



Useful links:

- <https://www.nhs.uk/mental-health/children-and-young-adults/>
Find advice and support about mental health for children, teenagers, students and parents.
- <https://hubofhope.co.uk/>
A website (or downloadable app) which allows you to add your postcode to find appropriate services available in the local area. You can also search for specific areas of concern.
- Moodpath (app)
A written mood journal that uses progress reports and health assessments for reflection and guidance on how to improve wellbeing. The app also uses written and audio exercises to help with anxiety and depression.
- Headspace (app)
Headspace is your lifelong guide to better mental health. Through evidence-based meditation and mindfulness tools, sleep resources, mental health coaching, and more, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.
- <https://thesleepcharity.org.uk/information-support/children/>
This website provides information on sleep problems, bedtime routines, night terrors and nightmares etc.

Local and National Support Services:

- Wigan CAMHS (Child and Adolescent Mental Health Service)
For children and young people experiencing significant emotional or mental health difficulties.
☎ 01942 764473 | 🌐 www.northwestboroughs.nhs.uk
Monday to Friday (9-5pm). A CAMHS duty worker can offer risk advice and consider if urgent assessment is required. If your young person has already been referred to CAMHS and is awaiting assessment or intervention, please contact the duty worker to advise of any new mental health or risk concern as an urgent assessment may be required.
- Wigan Family Welfare Counselling Service
Free counselling for children, young people and families.
☎ 01942 867888 | 🌐 www.familywelfare.co.uk



- The GMMH 24/7 Mental Health crisis line can also be contacted by people of all ages in Wigan.
☎ 0800 953 0285.
- GP / NHS 111
For urgent mental or physical health concerns, contact your GP or call 111 for advice and

National Helplines and Online Resources:

- YoungMinds Parent Helpline: 0808 802 5544
Advice for parents worried about a child's mental health.
🌐 www.youngminds.org.uk
- Childline: 0800 1111
Free, confidential support for children and young people.
🌐 www.childline.org.uk
- NSPCC Helpline: 0808 800 5000
For anyone concerned about the welfare of a child.
🌐 www.nspcc.org.uk
- Samaritans: 116 123
24-hour emotional support for anyone in distress.
🌐 www.samaritans.org
- Anna Freud National Centre for Children and Families:
Guidance and resources for schools and families.
🌐 www.annafreud.org

In a Mental Health Emergency

If someone is at immediate risk of harm:

- Call 999 for emergency services.
- Contact NHS 111 (option 2) for urgent mental health support.
Do not leave the person alone until help arrives.