

ACHD Psychology Resources:

Stress and trauma

Useful resources:

Stress

The Somerville Foundation (*ACHD specific support for mental health*)

<https://thesf.org.uk/wp-content/uploads/2019/04/Traumatic-events-and-post-traumatic-stress.pdf>

The SF grounding techniques for stress :(*coping strategies*)

<https://thesf.org.uk/wp-content/uploads/2019/04/Grounding-exercises.pdf>

ACHD Network website (*ACHD network wide support for mental health*)

<https://www.swswchd.co.uk/image/page/HowDoIManageStress-1.pdf>

NHS- Breathing exercises for stress:

<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

MIND Charity- information and support for stress

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/what-is-stress/>

Stress busting- *Information about stress, including causes, treatments and coping techniques.*

<http://www.stressbusting.co.uk/>

Stress.org - *Information about stress and tips on how to cope.*

<https://www.stress.org.uk/>

Trauma

Trauma.org- *Information and tips on coping with emotional and psychological trauma*

<https://www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm>

Mind.org.uk - *Information and tips on coping with trauma*

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/about-trauma/>

Royal College of Psychiatrists- *Information and tips on coping after a traumatic event*

<https://www.rcpsych.ac.uk/mental-health/problems-disorders/coping-after-a-traumatic-event>