



Appendix VII

Further support

The Youth Wellbeing Directory - www.youthwellbeingdirectory.co.uk

This directory helps service users and funders find high-quality services to improve the emotional wellbeing and/or mental health of children and young people directly, or by supporting their families and caregivers. The directory enables users to search for services in their area and to have the reassurance that the services being promoted adhere to quality standards.

Other organisations

Young Minds -Parents helpline 0800 802 5544

Email parents@youngminds.org.uk

Further information from young minds

www.youngminds.org.uk/for_parents/worried_about_your_child

Pennine care NHS self-help leaflets

<http://www.selfhelpguides.ntw.nhs.uk/penninecare/>

Childline - 0800 111 www.childline.org.uk

Kidscape - Tackling bullying and safeguarding issues www.kidscape.org.uk

Kooth - is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. www.kooth.com

Silverline - Free confidential helpline providing information, friendship and advice to older people 0800 4708090 www.thesilverline.org.uk

Samaritans - 08457 909090 www.samaritans.org

Papyrus - Working for the prevention of young suicide 0800 068 4141
www.papyrus-uk.org

Harmless – A national voluntary organisation providing support for those affected by self harm. www.harmless.org.uk/

TESS email and text support service for self injury 0780 047 2908
www.selfinjurysupport.org.uk/tess-text-and-email-support-service



Brook – An advisory service that provides free and confidential sexual health services and advice for young people under 25. You can contact an advisor by texting 07717989023

Lifeline – Work with individuals, families and communities both to prevent and reduce harm, to promote recovery, and to challenge the inequalities linked to alcohol and drug misuse. www.lifeline.org.uk

Healthy Young Minds is a children and adolescent mental health service offering a variety of interventions and support for young people with identified needs. Referral pathways vary depending on borough. www.healthyyoungmindspennine.nhs.uk

NHS Choices - www.nhs.uk/pages/home.aspx

Currently local authorities are responsible for social, education and early help services more information about specific services in your area can be found at: www.mentalhealth.gov

Free Online Self Help Resources

Living Life to the Full - www.lltff.com

Cognitive Behaviour Therapy (CBT) is an evidence-based and structured therapy that aims to alter the unhelpful thinking (cognitions) and behaviour that commonly occur during times of distress.

Moodjuice - www.moodjuice.scot.nhs.uk

Moodjuice is designed to offer information and advice to those experiencing troublesome thoughts, feelings and actions.

Get Self Help - www.getselfhelp.co.uk

Cognitive Behaviour Therapy Self Help Resources - Access to free worksheets and handouts on various mental health problems, including anxiety and depression. Also includes access to MP3 downloads such as Guided Relaxation and Meditation.

Centre for Clinical Interventions - www.cci.health.wa.gov.au

CCI provides free workbooks on a variety of topics such as depression, assertiveness, panic attacks, self-esteem, anxiety and worry.

Moodscope - www.moodscope.com

Measure your mood each day with an online card 'game'. Track your scores and learn what could be causing your ups and downs. Using this method can help lift mood over time.