



Look after yourself

Where to find help and support
when feeling overwhelmed

The teenage brain

Understanding a little about the basic science of the brain can help you cope with some of the things you might be feeling. In this video, Natasha Devon, mental health campaigner and author of *Yes You Can Ace Your Exams Without Losing Your Mind*, is here to tell us a little bit about how the teenage brain develops:

[The teenage brain - BBC Bitesize](#)



3 ways to find help and support

1. Use an online service like [Tellmi](#) for self-help and support
2. Talk to someone at home, at school, or another trusted adult
3. Make a referral to a support service such as the Emotional Health Academy or CAMHS. Your doctor or the school can help with this.



tellmi

This site is free to use for students in West Berkshire schools. It is paid for by West Berkshire Council.

“Tellmi is a safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, or self-harm to self-esteem, sharing your experiences with our awesome community helps you to feel better. Our moderators check everything to keep you safe and our in-house counsellors are always on hand if you need extra support.”

Just download the app and sign up

[Tellmi](#)

Help for teenagers, young adults and students - NHS (www.nhs.uk)



The screenshot shows the NHS website interface. At the top left is the NHS logo. To its right is a search bar with the text 'Search' and a magnifying glass icon. Below the logo and search bar is a navigation menu with links for 'Health A-Z', 'Live Well', 'Mental health', 'Care and support', 'Pregnancy', and 'NHS services'. A yellow banner below the navigation menu contains the text 'Coronavirus (COVID-19)' and a link 'Get the latest advice about coronavirus'. Below the banner is a breadcrumb trail: 'Home > Mental health > Children, teenager and young adult's mental health'. The main heading is 'Help for teenagers, young adults and students'. Below the heading is a paragraph: 'Advice and support for students and young people with mental health problems.' There is a green arrow icon followed by the text 'Get urgent help now for mental health'. Below this are four underlined links: 'Student stress', 'Tips on preparing for exams', 'Counselling for student mental health problems', and 'Bereavement and young people'.

NHS Search

Health A-Z Live Well Mental health Care and support Pregnancy NHS services

Coronavirus (COVID-19)
[Get the latest advice about coronavirus](#)

[Home](#) > [Mental health](#) > [Children, teenager and young adult's mental health](#)

Help for teenagers, young adults and students

Advice and support for students and young people with mental health problems.

[→ Get urgent help now for mental health](#)

[Student stress](#)

[Tips on preparing for exams](#)

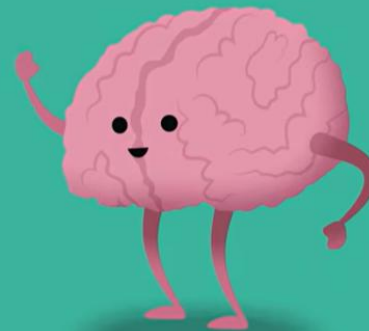
[Counselling for student mental health problems](#)

[Bereavement and young people](#)

Talking about it

[We All Have Mental Health – YouTube](#) (5:39)

We all have
mental health



Getting help from school or a service

- listening@denefield.org.uk
- Ask for a welfare check from your tutor: a welfare manager will talk to you
- Talk to your tutor or another trusted adult at school
- Ask your parent to contact your tutor or welfare manager
- Make an appointment with your doctor
- Contact [The Mix](#), [Shout 85258](#) or [Childline](#)

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