



Support and Resources

JIGSAW - Stuck at home (no password required)

Here is a lovely resource for parents/carers from the Jigsaw Families Programme. There are original stories and accompanying Calm Me Times, both on audio file and both with suggested learning activities (age 5+).

National helplines for adults and children

Childline

A place a child or young person can talk to someone about something they are worried about. They can do this online or over the phone. (call 08001111)

NSPCC

This charity works against child abuse - a helpline is available for parents or other adults concerned about a child (0808 8025544).

The Samaritans

A confidential helpline which offers support and advice to those in emotional distress. (call 116 123)

Young Minds

Parentline

Offers information and advice to anyone worried about a child or young person under the age of 25. (call 0808 802 5544)

Papyrus

Charity working to prevent young suicide with a helpline for those worried about themselves or someone they know (call 0800 068 4141; text 0778 620 9697).

Mental Health Guide for Veterans

This guide gives information regarding mental health, housing and financial support which is available for veterans.

General mental health advice and support:

Recovery College Online:

Mental health & wellbeing information, resources, support, personal stories and **online** courses. Help for young people too.

<https://www.recoverycollegeonline.co.uk/>

Big White Wall

Online counselling service for young people aged 16+.

CALM

The Campaign against Living Miserably aims to reduce suicide rates among young men in the UK.

Doc Ready

Prepares young people for their first visit to their GP to talk about their mental health.

Get Connected

Support and signposting for young people under the age of 25. Telephone, email, text and web chat support.

Kooth

Online counselling and support for children and young people.

Mind

National mental health charity providing information and advice.

Sane

Information on mental health, as well as telephone, email and text support. Includes an online forum for over-18s.

The Mix

Mental health information and support for the under-25s.

Time to Change

Personal stories from young people about why mental health matters.

The Youth Wellbeing Directory

Online resource for families and young people up to the age of 24 listing local mental health services in their area.

Anxiety

No Panic

Helpline for young people who suffer from panic attacks, OCD, phobias, and other related anxiety disorders (call 0330 606 1174).

Bipolar

Bipolar UK

Offers information about bipolar disorder, an online community, and a peer support line.

Bullying

Bullying UK

Advice and support for dealing with bullying.

RespectMe

Scotland's anti-bullying service working with adults involved in the lives of children and young people to give them the practical skills and confidence to deal with children who are bullied and those who bully others.

Depression

Charlie Waller Memorial Trust

Includes information for children and young people on how to recognise the signs of depression.

My CAMHS Choice

Information and support for young people who have been referred to the CAMHS system.

Students Against Depression

Information, advice and real-life stories for university students struggling with depression.

Drugs and alcohol

Addaction

Information about drug and alcohol problems.

Nacoa

Information and support for children and young people affected by a parent's alcohol use.

Eating disorders

Beat Eating Disorders

Helplines, online support and self-help groups on all types of eating disorder.

Hearing voices

Voice Collective

Resources for young people who hear, see and sense things that others don't. Support for parents is also offered.

Medication

Head Meds

Information for young people around medication, mental health and life.

OCD

OCD UK

Information and support on OCD, including online support forums.

Self-harm

Life Signs

Information and support on self-harm in children and young people.

National Self-Harm Network

A forum providing crisis support, resources and advice on dealing with self-harm.

Recover Your Life

Information and support around self-harm. Includes forums, online chat, open 24/7.

Self Harm UK

Information for parents and professionals on self-harming behaviour.

Apps/Tools for Children and Young People

Healthy Minds

Problem-solving tool aimed at students.

InHand

An app to help young people through the ups and downs of life; it suggests activities to help based on how you rank your mood.

Female

Puberty

This guide will outline the key problems, what's being done, and how it can be eradicated for good.

Mindshift

Specifically for young people to help them manage their anxiety. There are lots of tools, techniques and advice.

Mood Panda

Half moodtracker, half social network. It allows children and young people to choose whether to keep their mood private or share it publicly for support from other Mood Panda users.

Mood Scope

A mood tracking tool; the basic features are free but you have to pay for more in-depth features.

Moodometer

An app as well as an online resource which helps children and young people monitor and understand their emotional wellbeing.

Personal Zen

Games that have been clinically proven to reduce stress.

Recovery Record

Self-help tool for children and young people suffering from eating disorders.

SAM (Self-Help for Anxiety Management)

Help with anxiety management which includes interactive games and tools, and an anxiety tracker.

Stop, Breathe and Think

Guide to meditation which recommends certain meditations based on how you're feeling.