

Helpful Resources

Here is a general selection of helpful resources that could be considered with individual children, young people & their families.

If a family member/carer or a professional become concerned about this individual's ability to maintain their own or others safety, then those with such concerns are advised to promptly contact a GP or access an appropriate emergency service (999, A&E or Social Care provision).

ADHD, ASC and other learning, communication or behavioural difficulties

- **ADHD Foundation** works in partnership with individuals, families, doctors, teachers and other agencies to improving emotional wellbeing, educational attainment, behaviour and life chances through better understanding and self-management of ADHD. Please visit their website at: www.adhdfoundation.org.uk
- **ADHD North West** provides a free support service to empower and improve the wellbeing of individuals and families affected by an Attention Deficit Disorder and associated conditions. Please visit their website at: www.adhdnorthwest.org.uk
- **UKAP** aims to support clinicians and allied professionals to identify and meet the needs of children and young people affected by this disorder. Please visit their website at: www.ukadhd.com
- **ADDISS** provide information and resources about ADHD to anyone who needs assistance, such as parents, sufferers, teachers or health professionals. Please visit their website at: www.addiss.co.uk
- **ChAPS** offers information and support for individuals whom may have an Autism Spectrum Condition. Contact via: 0844 850 8607. Please visit their website at: www.cheshireautism.org.uk
- **National Autistic Society** are the UK's largest provider of specialist autism services. Please visit their website at: www.autism.org.uk
- **B.I.R.D.** works with children & adults with learning difficulties and also people who have brain injuries, and additionally with complex needs and mild learning or behavioural difficulties. Contact via: 0800 028 62 56. Please visit their website at: www.birdcharity.org.uk
- **PDA Society** provides information, support and training for parents, carers, teachers and individuals with PDA. Please visit their website at: www.pdasociety.org.uk

Anxiety, Low Mood & Depression

- **AnxietyUK** provide support and help if you've been diagnosed with, or suspect you may have an anxiety condition. Please visit their website at: www.anxietyuk.org.uk
- **Charlie Waller Memorial Trust** provide self-help resources for young people, families/carers and professionals on depression, emphasising that talking about it is the first step. Please visit their website at: www.cwmt.org.uk
- **Anxiety Canada** (formerly Anxiety BC) offer tools and resources to help better manage anxiety Please visit their website at: www.anxietycanada.com. Additionally, this organisation also offers an app called MindShift™, aimed at helping teens and young adults cope with anxiety.



- **Moodjuice** is designed to help you think about emotional problems and work towards solving them. Please visit their website at: www.moodjuice.scot.nhs.uk
- **Positive Penguins** offers an educational app developed for children to help them understand why they feel the way they do and help them to challenge their negative thinking. Please visit their website at: www.positivepenguins.com

Apps (from <https://www.nhs.uk/apps-library/> accessed 14/01/2020)

- **Beat Panic** – Overcome panic attacks and anxiety wherever you happen to be – Cost £0.99
- **Big White Wall** – Get round the clock support from therapists to help cope with stress and anxiety – Cost Free
- **Blue Ice** – This app helps young people manage their emotions and reduce urges to self-harm - Cost Free
- **Calm Harm** – Reduces urges to self-harm and manage emotions in a more positive way – Cost Free
- **Chill Panda** – Use breathing techniques to help you relax more, worry less and feel better – Cost Free
- **distrACT** – quick and discreet access to information and advice about self-harm and suicidal thoughts – Cost Free
- **eQuoo: Emotional Fitness Game** – Use adventure games designed by psychologists to help you increase your emotional fitness – Cost Free (with in-app purchases)
- **Feeling Good: positive mind set** – Use audio tracks to help relax your body and mind and build your confidence – Cost Free (with in-app purchases)
- **MeeTwo** – A safe and secure forum for teenagers wanting to discuss any issue affecting their lives – Cost Free
- **My Possible Self: The Mental Health App** – Learn how to manage fear, anxiety and stress and tackle unhelpful thinking – Cost Free (with in-app purchases)
- **SilverCloud** – An eight-week course to help you manage stress, anxiety and depression at your own pace - – Cost Free
- **Sleepio** – An online sleep improvement programme, clinically proven to help you fall asleep faster – Cost Free in some areas
- **Sleepstation** – Connect with a team of sleep experts to help you fall asleep or stay asleep through the night – Cost Free with GP referral
- **Student Health App** – Reduce your worries, feel more confident and get the health information you need as a student – Cost Free
- **Thrive** – Use games to track your mood and teach yourself methods to control stress and anxiety – Cost Free

Assault, Vulnerability & Domestic Violence

- **The Rape and Sexual Abuse Support Centre** (Cheshire and Merseyside) provide support for any adult or child affected by sexual violence on: 0330 363 0063 or via www.rapecentre.org.uk
Or
Sexual Assault Referral Centre (SARC), available to the residents of Cheshire, offer forensic and medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted on: 0161 276 6515 or via www.cheshiresarc.org.uk
- **The NSPCC** offer support if there is concern about the impact of gangs and what to do to help protect young people. Contact via: 0808 800 5000. Please visit their website at: www.nspcc.org.uk/preventing-abuse/keeping-children-safe/staying-safe-away-from-home/gangs-young-people/
- **Eighteen And Under** offer information and support to young people who have been abused in any way. Please visit their website at: www.18u.org.uk
- **Women's Aid** is the national charity working to end abuse against women and children. Please visit their website at: www.loverespect.co.uk

Bereavement & Loss

- **The East Cheshire Hospice Children's Therapies Team** offers support for families, teachers and healthcare professionals working with bereaved children. Contact via: 01625 610364. Please visit their website at: www.eastcheshirehospice.org.uk/patients-families/childrens-services
- **The Dove Service** can provide bereavement counselling and support to children and young people over the age of 4 and their families living within Stoke-on-Trent and North Staffordshire. Contact via: 01782 683 155. Please visit their website at: www.thedoveservice.org.uk/children-and-young-people
- **St. Luke's Hospice** offers support to young people and children regarding loss and bereavement within the Mid & South Cheshire area. Contact via: 01606 555693. Please visit their website at: www.stlukes-hospice.co.uk/how-we-can-help/families-carers/bereavement-support-for-children
- **Care for the Family** is a national charity which aims to promote strong family life and to help those who face family difficulties, offering Marriage Support, Parent Support and Bereavement Support. Contact via: 029 2081 0800. Please visit their website at: www.careforthefamily.org.uk
- **Winston's Wish** offers support to children and young people after the death of a parent or sibling. Please visit their website at: www.winstonswish.org
- **riprap** offers support to teenagers whom have a parent with cancer. Please visit their website at: www.riprap.org.uk
- **Child Bereavement UK** supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Contact via: 0800 02 888 40. Please visit their website at: www.childbereavementuk.org
- **Hope Again** is the youth website of Cruse Bereavement Care. It is somewhere that you can learn from other young people, how to cope with grief, and feel less alone. Contact via: 0808 808 1677. Please visit their website at: www.hopeagain.org.uk

- **Grief Encounter** support bereaved children and their families to help alleviate the pain caused by the death of someone close. Contact via: 020 8371 8455. Please visit their website at: www.griefencounter.org.uk

Bullying

- **Bullying UK** offers support via a helpline and extensive advice on their website. Contact via: 0808 800 2222. Please visit their website at: www.bullying.co.uk
- **Ditch The Label** combat bullying by tackling the root issues, offering support to young people aged 12-25 via a team of digital mentors are trained to help young people also navigate through issues related to bullying, such as improving mental health, body image, coming out and building confidence and self-esteem. Please visit their website at: www.ditchthelabel.org/about

Eating Disorders

- **Beat** is the UK's eating disorder charity, offering support and guidance on recognising and accessing help for Eating Disorders. Please visit their website at www.beateatingdisorders.org.uk

Hearing Voices

- **Voice Collective** offer advice and support on the experience of 'hearing voices' and 'perceiving stimuli' which are not actually 'real'. Please visit their website at: www.voicecollective.co.uk/about-voices
- **Hearing Voices** offer information, support and understanding to people who hear voices and those who support them. Please visit their website at: www.hearing-voices.org

LGBT+

- **The Proud Trust** offers support for young people who want to find out more about Gender & Sexuality, offering youth groups & peer support across the Vale Royal and the South Cheshire Areas. Please visit their website at: www.theproudtrust.org
- **GIDS** offer a highly specialised clinic for young people presenting with difficulties with their gender identity. Please visit their website at: www.gids.nhs.uk

Mental Health & General Wellbeing

- **SANE** runs a national, out of hours mental health helpline offering specialist mental health support to anyone affected by mental illness, including the family, friends and carers. Contact via: 0300 304 7000. Please visit their website at: www.sane.org.uk
- **Mind** offer advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. Please visit their website at: www.mind.org.uk/information-support
- **Young Minds** is the UK's leading charity fighting for children and young people's mental health. Parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow, and to help them learn to be independent, it can also be really hard work. Please visit their website at: www.youngminds.org.uk

- **MyMind** is run by CWP CAMHS, and has been developed for everyone interested in the mental health and well-being of children and young people across Cheshire and Wirral. Please visit their website at: www.mymind.org.uk
- **The Sleep Council** is an impartial organisation that looks at how you can adopt healthier sleep habits and focuses on raising awareness of a good night's sleep to health and wellbeing. Please visit their website at: www.sleepcouncil.org.uk
- **Kids Health** offer doctor-reviewed advice on hundreds of physical, emotional, and behavioural topics. Please visit their website at: www.kidshealth.org

Online/Face to Face Counselling & Self-Help

- **Kooth** offer “free safe and anonymous” online support for young people. Please visit their website at: www.kooth.com
- **Visyon** is a charity that supports the emotional health of children, young people and their families in the Cheshire and Staffordshire moorlands areas. Contact via: 01260 290000. Please visit their website at: www.visyon.org.uk
- **South Cheshire CLASP** offers free professional, confidential counselling for lone parent families and step families. Including counselling for children. Contact via: 01270 250629. Please visit their website at: southcheshireclasp.org.uk
- **Get Self Help** offers self-help and therapy resources, including worksheets and information sheets and self-help mp3s. Please visit their website at: www.getselfhelp.co.uk
- **MindEd for Families** has advice and information available to help you families to understand what mental health problems can occur and what they can do. Please visit their website at: www.mindedforfamilies.org.uk/young-people
- **NTW Self Help Leaflets** offers a range of Mental Health Self Help Guides. Please visit their website at: web.ntw.nhs.uk/selfhelp
- **IAPT and Gateway** services offers support for individuals 16+yo across the Vale Royal and South Cheshire areas with common mental health problems. Please visit their website at: www.cwp.nhs.uk/services-and-locations/services/central-cheshire-wellbeing-hub/

Parenting Support

- **Parentline plus** is a helpline which offers information, advice, guidance and support on any aspect of parenting and family life. Contact via: 0808 800 2222. Please visit their website at: www.familylives.org.uk.
- **Motherwell Cheshire CIO** offer counselling to mum's who are experiencing their own anxiety and depressions difficulties (especially in combination with their child's own MH difficulties). Contact via: 01606 557666. Please visit their website at: www.motherwellcheshirecio.com
- **Wishing Well** offers a range of different sessions from Parenting Programmes, One to One Advice and Family Drop-In sessions. Contact via: 01270 256919. Please visit their website at: www.wishingwellproject.com

Self-Harm Behaviours

- **Harmless** is a user led organisation that provides a range of services about self-harm including support and information to people who self-harm, their friends and families and professionals. Please visit their website at: www.harmless.org.uk
- **LifeSIGNS** provide information about self-injury and while they will never tell anyone to 'stop', they can support people as and when they choose to make changes in their lives. Please visit their website at: www.lifesigns.org.uk
- **SelfharmUK** is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life. Please visit their website at: www.selfharm.co.uk
- **NSHN** offers support to individuals who self-harm to reduce emotional distress and improve their quality of life. Please visit their website at: www.nshn.co.uk

Substance misuse

- **FRANK** offers information and advice on substance misuse via their website or a telephone support line. Contact via: 0300 1236600. Please visit their website at: www.talktofrank.com
- **Nacoa** (The National Association for Children of Alcoholics) offers support to meet the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. Contact via: 0800 358 3456. Please visit their website at: www.nacoa.org.uk
- **New Beginnings** is a substance misuse service which operates across the whole of Cheshire West and Chester supporting Young People and Adults. Contact via: 0300 303 4549 Please visit their website at: <http://www.wdpyoungpeople.org.uk> alternatively you can email them on: cwac@wdp.org.uk.
- **Change Grow Live** offer substance misuse services across the East Cheshire local authority area. Contact via: 01625 464995. Please visit their website at: www.changegrowlive.org/content/change-grow-live-cheshire-east
- **Adfam** is a national charity working to improve life for families affected by drugs or alcohol. Please visit their website at: www.adfam.org.uk
- **Addaction** is a UK mental health, drug and alcohol charities, working with adults and young people, in community settings, in prisons, in residential rehab and through outreach. Please visit their website at: www.addaction.org.uk

Crisis & Suicidal Thoughts Support

- **Papyrus** is a national confidential helpline for any young people (under35) at risk of suicide, or worried about a young person at risk of suicide. Contact via: 0800 068 41 41. Please visit their website at: www.papyrus-uk.org
- **Samaritans** is a confidential emotional support service for anyone in the UK. Contact via: 116 123. Please visit their website at: www.samaritans.org

- **Shout: for support in a crisis** is a free, nationwide, text-based, 24/7 service for people experiencing crisis. For more information about using this service please visit: www.giveusashout.org/about-shout/ or to use this service text "Shout" to 85258.
- **HOPELINEUK** offers advisers whom want to work with you to understand why thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe. For more information please visit: www.papyrus-uk.org/hopelineuk/ or to use this service Call: 0800 068 4141, Text: 07860039967 or Email: pat@papyrus-uk.org

Support Lines

- **CYP Wellbeing Hub** for professionals, parents & carers concerned about the mental health of a child or young person who has a GP in the Vale Royal & South Cheshire areas: call 01606 555120 between 13:00 and 17:00 Mon-Fri (Excluding BHs).
- **The Children and Young People's Out of Hours Advice Line** on 01244 397644, Mon-Fri 5pm-10pm & Sat-Sun 12pm-8pm. As a team they offer telephone advice and support to young people & parents/carers whom may have concerns about a young person's mental health.
- **The Mix** is a free, confidential helpline service for young people under 25 who need help, but don't know where to turn. The Mix provides support for anything you may be going through. Contact via 0808 808 4994. Please visit their website at: www.themix.org.uk
- **CALM** offers confidential, anonymous and free support information and signposting to **males** anywhere in the UK. Contact via: 0800 58 58 58. Please visit their website at: www.thecalmzone.net
- **ChildLine** offers support to children or young person, asking if they would like to speak to a counsellor or access a range of helpful resources. Contact via: 0800 1111. Please visit their website at: www.childline.org.uk
- **NSPCC Helplines** for adults concerned about a child. Contact via: 0808 800 5000. Please visit their website at: www.nspcc.org.uk/what-you-can-do/report-abuse/dedicated-helplines
- **A.D.A.M** is a website for young people who are concerned about or may be affected by another person's drinking. Please visit their website at: www.chatresource.org.uk/adam/
- **Fixers** is a 'virtual hub' of a joint project between Groundwork UK, The Children's Society and Fixers funded under the Home Office 'Choices' programme, and aimed at young people between 10-19 who are at risk of alcohol and drug misuse, and the crime that is often associated. Please visit their website at: choices.fixers.org.uk

Treatments, Medication & Diagnosis

- **Royal College of Psychiatrists: Young people's mental health** contains information for young people, parents and carers, about young people's mental health. Please visit their website at: www.rcpsych.ac.uk/mental-health/parents-and-young-people
- **HeadMeds** gives young people in the United Kingdom general information about medication. HeadMeds does not give medical advice. Please visit their website at: www.headmeds.org.uk

Statutory Mental Health Support

If a family member/carer or a professional become concerned about this individual's ability to maintain their own or others safety, then those with such concerns are advised to promptly contact a GP or access an appropriate emergency service (**999, A&E or Social Services**).

Professionals, parents & carers concerned about the mental health of a child or young person who has a GP in the Vale Royal & South Cheshire areas can contact the CYP Wellbeing Hub team if they wish to talk through any of these issues: **call 01606 555120 between 13:00 and 17:00 Mon-Fri (Excluding Bank Holidays)**.

The "Children and Young People's Out of Hours Advice Line" on **01244 397644**, Mon-Fri 5pm-10pm & Sat-Sun 12pm-8pm. As a team they offer telephone advice and support to young people & parents/carers whom may have concerns about a young person's mental health.

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