):

<http://www.blackdoginstitute.org.au/healthprofessionals/map/overview.cfm>

GLBTI mental health: www.switchboard.org.au

Confidential, anonymous telephone counselling, referral and information for gay, lesbian, bisexual, transgender and intersex (GLBTI) people online or **9663 2939** (Melbourne) or **1800 184 527** (country).

There are downloadable books on mindfulness specifically for young people. Use your favourite browser to find them.

- *Fully present* by Susan Smalley and Diana Winston
- *The mindful child* by Susan Kaiser Greenland

Smiling mind: <http://smilingmind.com.au/>

Apps for Stress, anxiety and panic

- **calm.com** is described as a sanctuary in your pocket. It's all about relaxation and meditation using visual imagery and calming sounds. (Free)
- **Smiling mind** describes itself as modern meditation for young people. Its aim is calm, clarity and contentment. (Free)
- **Worry box, anxiety self-help** is a virtual box to contain your worries. It's like an interactive diary, but it also asks questions about whether the worry is controllable or important. (Free; Android only)
- **Let panic go** is an app for use by someone having a panic attack. (Free)

- **Anxiety free** relies on more than meditation: hypnosis. It provides 30 minutes of audio used to place your mind in an ultimate relaxed state. (Free; iPhone only)
- **Breathe2Relax** is diaphragmatic breathing exercises for anyone who feels a panic attack coming on. It's also recommended for anxiety, anger management, and mood stabilisation. (Free; iPhone and Android)

Apps for Depression

- **MoodKit** offers CBT 'homework' for young people to improve their mood, recording events and feelings, and rating their mood along the way.

Apps for Better sleep

- **Relax melodies** is 46 pieces of music to help those who can't sleep, or are anxious about getting to sleep, to do it better. (Free; iPhone and Android)
- **Nature sounds relax and sleep** has a wide selection of nature-inspired sounds like waterfalls and ocean waves to take your focus away from anxious behaviours and lure you to sleep. (Free; Android only)
- **Calming music to simplicity** is a music app designed to relieve stress and encourage sleep using nine ancient balancing tai chi practices and related Chinese music. (Free; Android only)
- **DeepSleep** incorporates guided meditation to help overcome insomnia It can be customised and has an alarm for waking up.
- **Sleep Time** estimates rapid eye movement (REM) sleep cycles while you sleep to help someone gain a better understanding of their sleep habits.

Apps for Medication

- **Pillboxie** reminds reminders for people to take their medication.

Apps for Body image

- **Body Beautiful** promotes positive body image and self-esteem among women and girls.

Apps for Self-injury

- **iCope**, developed by mental health nurses, offers alternatives to deliberate self-harm by providing practical and easy steps to distract, displace and seek-help. (Free; iPhone only)

Apps for Resilience

- **SuperBetter** is an online game that supports young people to achieve health-related goals by increasing resilience.