

USEFUL CONTACTS FOR PROFESSIONALS, PARENTS AND YOUNG PEOPLE

All of the following services are there to support children, young people and their families. They offer confidential support and advice, but if they are worried about the safety of someone who is under 18 years old, or an adult who is vulnerable in any way, then they may need to speak to other people, such as the police, social care or the NHS to try and make sure that everybody stays safe.

Some local services may be affected by the Coronavirus outbreak so please check their websites for up to date information about closures and availability.

INFORMATION ABOUT MENTAL HEALTH AND CORONAVIRUS

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

NHS

If you are worried that your child is at immediate risk because their mental health has deteriorated, then you can contact the NHS in an emergency on **999**. Or for advice you can contact NHS direct on **08454647** or via their website **www.nhsdirect.nhs.uk**.

If a child needs immediate medical attention then contact 999 or visit your local A&E. Here, health care professionals may contact the CAMHS team if they feel this is needed.

If you or your parents think you need some support from the Child and Adolescent Mental Health Service (CAMHS) then you can make an appointment with your GP to discuss a referral being made.

THE NATIONAL AUTISTIC SOCIETY

On their website you can find lots of information and support if your child has Autism. The website is **www.autism.org.uk**, They also have a social story on the website to help explain Coronavirus and easy read advice.

ADHD FOUNDATION

The ADHD Foundation has lots of advice and top tips for parents and young people who may be affected by ADHD. Their website is **https://www.adhdfoundation.org.uk/** They have resources and stories about 'The Umbrella Gang' to help understand ADHD,

BULLYINGUK

BullyingUK offer online advice to support children, young people and their parents where they may be being affected by bullying. Their website is **www.bullying.co.uk**.

BEAT

Beat is a charity that works to support children and young people who have an eating disorder. Their website, www.b-eat.co.uk, provides some information about eating disorders, a web chat and information about where to seek support. Beat also have a helpline which is open 12-8pm Monday to Friday and 4pm-8pm on weekends.

The **Helpline** number is-

0808 801 0677

The **Youthline** number is-

0808 801 0711

CARE FOR THE FAMILY

Information, support and advice for parents/carers about everyday things which may impact on your child's wellbeing. Their website is www.careforthefamily.org.uk

<https://www.careforthefamily.org.uk/family-life/parent-support>

CHANGE GROW LIVE (CGL)

CGL work with young people between the ages of 10-18 years. They can offer support with lots of different things, including:

Drug and alcohol use

Health and wellbeing

Offending behaviour

Mental health

Family support

Someone else's drug or alcohol use (also known as 'hidden harm')

Independent advocacy and visiting

They offer free and confidential advice to young people. Their website, www.changegrowlive.org, has lots of information about the help they can offer.

CHILDLINE

Childline offer telephone advice or support to children, young people and their families. Their telephone line is open 24 hours a day. If you need to talk to somebody then you can ring **0800 1111**.

Childline also have an online chat where young people can talk to a counsellor one to one. Visit www.childline.org.uk for more advice.

On their website you will find videos and activities for ideas of managing difficult feelings- look a section on the website called 'The Calm Zone'.

GRANDPARENTS PLUS

Online support for people looking after children in a kinship placement. They also offer local support groups- but these could be affected by Coronavirus outbreak and may not be able to run. For more information have a look at their website <https://www.grandparentsplus.org.uk/> .

GRIEF ENCOUNTER

A really good online resource for young people affected by bereavement. There is an online chat service, support and ideas of ways to remember someone important. All on their website- <https://www.griefencounter.org.uk/>

They also have a support line for young people affected by bereavement- the number is **0808 802 0111** and it runs Monday to Friday 9am-9pm.

KIDS HEALTH

Kids Health have online advice for parents, children and teenagers about a number of different health issues and how to enhance positive wellbeing. Have a look at their website- <https://kidshealth.org> for more advice on how to look after your body in the best way possible.

KOOTH ONLINE

Kooth offer confidential support and advice for children and young people ,who are 11 years plus who are struggling with their mental health or with managing their emotions. They have an online chat which can be accessed via-

<https://kooth.com/>

The online chat can be accessed for advice on the following days and times-

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm

MINDED

www.minded.org.uk offer online resources and advice for parents or carers whose children are experiencing challenges with their mental health. They offer step by step advice about what to do if you are worried or faced with a crisis.

THE MIX

The Mix is a nationwide support service for young people up to the age of 25 years. They offer advice about lots of different issues including mental health, relationships, your body, money, crime, study and lifestyle.

If you want to find out more you can visit their website on, www.themix.org.uk. They have lots of articles on lots of different issues which you might find useful.

They also have a free phone number which is open daily from 11am to 11pm; **08088084994**.

NATIONAL SELF-HARM NETWORK

The national self-harm network provides information and support to parents, carers, professionals and young people who are struggling with self-harm or wanting some more information about self-harm.

The website is **www.nshn.co.uk**. They have some really useful downloadable documents on their website. You can also access self-help resources specifically to help with managing self-harm.

The key documents that you might find useful are;

- First aid for self-harm
- Distractions that help
- Advice for parents and carers
- Advice for young people
- What is self-harm?

NSPCC

The NSPCC is a national charity aiming to promote the protection of children and young people from any abuse. If you are a parent or carer and wanted to talk to somebody if you are worried about a child contact their helpline on **0808 800 5000**. This is open 24 hours and is a free phone number.

PAPYRUS

Papyrus is the National charity for prevention of young suicide. They have a hopeline which is open 10am-10pm Weekdays and 2pm-10pm on weekends. The number is **0800 068 4141**.

THE PROUD TRUST

Online resource for LGBT+ Youth. They have resources and information about local youth groups available on their website **<https://www.theproudsttrust.org/>**.

SAMARITANS

The Samaritans will listen to you and help you talk through your concerns, worries and troubles. You can call them on **116 123**. This number is free to call and can be used 24 hours a day, 365 days a year.

SHOUT

This is a crisis text line which is open 24/7 and available to support people who are suicidal, struggling with self-harm, bullying, abuse or support. To get help text SHOUT to **85258**.

SLEEP SCOTLAND WEBSITE

Good sleep is really important for our mental health. If you feel you are struggling with your sleep and want some advice about how to sleep well, then visit **www.sleepscotland.org**. They have lots of resources to help teach you and your family about sleeping well.

Key things to look at can be found under the Sound Sleep section of this website.

WAKEFIELD DISTRICT DOMESTIC ABUSE SERVICE

WADDAS offer advice and support on their helpline for people 16+ years who are affected by domestic abuse. The helpline number is **0800 915 1561**.

THE WELL WOMEN CENTRE

The Well Women Centre offer lots of different support to women aged 16 years plus to help them with their health and wellbeing.

They are based in Wakefield and offer a drop in support service. Their available drop in sessions are;

Every Monday, 5-7.30pm

and every Friday, from 10am-12.30pm. (except bank holidays)

Their office address is;

Well Women Centre, 24 Trinity Church Gate, Wakefield, WF1 1TX.

You can also ring them for support and advice on 01924 211 114.

TURNING POINT

Turning point offer direct mental health support to anyone 16+years. They have an online therapy tool which you can self-refer to called ' My Turning Point'. That can be accessed on **<https://talking.turning-point.co.uk/wakefield/my-turning-point/>**

YOUNG MINDS

Young minds do not operate a telephone for children or young people, but there is a list of different support services that are available if you need to talk to somebody but don't know where to go. You can visit **<https://youngminds.org.uk/find-help/your-guide-to-support/need-to-talk/>**

If your parents or carers are worried about you and they want some advice, then they can ring the Parents helpline. The helpline number is **0808 802 5544**. You can also contact Young minds online via **<https://youngminds.org.uk/contact-us/parents-helpline-enquiries/>**. They can take up to three days to reply to emails, so parents should not use this service if they are concerned that their child is at immediate risk of harm.

SELF-HELP WORKBOOKS

CHILDREN

Might Moe- An Anxiety Workbook for Children

YOUNG PEOPLE

Moodjuice- Self Help workbooks exploring anxiety, low mood, stress, bereavement, sleep problems and anger.

ADULTS

Northumberland and Tyne NHS Self-help workbooks available to download online for a wide range of mental health presentations.

USEFUL APPS

Calm- Mindfulness and meditation exercises.

Calm Harm- Help advice for managing self-harm.

Fabulous- App providing daily motivation and helping you learn positive self-care habits.

FearTools- App to help you understand anxiety.

FeelingGood- Guided imagery and listening tools to improve your mood.

HeadSpace- Mindfulness and meditation exercises for adults and children.

MeeTwo- Safe space for young people to talk and share problems and seek advice.

MoodTools- App to help you monitor mood, make safety plans and have useful contacts for support.

Stay Alive- Suicide prevention resource to help you stay safe in crisis.

Worriots- For primary aged children to share what makes them anxious and learn how to look after their emotions.

WYSA- Happiness buddy and stress and anxiety Chatbot