

USEFUL WEBSITES, HELPLINES AND APPS: Mental Health and Emotional Wellbeing

General Mental Health

www.mymind.org.uk CWP Trust website

www.getselfhelp.co.uk Range of self-help materials for many mental health difficulties

<https://www.minded.org.uk/> E-learning for families and professionals including downloadable resources

www.rcpsych.ac.uk Royal College of Psychiatrists – leaflets to download for parents and young people

www.youngminds.org.uk Young peoples' mental health charity

www.nhs.uk/conditions NHS Choices - information on all mental health difficulties

<http://www.moodcafe.co.uk/> Common mental health difficulties

www.mentalhealth.org.uk Information, research and resources

www.actionforhappiness.org Ways to improve mood

<http://www.handsonscotland.co.uk/index.html> Information and guidance for professionals and parents

<http://psychologytools.com/> Self-help materials and CBT worksheets

<http://www.docready.org/#/home> preparing for a mental health appointment

Helplines and Organisations

CWP Crisis Line – 0300 303 3972

ChildLine 0800 1111 www.childLine.org.uk

Samaritans – Call or text 116 123 jo@samaritans.org 08457 90 90 90

www.samaritans.org

www.kooth.com On-line counselling service for young people

www.themix.org.uk Helpline 13-25 year olds Tel: 0808 808 4994

Young Minds Parents' Helpline 0808 802 5544 or email parents@youngminds.org.uk

Runaway helpline - Call or text 116000 www.runawayhelpline.org.uk <http://www.runawayhelpline.org.uk/>

Shout! 24/7 Text Support Text 85258 www.giveusashout.org

Just Drop In (12-24) – Counselling and Wellbeing Service, Tel. 01625 665079, Text 07718425405, Email

hello@justdropin.co.uk

Visyon – CBT, Counselling and Wellbeing, Tel. 01260 290000, Email. administration@vysion.org.uk

Cheshire East Children's Services (CHECS) – family support, safeguarding, Tel. 0300 123 5012 (opt 3)



Helpful APPs For a full list of apps approved by the NHS go to www.nhs.uk. Some of these include

Headspace: <https://www.headspace.com/headspace-meditation-app>

Guided meditation and mindfulness

Calm: <https://www.calm.com> -mindfulness and meditation techniques

Sleepio : www.sleepio.com – an online sleep improvement programme

ThinkNinja: www.healios.org.uk – cbt approach for mental health problems

Other apps are listed on www.camhs-resources.co.uk



CWP YouTube channel

<https://www.youtube.com/channel/UCajuamnlkr560vsUGSIT89Q>

Anxiety:

www.anxietybc.com Anxiety help for young people

www.anxiety.org.uk Advice and support for anxiety sufferers

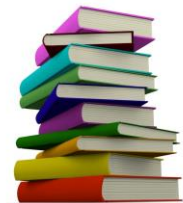
www.getselfhelp.co.uk

Think Good Feel Good by Paul Stallard – CBT workbook for young people

OCD:

www.ocduk.org Information and support relating to OCD in young people

www.ocdaction.org.uk Information and advice on OCD



Depression:

www.depressioninteenagers.co.uk Self- help and relaxation for young people

www.studentsagainstdepression.org Information and support around depression

www.getselfhelp.co.uk

<https://www.futurelearn.com/courses/depression-young-people?lr=38> – A free course for parents to help understand how to recognise depression and low mood in teenagers and learn how to help

Think Good Feel Good by Paul Stallard – CBT workbook for young people

Self-Harm:

www.selfharm.co.uk Supports young people who self harm

www.nshn.co.uk Includes helpful alternatives to self harm

<http://www.lifesigns.org.uk/> Advice and support for self-harm

<http://www.selfinjurysupport.org.uk/>

www.getselfhelp.co.uk

**Suicide:**

www.papyrus-uk.org Prevention of young suicide. Helpline 0800 068 4141

CALM (Campaign Against Living Miserably) www.thecalmzone.net Campaign against suicide offers Helpline and Webchat 0800 58 58 58

www.youngminds.org.uk Advice for young people

www.childline.org.uk and 24 hour helpline 0800 1111

Eating Disorders:

www.beateatingdisorders.org.uk The Eating Disorder Association contains information on all aspects of eating disorders

ADHD:

www.adders.org For parents of children with ADHD

www.addiss.co.uk Information and resources

www.adhdandyou.co.uk Information for children and adults

www.adhdfoundation.org.uk

www.adhd-support-for-parents-of-add-adhd-children

ASC:

www.autism.org.uk National Autistic Society website

www.asparents.org.uk Cheshire Autism Practical Support

www.do2learn.com/ Resources to support social skills and behaviour regulation

www.autismeducationtrust.org.uk/resources - Support for education

www.theisabellatrust.org Provides advice and training on autism and sensory processing

www.thegirlwithcurlyhair specifically for girls and autism

Space4Autism, Tel. 01625 617884, Email info@space4autism.org, www.space4autism.com

National Autistic Society, Tel. 0808 8004104

NAS Parent to Parent Service 0808 800 4106

Drugs:

www.talktofrank.com Downloadable materials, helpline and website

<https://www.mentalhealth.org.uk/a-to-z/a/alcohol-and-mental-health> Information and advice

www.changegrowlive.org Change Grow Live (CGL) Advice, support and resources for young people and their carers

Tel. 01625 464995

www.adfam.org.uk National charity working with families affected by drugs and alcohol

Sleep:

www.thechildrenssleepcharity.org.uk

www.sleepscotland.org

www.tiredout.org.uk

www.sleepgenius.com

www.sleepio.com – an online sleep improvement app programme

**Self Esteem:**

<http://www.life-with-confidence.com/> Advice and resources

www.getselfhelp.co.uk Worksheets and resources

www.youngminds.org.uk/self_esteem/support Mental health charity for young people

Helping Children to Build Self-Esteem by Deborah Plummer Activity Book for Young People

Bereavement:

www.winstonswish.org.uk Information and runs residentials

<http://www.cruse.org.uk/> Helpful advice and information

www.griefencounter.org.uk Website for children and young people

<http://hopeagain.org.uk/> Helpful advice and information and telephone 0808 808 1677 for 12-18 year olds

www.childbereavement.org

Dove www.thedoveservice.org.uk - Bereavement Counselling , Tel. 01782 683155/683153, Email enquiries@thedoveservice.org.uk

East Cheshire Hospice – Bereavement counselling, Tel. 01625 610364, Email. admin@echospice.org.uk

Parenting:

www.mymind.org CWP website with information for parents on behaviour

www.familylives.org.uk Telephone helpline 0808 800 2222 email askus@familylives.org.uk

www.actionforchildren.org Advice, support and information on a variety of topics including behaviour

Cheshire East Children's Services (CHECS) for family support and parenting groups 0300 123 5012

The Incredible Years by Carolyn Webster Stratton – Book on increasing positive behaviour

Separation/ Divorce:

<https://www.careforthefamily.org.uk/> Parent support

<http://www.familylives.org> Parent information and advice and phone line 0800 800 2222

<http://www.divorceaid.co.uk> Information and advice

www.gingerbread.org.uk Charity for single parents

Bullying:

<http://www.bullying.co.uk/> Advice and support for young people and parents Helpline 0808 800 2222

<https://www.cheshireeast.gov.uk/livewell/staying-safe/community-safety/bullying/bully-free-cheshire-east.aspx>

www.anti-bullyingalliance.org.uk Advice and help on bullying

www.nationalbullyinghelpline.co.uk Advice and support

Sexuality and transgender:

www.theproudtrust.org Telephone 0161 660 3347 Support and advice for LGBTQ

<https://www.lgbtyouth.org.uk/> Advice and resources for young people

www.mermaids.org.uk National charity for transgender young people and their families

Child Sexual Exploitation:

<http://www.knowandsee.co.uk/> Advice and resources for young people and professionals

<https://www.ceop.police.uk/safety-centre/> Child exploitation and online protection

Anger difficulties

www.copingskillsforkids.com Resources and advice for anger

www.youngminds.org.uk Have pages on managing anger

www.childline.org.uk Advice on managing anger

www.kidshealth.org Ideas for helping with anger

Domestic Abuse:

www.safelives.org.uk

<http://thehideout.org.uk/children/home/> Helping children understand domestic abuse

www.youngminds.org.uk How to support young people

<http://www.refuge.org.uk/get-help-now/help-for-children/> Support for children and young people

<http://18u.org.uk/> Support for any young person who has suffered abuse

Cheshire without Abuse, Helpline 0300 123 5101, Tel. 01270 250390

Adoption and Attachment:

<http://beaconhouse.org.uk/useful-resources/> Developmental trauma and attachment resources

www.attachmenttraumanetwork.org Advice and support

<http://www.adoptionmatters.org/> Telephone 01925 534 118 email info@centreforadoptionmatters.org Support and therapy delivered by Adoption Matters

Books by Dan Hughes or Kim Golding

Children in care:

<http://www.coramvoice.org.uk/> Support and resources

Young Carers:

<https://babble.carers.org/> Support and advice

www.carersuk.org Supports young carers

www.cheshireyoungcarers.org Supports Cheshire young carers with support and activities

Children & families of offenders:

www.prisonersfamilies.org.uk National Helpline (information, advice, emotional support): 0808 808 2003

www.nicco.org.uk National information centre of children of offenders