



Children & Young People's Mental Health and Wellbeing resource list for Parents, School Staff & Professionals involved with young people

Updated June 2018

National Organisations for advice and support:
<p>Young Minds (The UK's leading charity committed to improving emotional wellbeing and mental health of children and young people) www.youngminds.org.uk</p>
<p>The Mix (The UK's leading support and advice service for under 25's on a whole range of topics) www.themix.org.uk Telephone: 0808 808 4994</p>
<p>Child Line (National Organisation offering free confidential advice and support to children and young people) www.childline.org.uk Tel 0800 1111</p>
<p>Charlie Waller Memorial Trust (Support, information and advice around depression) www.cwmt.org.uk</p>
<p>Heads Together (Mental Health charity started by the Duke & Duchess of Cambridge and Prince Harry with a campaign to end stigmas around mental health) www.headstogether.org.uk</p>
<p>Bullying UK (Advice support and guidance around bullying for young people, parents and schools) https://www.bullying.co.uk/</p>
<p>Time to change (An anti-stigma campaign run by the mental health charities Mind and Rethink Mental Illness) www.time-to-change.org.uk</p>
<p>Student Minds (mental health support aimed at university students) www.studentminds.org.uk</p>
<p>Muslim Youth Helpline (Internet chat available through website; offers support to young Muslims in distress) https://www.myh.org.uk/ Helpline 0808 808 2008 Text : 07860 022 811</p>
<p>The Calmzone.net (CALM - Campaign Against Living Miserably) aimed at young men www.thecalmzone.net Calm Helpline: 0800 585858</p>
<p>Action for Happiness (An organisation promoting happiness and wellbeing) www.actionforhappiness.org</p>
<p>Winston's Wish (Provide specialist child bereavement support services across the UK, including in-depth therapeutic help in individual groups and residential settings) http://www.winstonswish.org/ Helpline: 08088 020 021</p>
<p>Mood Juice (Offers self-help around anxiety & depression) www.moodjuice.scot.nhs.uk</p>

Self-harm UK (A national project dedicated to supporting young people aged 11-19 impacted by self-harm)
www.selfharm.co.uk

Self-Injury Support (Support aimed at women and girls up to the age of 24)
www.selfinjurysupport.org.uk/
Helpline Tel: 0808 800 8088 FREE Tuesday to Thursday evenings from 7-9.30pm

The Student Room (All sorts of advice for young people around studying, exams, relationships, careers etc)
<https://www.thestudentroom.co.uk>

BBC Health (Provides content and articles on a range of health topics including mental health issues)
www.bbc.co.uk/news/health

BBC Bitesize (Excellent resources around exam stress and revision from the BBC)
<https://www.bbc.com/education>

Youthhealthtalk! (A website with video interviews of young people's real life experiences on health, wellbeing and lifestyle)
www.youthhealthtalk.org

The Royal College of Psychiatrists (Well researched and reliable information about mental health)
www.rcpsych.ac.uk

The Samaritans (Confidential emotional support 24 hours a day)
www.samaritans.org
Tel 116 123 Text support number : 07725 90 90 90

The Papyrus Charity (National Suicide Prevention charity)
www.papyrus-uk.org / Tel 0800 068 4141

Students against Depression (Aimed at University students but a useful resource for young people nonetheless)
www.studentsagainstdepression.org

Beat (Beating eating disorders – information on all aspects of eating disorders)
www.b-eat.co.uk Youthline: 0808 801 0711 Youth email: fyp@b-eat.co.uk

Anxiety UK (Has a section on young people and anxiety)
www.anxietyuk.org.uk

Mental Health Foundation (Lots of downloadable booklets available around self-help, looking after mental health, managing stress & anxiety, well-being in the workplace, healthy living & advice on self-harm)
www.mentalhealth.org.uk

Mind Charity (One of the UK's Leading Mental Health Charities)
www.mind.org.uk

NHS Moodzone
www.nhs.uk/conditions/stress-anxiety-depression/

National Professionals Online Safety Helpline
The helpline is able to support all professionals who work with children and young people, specifically to assist with queries where young people present with online safety issues such as privacy, gaming, grooming, sexting and so on.

The helpline can be contacted at helpline@saferinternet.org.uk, or via phone (Monday to Friday 10am-4pm) on **0344 381 4772**

<https://www.saferinternet.org.uk/professionals-online-safety-helpline>

National Self-Harm Network (Monitored forums supporting individuals who self-harm to reduce emotional distress and improve their quality of life)

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

NHS Choices

www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx

Training, learning & Resources

EHCAP / Mindful Emotion Coaching – innovative solutions for education, health, care and prison services. Mindful Emotion Coaching for Professionals with e-learning portal

www.emotioncoaching.co.uk

Tuning into Kids & Tuning into Teens (An Australian Evidence-based parenting programme that focuses on the emotional connection between parents & children)

<http://www.tuningintokids.org.au/>

ASIST (2 day training course that teaches people how to intervene when someone is suicidal)

www.prevent-suicide.org.uk/asist_suicide_intervention_skills_training_course.html

The ELSA Support Network (Emotional literacy resources available for download and purchase aimed at anyone working with children)

www.elsa-support.co.uk/

Place2Be (Offers counselling for schools and online resources)

www.place2be.org.uk

MyHappyMind (A curriculum to help schools develop resilient children who celebrate themselves and others, build positive relationships and thrive)

www.myhappymind.org

Mindfulness in Schools Project (Course for young people aged 11-18 delivered in the classroom or other small group settings)

<https://mindfulnessinschools.org>

Anna Freud National Centre for Children & Families (School Mind Network)

www.annafreud.org/

MindEd (A free educational resource on children and young people's mental health for all adults, Includes e-learning resources for parents, professionals and volunteers)

<https://www.minded.org>

MIND-UP: a product of the Hawn Foundation (A learning programme for teachers and pupils based on positive psychology and mindfulness)

<https://mindup.org/u-k/>

Mental Health First Aid England (Internationally recognised programme offering Mental Health First aid training courses)

www.mhfaengland.org

STEM4 (Aims to improve teenage mental health issues at an early stage, has some excellent information for schools)

www.stem4.org.uk/

Incentive Plus (UKs largest supplier of social, emotional, behavioural, mental health and well-being resources)

www.incentiveplus.co.uk

Mentally Healthy Schools (A Campaign by Heads together)
Mentally Healthy Schools brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing.
<https://www.mentallyhealthyschools.org.uk/>

Mental Health and Behaviour in Schools
<https://www.gov.uk/government/publications/mental-health-and-behaviour-in-schools--2>

Grassroots Suicide Prevention (A Brighton based charity with training resources on how to intervene if someone is suicidal)
<https://www.prevent-suicide.org.uk/>

Wellness Recovery Action Planning (WRAP) A comprehensive guide and resource centre for creating a WRAP, a prevention and wellness process.
www.mentalhealthrecovery.com

The Parents Guide to Self-Harm: What Parents need to know by Jane Smith; Lion Hudson 2012

By Their Own Hand: Deliberate Self Harm and Suicidal Ideas in Adolescents; Hawton & Rodham 2006
Practical Advice for teachers, social workers and mental health professionals.

The Rainbow Journal, by Catherine Lucas, 2003; Free to under 18s (£8 for over 18s) Aimed at helping you people move from self-harm to self-care. Available from:
<https://www.selfinjurysupport.org.uk/what-is-self-injury-and-who-does-it/publications-about-self-injury/>

Samaritans DEAL (Developing Emotional Awareness and Listening) – A free teaching resource aimed at students aged 14 and over.
<https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening>

Local Organisations who can help young people:

Kooth (Free online support and counselling service for young people in Somerset)
www.kooth.com

Bipolar UK Youth Service –Yeovil support groups on the 1st Tuesday of every month (offers services to support people directly affected by mental health issues, their carers and families.
Email: youth@bipolaruk.org

Caring Minds – Service in Taunton Deane to support young people aged 5-25 living with family members who experience mental health
www.caringminds.co.uk/

Connect Centre – Wells, Somerset (Connect Youth provides a safe place where young people can meet, have fun, build relationships, explore life issues, access support and improve skills)
www.connect-centre.org.uk

Cruse – Bereavement support for children and young people
[01458 898211](tel:01458898211)

Somerset Rural Youth Project - NikjHarwood@sryp.org.uk

Green activities programme - Develop skills, earn qualifications while working on conservation projects

Workshop – first hand experience of working in engineering and mechanics

NCS – National Citizen Service – 16-17 year olds. Take part in social action projects and build skills for work and life

Community projects – Engaging young people with their local community with a network of youth clubs.
<http://sryp.org.uk/>

Somerset Suicide Bereavement Support Service

Offers general Practice and emotional support through 1:1 sessions or new young persons peer support group starting on 2 June 2018

<https://suicidebereavement.wixite.com/somerset>

Somerset County Council Children & Young People's service

www.cypsomersethealth.org

Life Hacks

www.cypsomersethealth.org/lifehacks

Mental Health Toolkit

www.cypsomersethealth.org/mental_health_toolkit

SOMEWHERE House – Counselling and Educational Workshops (based in Burnham on Sea)

<http://somerwherehousesomerset.org/>

The Space – Weekly drop-in Centre in Cheddar (for young people from 13-18 years)

Methodist Hall , Mondays 4-6pm

South Somerset Mind-Youth Matters - for young people aged 14-18 who are living with a mental health distress in Mendip and South Somerset:

Routes Cafe, Frome – every Wednesday 11am -2pm (BA11 1DS)

The Courtyard Café, Yeovil – every Thursday, 11am-1pm (BA21 1HZ)

Young People's Centre, Chard – every Thursday, 3pm-5pm (TA10 1RH)

SWEDA – Somerset and Wessex Eating Disorders Association (offers support to young people aged 16-25 in the four key colleges across Somerset)

www.swedauk.org/

Phoenix Project – Support for Children & Young People who have experienced child sexual abuse plus support for families and training for Professionals. Service run by Barnados and SARSA

<http://www.barnados.org.uk/somersetphoenixproject.htm>

The Project (Peer support groups for young people aged 13-24 in Chard)

<http://theprojectyp.org.uk/> email: info@theprojectyp.org.uk

2BU Somerset (Youth Support Group for LGBTQ+ young people aged 13-25 in Somerset)

www.2bu-somerset.co.uk / Andrew@2bu-somerset.co.uk

Wessex Counselling and Psychotherapy – You-th Space; a free counselling service in Frome for 15-18 year olds

<http://wessexcounsellingservice.co.uk/youthspace.php>

P2i – Preventing youth homelessness and enabling young people to live independently across Somerset

www.p2i.org.uk/

The Balsam Centre, Wincanton – Youth Drop-in Café, Tuesday 4pm – 6.30pm and Thursday 3.30-6.30pm

<http://balsamcentre.org.uk/>

Young Citizens Advice , Taunton (open Wednesday 1pm to 6.30pm & Monday, Tuesday, Thursday, Friday 10am -2pm)

Tel 03444 889 623  [@ycataunton](https://twitter.com/ycataunton) email: youngcitizensadvice@tauntoncab.org.uk

REACH – Alternative education solutions for individuals and groups of young people in Somerset.

<http://reachyouth.co.uk/>

Other People to go to for help & advice:

CAMHS Single Point of Access (SPA) – 0300 124 5701 CAMHSSPA@sompar.nhs.uk

Advice and guidance in how to support any young person and their families/carers but are uncertain about which service may best meet their individual emotional and mental health needs.

<http://www.sompar.nhs.uk/what-we-do/children-and-young-people/professional/child-and-adolescent-mental-health-service-camhs/camhs-single-point-of-access/>

Early help /Getset Services – The early help offer includes universal and targeted services designed to reduce and prevent problems escalating or becoming entrenched. Early help is delivered by a wide range of partners including health organisations, schools and colleges, district councils, housing associations and voluntary sector groups, as well as Somerset County Council

Educational Psychologists

Supporting the development and progress of Somerset's vulnerable learners aged 0-25 yrs
www.supportservicesforeducation.co.uk

Route 1 Advocacy & Independent visitors – ajhart@somerset.gov.uk

Route 1 organises the provision of volunteer advocated to support children and young people in the child protection process. They also provide volunteer Independent Visitors for children in the care of the local authority

School Counsellors

SENCO's

Primary Care Link Workers

PFSA's

Apps for both young people and adults:

Moodgym

Booster Buddy

Headspace

SAM: Self help guide for anxiety

Mindshift

Moodtools

Smiling Mind

Find out more about SHARE at www.sharesomerset.co.uk



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We are always happy to hear more about websites and resources that are out there, please email Fiona.martin@sompar.nhs.uk if you are aware of any that would be useful to add to this list.