



## **Sea Change**

**Further Resources**



Your phone can be a great place to find resources which can help, especially with mindfulness and meditation practice. Try some out and let us know what you think!

**Headspace**

**Calm**

**Insight**

**The Mindfulness App**

**Smiling Mind**

**Buddhify**

**Smiling Mind**

**SelfHelpforTrauma**

Other Mental Health and Support Apps include:

**7 Cups**

**Code Blue**

**Lantern**

**Big White Wall**



Here is a list of some websites which you may find useful. Some offer information, articles and links, others provide more practical tools and self-help resources which can aid in recovery.

Information relating to all aspects of therapy including a list of registered practitioners:

**[www.bacp.co.uk](http://www.bacp.co.uk)**

**[www.baat.org](http://www.baat.org)**

**[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)**

Articles, links, further information and Self-Help downloads and resources:

**[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)**

**[www.therapistaid.com](http://www.therapistaid.com)**

**[www.psychologytoday.com](http://www.psychologytoday.com)**

**[www.healthypsych.com](http://www.healthypsych.com)**



## **Books:**

Some may find these books useful in further understanding trauma, sexual abuse, recovery and counselling.

The Body Keeps the Score, Bessel Van Der Kolk (2015)

Trauma and Memory, Peter A. Levine (2015)

Healing Trauma, Peter Levine (2008)

Calm 50 Mindfulness and Relaxation Exercises, Dr Arlene k. Unger (2017)

Sleep, Dr. Arlene k. Unger (2015)

The Body Remembers, Babette Rothschild (2000)

8 Keys to Safe Trauma Recovery, Babette Rothschild (2010)

Rescuing the Inner Child, Penny Parks (1990)

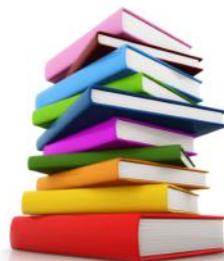
Wherever You Go, There You Are, Jon-Kabat-Zinn (1994)

Coming To Our Senses, Jon-Kabat-Zinn (2005)

Sane New World, Ruby Wax (2013)

Mind Over Mood, Christine A. Padesky & Dennis Greenberger (1995)

Why Therapy Works: Using our Minds to Change our Brains, Louis Conzolino (2015)





## **Other services and agencies:**

### **Boarding School Survivors:**

[www.boardingschoolsurvivors.co.uk](http://www.boardingschoolsurvivors.co.uk)

### **CEOP Command:**

[www.ceop.police.uk](http://www.ceop.police.uk)

Get advice or report inappropriate behaviour towards a child.

### **Childline:**

[www.childline.org.uk](http://www.childline.org.uk)

Tel: 08001111 open 24/7 offers free help and advice to children.

### **PODS - Positive Outcomes for Dissociative Survivors:**

[www.pods-online.org.uk](http://www.pods-online.org.uk)

Tel: 0800 181 4420 Offering support, information and training for those recovering from dissociative disorders.

### **Rape crisis—England and Wales**

[www.rasasc.org.uk](http://www.rasasc.org.uk)

Tel: 0808 802 9999 (12-2.30pm) (3-5.30pm) & (7-9pm) weekdays.

### **CALL Helpline**

Tel: 0800 132 737 or Text: "help" to 81066. Opens 24 hours.

### **Samaritans:**

Tel: 08457 909090. Email: [jo@samaritans.org](mailto:jo@samaritans.org). Opens 24 h



## **New Pathways services**

Rape crisis and sexual abuse support services

We offer one-to-one counselling for adult survivors of rape and sexual abuse; we offer this counselling and support to men and women.

New Pathways also offer children and young people's counselling services for children aged from 3-18; this service offers generic counselling for a range of different reasons, such as dealing with effects of trauma symptoms, anxiety, difficulty with; bullying, home life, or trouble with coping.

New Pathways has Sexual Assault Referral Centres (SARC) which can provide help and support, if you are thinking of reporting a sexual assault or rape to the Police. We offer support from ISVAs (Independent Sexual Violence Advocates), who can support you throughout the reporting process and beyond, and offer practical help and support during this time.

We also offer advocacy and support for families, with group work for survivors and run family support groups.

### **We offer services in the following areas:**

Cardiff, Newport, Merthyr, Risca, Swansea, Maesteg, Carmarthen, Aberystwyth and Newtown. There is also telephone support available.

[www.newpathways.org.uk](http://www.newpathways.org.uk)

Follow us on Twitter [@newpathways\\_](https://twitter.com/newpathways)

Email: [enquiries@newpathways.org.uk](mailto:enquiries@newpathways.org.uk)



**Other services and agencies:**

**MIND Cymru:**

[www.mind.org.uk](http://www.mind.org.uk)

Tel: 02920 395 123

Offers help, counselling support and advocacy around all aspects of mental health.

**Women's Aid:**

Women's Aid is the national domestic violence charity that helps up to 250,000 women and children every year.

[www.womensaid.org.uk](http://www.womensaid.org.uk)

Tel: 0808 2000247

Email: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

OPEN 24 HOURS

**Alcohol Concern**

Tel: 02920 226746

Email: [acwales@alcoholconcern.org.uk](mailto:acwales@alcoholconcern.org.uk)

**Frank**

Help with finding out everything you might wish to know or want help with to do with drugs. For friendly and confidential advice TALK TO FRANK.

[Www.talktofrank.com](http://www.talktofrank.com)

Tel: 03001236600

OPEN 24 HOURS



## **Other services and agencies:**

### **Gofal**

A leading Welsh mental health and wellbeing charity. We provide a wide range of services to people with mental health problems, supporting their independence, recovery, health and wellbeing. We also lobby to improve mental health policy, practice and legislation, as well as campaigning to increase public understanding of mental health and wellbeing.

Tel: 02920 453840

Email: [Enquires@gofal.org.uk](mailto:Enquires@gofal.org.uk)

[www.gofal.org.uk](http://www.gofal.org.uk)

### **The Amber Project**

Helping with self-harm support for young adults (14-25)

Tel: 02920 344776 (texts) 07905905437

Email: [amber.Project@churcharmy.org.uk](mailto:amber.Project@churcharmy.org.uk)

[www.amberproject.org.uk](http://www.amberproject.org.uk)

### **BAWSO (Black Association of Women Stand out)**

Tel: 02920 460 566

Email: [info@bawso.org.uk](mailto:info@bawso.org.uk)

[www.bawso.org.uk](http://www.bawso.org.uk)



## SURE for MH App

- ▶ App store
- ▶ Search 'New Pathways SURE app'
- ▶ Download for free!
- ▶ Add your email address
- ▶ Enter the code

Give us feedback!





## Stress

### Signs and Symptoms

Mental	Physical	Behavioural
Irritable, aggressive, impatient or wound up	Panicking/shallow breathing	Avoiding situations that are troubling you
Over-burdened	Sore/dry/blurry eyes	Finding it harder to make decisions
Anxious or afraid	Problems with sleep	Being more aggressive or 'snappy' with people
Thoughts racing/can't switch off	Loss of sex drive	Restlessness
Unable to enjoy yourself	Indigestion/heartburn	Nail biting/picking at skin
Uninterested in life	High blood pressure	More reliance on drugs or alcohol
Losing your sense of humour	Constipation or diarrhoea	Tearful/crying
Having a sense of dread	Feeling sick or dizzy	Eating too much or too little
Worried about your health		
Neglected or lonely		



# Anxiety

## Signs & Symptoms

Mental	Physical	Behavioural
Sense of dread	Nausea	Avoiding certain situations
Fearing the worst	Irregular heartbeat	Visibly panicking
Feeling like the world is speeding up or slowing down	Pins and Needles	Visible distress
Dwelling on negative experiences, or repeatedly thinking over a situation (this is called rumination)	Needing the toilet/Or not being able to go to the toilet	Tiredness (from lack of sleep)
Restlessness	Tense muscles/headaches	Needing 'space'
Harder to concentrate	Loss of appetite	Lots of trips to the toilet
Feeling tense/on edge	Raised blood pressure	Easy to anger
Becoming depressed	Hot flushes	Unwillingness to participate
Loss of confidence in coping abilities	Churning stomach	Poor performance in work/school
	Panic attacks	Over checking
	Unexplained aches and pains	Overcompensating
	Sweating	Self-harm 'nervous habits'
	Heavy chest	Reliance on drugs/alcohol
	Shaking	Fainting



# Depression

## Signs & Symptoms

Mental	Physical	Behavioural
Down/Low Mood	Fatigue	Withdrawal from social situations
Restless, agitated	Unexplained aches and pains	Poor functioning at work/school
Guilty, worthless	Lack of sex drive	Angry Outbursts
Empty and Numb	Insomnia or excessive sleeping	Weight loss or weight gain
Isolated, unable to relate to others	Lessening of appetite or over-	Tearful
Finding no pleasure in things you used to enjoy	Moving/speaking slowly	Reliance on drugs or alcohol
Sense of unreality		Self harm
No self confidence or self esteem		Suicide
Hopelessness, despairing		
Upset and tearful		
Possible paranoid delusions or hallucinations		
Symptoms of anxiety		
Overwhelming sadness		
Hard to concentrate/remember		
Suicidal thoughts		



## **Active Listening Guide:**

### Features of active listening

- Uninterrupted
- Non-judgemental
- Open (body language/questions)
- Reflective

### How to do active listening; 4 steps:

- Listen
- Empathise
- Question
- Reflect



### Eliminate barriers:

- Physical barriers
- Privacy
- External interruptions
- Don't sit behind your desk (too formal/power imbalance)

### Posture, other barriers:

- Don't mentally prepare your response
- Don't interrupt
- Listen to body language
- Don't presume!



### Empathy:

- Let them know you care
- Reflection/identification of feelings
- You don't have to understand – and don't judge!

*“People may forget what you said, people may forget what you did, but people will never forget how you made them feel.”*

### Questioning:

- Ask questions - not too many!
- Avoid 'why' questions aimed at the speaker
- Ask open-ended questions

### Reflect and Paraphrase:

- Reflect what is said
- Include feelings
- Paraphrase (Put it in your words)
- Remove personal negative judgements:
- They will know they've been heard

### Boundaries:

- You are not an expert/a counsellor
- Confidentiality (when you can, when you can't)
- Be aware of your own time
- Ending a conversation if necessary
- Be mindful of your own triggers
- Don't make promises you can't keep
- Be kind to yourself if you get it wrong



## Continuation of active listening

### Things to avoid:

- 'Why' questions – they make people defensive
- Dismissive reassurance – “Don't worry about that”
- Advice – “I think you should...”
- Digging – don't try and get information out of people that they don't want to share
- Patronising – “You poor thing, that must be hard for someone like you’
- Judging – “You shouldn't think like that...” □ Generalising – “Yes, we all go through that at some point.”
- Ignoring – “Well I actually wanted to talk to you about...”

### Top tips:

- Use silence – sometimes someone needs to collect his or her thoughts. Let them think; give them time. Silence can also be useful in diffusing unproductive interactions.
- Pick out and label the emotions – “I can sense that you feel frustrated by that.” Or “It sounds like that makes you anxious?”
- Validate them for talking to you – “I appreciate how hard it was for you to tell me that.” Or “I think you've done the right thing by opening up about this.”
- Help them to find their own solutions – “So what do you think you should do in that situation?’ Or “What has helped you before?”



## Emergency help:

- If someone has attempted suicide, call 999 and stay with them until the ambulance arrives.
- If you're worried that someone is at immediate risk of taking their own life, it's best to stay with them, or keep them on the phone
- Contact their GP, Clinic or MH support worker
- Call the out of hours service for an emergency appointment for them
- Contact the Community Mental Health Team
- Encourage them to ring a helpline.





## **You might be having a panic attack if you are experiencing:**

- A pounding heartbeat
- Feeling faint
- Sweating
- Nausea (feeling sick)
- Chest pains
- Feeling unable to breathe
- Shaky limbs, or feeling like your legs are turning to jelly
- Feeling like you're not connected to your body
- Fear you're losing control
- Fear you're going to faint
- Fear you're having a heart attack
- Fear you're going to die

## **How to help someone who might be experiencing a panic attack:**

- Be calm
- Reassure
- Give space/time
- Breathing exercises
- Shift focus (moving, such as stamping or tapping; music; mindfulness; distraction)
- Give them their medicine (if relevant)
- If it's a regular occurrence; ask them what they'd like you to do in future to help them



## **If you are experiencing a panic attack yourself:**

- Stay where you are
- Focus on something visible and non-threatening
- Slow, deep breaths. Breathe in for a count of 3, and out for 3
- Remind yourself that the fear isn't real and will pass
- Visualise a positive or peaceful image/place
- Don't fight the attack, acknowledge it and deal with it
- Distract yourself with something physical, such as tapping or stamping





Notes:

**Never suffer in silence, please contact us...**

**Phone: 01685 379 310**

**Email: [enquiries@newpathways.org.uk](mailto:enquiries@newpathways.org.uk)**

**Twitter: [@newpathways\\_](https://twitter.com/newpathways_)**



New Pathways is a registered charitable company that provides a range of specialist counselling and advocacy services for women, men, children and young people who have been affected by rape or sexual abuse.

We have many years of experience and are widely regarded throughout the UK as a leading organisation in our field.

Registered Charity Number 1126120 Company Number 6701013