

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

www.minded.org.uk E-learning for families and professionals including downloadable resources

www.rcpsych.ac.uk/mental-health 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

www.moodcafe.co.uk Common mental health difficulties

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

www.actionforhappiness.org Ways to improve mood

www.psychologytools.com Self-help materials and CBT worksheets

Helplines and Organisations (*those in bold are 24/7*)

CWP Crisis Line – Call 0800 145 6485

ChildLine – Call 0800 1111 www.childline.org.uk

Samaritans – Call 116 123 or email jo@samaritans.org www.samaritans.org

Shout! – Text 'SHOUT' to 85258 www.giveusashout.org

Papyrus – A helpline for under 35s who are experiencing thoughts of suicide. Call 0800 068 4141, text 07860039967 or email pat@papyrus-uk.org

Kooth – An online counselling service for young people www.kooth.com

The Mix – A helpline for under 25s. Call 0808 808 4994 or Text THEMIX to 85258 www.themix.org.uk

Young Minds – Parents' helpline. Call 0808 802 5544 or access their live webchat service www.youngminds.org.uk

Runaway Helpline – Call/text 116000 or email 116000@runwayhelpline.org.uk www.runawayhelpline.org.uk

Just Drop In – Counselling and wellbeing Service for young people aged 12 – 25. Call 01625 665079, Text 07718425405, or Email hello@justdropin.co.uk www.justdropin.co.uk

Visyon – CBT, counselling and wellbeing service. Call 01260 290000, Text 07508074748, or Email administration@visyon.org.uk www.visyon.org.uk

Cheshire East Children's Services (CHECS) – Family support & safeguarding. Call 0300 123 5012 (option 3)



Anxiety:

www.anxietybc.com Anxiety help for young people

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

www.getselfhelp.co.uk/anxiety-self-help/ CBT self-help and therapy resources for anxiety

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

www.topuk.org Self-help therapy groups and support for those with 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/depression-self-help/ CBT self-help and therapy resources for depression

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

www.lifesigns.org.uk Advice and support for self-harm

www.selfinjurysupport.org.uk Emotional support services and self-help resources

Suicide:

www.childline.org.uk/info-advice/your-feelings/mental-health/suicide Advice for young people about suicidal feelings. Call 0800 1111 (24hr helpline)

www.papyrus-uk.org Prevention of young suicide. Call 0800 068 4141, text 07860039967 or email pat@papyrus-uk.org

www.thecalmzone.net Campaign against living miserably. Call 0800 58 58 58 or access their live webchat service

www.youngminds.org.uk/young-person/my-feelings/suicidal-feelings/ Advice for young people about suicidal feelings

www.getselfhelp.co.uk/suicidal-thoughts-a-guide/ CBT self-help and therapy resources for dealing with suicidal thoughts

www.supportaftersuicide.org.uk Support information for those who have lost someone to suicide

Eating Disorders:

www.beateatingdisorders.org.uk Information on all aspects of eating disorders



<https://seed.charity> Support from people who have had first-hand experience of eating disorders

www.anorexiabulimiare.org.uk Emotional support and guidance for anyone affected by eating disorders. Call 03000 11 12 13

<https://www.arfidawarenessuk.org/> Information about Avoidant Restrictive Food Intake Disorder

ADHD:

www.adders.org For parents of children with ADHD

www.addiss.co.uk Information and resources

www.adhdandyou.co.uk Information and resources for children and parents/carers

www.adhdfoundation.org.uk Information and resources for children and parents/carers

www.janssenwithme.co.uk Advice about living with ADHD

www.youngminds.org.uk/parent/a-z-guide/adhd Advice for parents of children with

ADHD

ASC:

www.autism.org.uk National Autistic Society website

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

www.autismeducationtrust.org.uk/resources Educational resources to support autistic children

<https://space4autism.com> Space4Autism. Call 01625 617884 or Email info@space4autism.org

<https://thegirlwiththecurlyhair.co.uk> Specifically for girls with autism

NAS Parent to Parent Service – Emotional support for parents of children with autism. Call 0808 800 4106

<https://www.clinical-partners.co.uk/child-adolescents/autistic-spectrum-disorders/podcasts> Useful advice for parents

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. Call 01625 464995

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

Sleep:

www.thechildrenssleepcharity.org.uk – Call 03303 530 541 for the national sleep helpline

www.tiredout.org.uk Sleep support hub for parents raising disabled and seriously ill children

www.sleepio.com An online sleep improvement app programme

www.youngminds.org.uk/young-person/my-feelings/sleep-problems/ A young persons guide to sleep problems

Self Esteem:



www.life-with-confidence.com Advice and resources

www.getselfhelp.co.uk Worksheets and resources

www.youngminds.org.uk/young-person/coping-with-life/self-esteem-and-believing-in-yourself A young persons guide to self esteem

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

Bereavement:

www.winstonswish.org.uk Information and runs residentials

www.cruse.org.uk Helpful advice and information

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

www.hopeagain.org.uk Helpful advice and information and telephone 0808 808 1677 for 12-18 year olds

www.childbereavement.org Peer support groups for young people who have lost a loved one

www.thedoveservice.org.uk Bereavement Counselling. Call 01782 683155/683153 or Email enquiries@thedoveservice.org.uk

East Cheshire Hospice – Bereavement counselling. Call 01625 610364 or Email admin@echospice.org.uk

Parenting:

www.mymind.org Website with information for parents on behaviour

www.familylives.org.uk call 0808 800 2222 or 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) - Family support and parenting groups. Call 0300 123 5012

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

Separation/Divorce:

www.careforthefamily.org.uk Parent support. Call 029 2081 0800

www.familylives.org.uk Parent information and advice. Call 0800 800 2222

www.divorceaid.co.uk Information and advice.

www.gingerbread.org.uk Charity for single parents. Call 0808 802 0925

Bullying:

www.bullying.co.uk Advice and support for young people and parents. Call 0808 800 2222 or email askus@familylives.org.uk

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. Call 0300 323 0169

Sexual and Gender Identity

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

www.lgbtyouth.org.uk Advice and resources for LGBTI young people. Text 07984356512

www.mermaids.org.uk A national charity for transgender young people and their families. Call 0808 801 0400

www.theproudtrust.org/young-people/ A charity who support LGBT+ youth

www.mindlinetrans.org.uk A helpline run by and for trans, non-binary, gender-diverse and gender-fluid people. Call 0300 330 5468

Child Sexual Exploitation:

www.knowandsee.co.uk Advice and resources for young people and professionals. Call the national anonymous CSE helpline 116 000

www.ceop.police.uk/safety-centre/ Child exploitation and online protection

www.nspcc.org.uk Help for adults concerned about a child. Call 0808 800 5000

www.barnardos.org.uk/what-we-do/protecting-children Information and support

www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/sexual-abuse/ Information and support

Anger Difficulties

www.copingskillsforkids.com Resources and advice for anger

www.youngminds.org.uk/young-person/my-feelings/anger Advice on managing anger

www.childline.org.uk/info-advice/your-feelings/feelings-emotions/anger/ Advice on managing anger

www.kidshealth.org Ideas for helping children & teenagers deal with their anger

Domestic Abuse:

thehideout.org.uk/children/home/ Helping children understand domestic abuse

www.refuge.org.uk/get-help-now/ Support for children and young people. Call 0808 2000 247 (24hr helpline)

www.18u.org.uk Support for any young person who has suffered any form of abuse

www.mycwa.org.uk Cheshire without Abuse - Call 0300 123 5101 or 01270 250390

Adoption and Attachment:

www.beaconhouse.org.uk/useful-resources/ Developmental trauma and attachment resources

www.attachmenttraumanetwork.org Advice and support

www.adoptionmatters.org Support and therapy delivered by Adoption Matters. Call 0300 123 1066 or Email enquiries@adoptionmatters.org

Books by Dan Hughes or Kim Golding

Children in Care:

www.coramvoice.org.uk Support and resources. Call 0808 800 5792 or Text 07758670369

Young Carers:

www.babble.carers.org Support and advice for young carers

www.carersuk.org Supports young carers. Call 0808 808 7777 or Email advice@carersuk.org

www.cheshireyoungcarers.org Supports Cheshire young carers with support and activities. Call 0151 356 3176

Children & Families of Offenders:

www.prisonersfamilies.org Information, advice, emotional support. Call 0808 808 2003

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

Helpful APPs

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

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

Samaritans: <https://selfhelp.samaritans.org> – Self-help app

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



CWP YouTube Channel

<https://www.youtube.com/channel/UCajuamn1kr560vsUGSIT89Q>