

Updated Community Support offer 19.5.2020

Supporting Children's Mental Health



Anna Freud Institute Advice on how to support young people's mental health

during this period of disruption. www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus Lots of self-care activities <https://www.annafreud.org/on-my-mind/self-care/>
Work-book https://www.annafreud.org/media/3194/year7_help4pupils.pdf

Lancashire Youth Challenge A series of 5 short films covering breathing, relaxation & mindfulness sessions to support young people managing their anxiety
<http://www.lancashireyouthchallenge.co.uk/mindfulness-and-meditation/>

CHATS (Carers Help Advisory Training Support) For anyone looking after a child or young person with any kind of emotional or mental health problem. Support is still available via email and/or the parent peer support volunteers. Email: chats_123@yahoo.com Parent reps: Claire - 07846 332609 Rebecca - 07939 685408 Sue - 07909 584135

Prop Up Project A group for teenagers and young adults who find socialising hard and would like to improve their mental health. Keeley - 07568 937988 Facebook: Prop Up Project email: propupproject@gmail.com - Telephone support available for individuals on request - contact Keeley for more details or message via Facebook page. - Also offering fortnightly creative based activities for our group members, new & current, sent out via email.

Kooth A free, safe and anonymous place for young people to find online support and counselling.
<https://kooth.com>

Papyrus Young suicide prevention society. HOPELINEUK 0800 068 4141 - Mon - Fri - 10am to 10pm and 2pm to 10pm on weekends and bank holidays. Website: www.papyrus-uk.org

Family Lives Support re all aspects of parenting. 0808 800 2222 - Mon - Fri - 9am - 9pm and Sat/Sun 10am – 3pm www.familylives.org.uk

BEAT Eating Disorder support. 0808 801 0711 (for under-18s) Website: www.b-eat.co.uk

NSPCC A children's charity dedicated to ending child abuse and child cruelty. Phone: 0800 1111 for Childline for children (24-hour helpline) 0808 800 5000 for adults concerned about a child (24-hour helpline) Website: www.nspcc.org.uk
<https://www.nspcc.org.uk/keeping-children-safe/childrens-mentalhealth/depression-anxiety-mental-health/>

NSPCC specific page for Parental Support - parenting tips & how to deal with difficult situations, downloadable pdf <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Royal College of Psychiatrists information for young people, parents and carers, about young people's mental health. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

Young Minds Information on child and adolescent mental health. Services for parents and professionals. Parents' helpline - 0808 802 5544 - Mon to Fri - 9.30am 4.30pm www.youngminds.org.uk Young people's blogs on their own experiences <https://youngminds.org.uk/blog/>

ACE Achieve Change and Engagement Charity providing emotional health and wellbeing therapy to young people age 11-25 free of charge <https://a-c-e.org.uk/> Additional service - 7 day a week 10am-10pm phone line for any young person aged 11-25 in Fylde, Wyre & Lancaster Districts who is experiencing emotional distress & would like to talk to, text or email an emotional health worker. 0800 1448461 Email: contact@a-c-e.org.uk

Al-Anon Helpline for anyone, including families and children, who are affected by someone else's drinking. 0800 0086 811 - 10am-10pm 365 days a year www.al-anonuk.org.uk email: helpline@al-anonuk.org.uk

Child Bereavement UK Support for children & young people up to age 25 who are grieving and specific advice in relation to COVID-19. Also supports families of a child who dies or is dying. 0800 02 888 40
<https://www.childbereavementuk.org/coronavirus-supporting-children> email:
support@childbereavementuk.org

Child and adolescent mental health This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being <https://www.camhs-resources.co.uk/>