



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 kooth.com 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 online mental wellbeing community

Free, safe and anonymous support

- This site is free to use for students in West Berkshire schools. It is paid for by West Berkshire Council.
- Your tutor will show you how to sign in ([Kooth.com](https://www.kooth.com))
 - Click “Join Kooth”
 - Select “Berkshire West”
 - Select “West Berkshire” or “Reading”
 - Fill in general details and select user name and password.
 - The service is anonymous.

[Kooth.com](https://www.kooth.com)

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

The screenshot shows the NHS website interface. At the top is the NHS logo and a search bar. Below the logo are navigation links: Health A-Z, Live Well, Mental health, Care and support, Pregnancy, and NHS services. A yellow banner highlights 'Coronavirus (COVID-19)' with a link to 'Get the latest advice about coronavirus'. The breadcrumb trail reads: Home > Mental health > Children, teenager and young adult's mental health. The main heading is 'Help for teenagers, young adults and students'. Below this is a sub-heading: 'Advice and support for students and young people with mental health problems.' A green arrow icon points to a link: 'Get urgent help now for mental health'. At the bottom, there are four more 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 \(5:39\)](#)



Getting help from school or a service

- listening@denefield.org.uk
- Make an appointment at student reception
- Talk to your tutor or another trusted adult at school
- Ask your parent to contact your tutor or student manager
- Make an appointment with your doctor
- Contact [The Mix](#), [Shout 85258](#) or [Childline](#)

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