



HURST HILL PRIMARY

Self-help Resources for Mental Health and Wellbeing (Information/Support)

****The resources provided are intended for self-help and are not intended as a substitute for professional services.**

Please seek help from a crisis service, doctor or Mental Health Service if you are in crisis.

In a life threatening situation please call 999 or visit your local A&E department**

Returning to School

The following link has some links and advice for parents of children returning to school following a lockdown.

<https://www.mentallyhealthyschools.org.uk/media/2077/coronavirus-toolkit-return-to-school.pdf>

In school

We have members of staff, who are trained in emotion coaching and mental health first aid, and would listen to the concerns that you are experiencing for yourself or your child. Together we would then explore ways in which we can support. This may be with suggestions of strategies to try at home, remote intervention from a practitioner in school or with the involvement of Early Help.

More information about Early Help can be found by following this link:

<https://www.dudley.gov.uk/residents/care-and-health/children-and-family-care/early-help-for-children-and-families>

If from our discussions and intervention we felt that further support was needed for your child, with your permission, we could refer into school health for more specialist intervention. Our school nurse is Kate Cummins and can be contacted by phone 0121 423 3938.

Counselling

Kooth

Web: www.kooth.com

Kooth, from XenZone, 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.



The Mix

Web: www.themix.org.uk

The Mix Counselling service is suitable for you if you are looking for short-term help with your mental health and emotional wellbeing. Our Telephone counselling service is available to young people aged 25 years old and under. Our Webchat service is available to those aged 10-18 years old. Our counsellors aim to support by listening to your problems and helping you find ways to cope in a confidential, safe space



Relate

Web: www.relate.org.uk

We provide Relationship Counselling, Sex Therapy, Family Counselling, Children and Young People's Counselling, Training and Education and Telephone Counselling at locations across Worcestershire and Hereford. If you've got stuff going on at home or at school, it can be tough trying to figure it out by yourself. Children and Young People's Counselling can help you talk over any difficult issues and think about what you'd like to do.

If it's bullying, stress over exams, your parents splitting up, arguments with friends, problems with your girlfriend or boyfriend or you're just feeling a bit low, we're here to help. We provide Children and Young People's Counselling for people aged 11-19 (or up to 22 if you're in full time education).



Childline

Web: www.childline.org.uk/get-support

Chat with a counsellor about anything. It's a 1-2-1 session - so it's just you and Childline. Our counsellors are trained staff and volunteers. They're all different ages and come from lots of different backgrounds. But what they all have in common is that they want to help young people.

They're real people who want to support you with any issue you're facing. They're trained but they don't follow a script. They can give you help and support with whatever's worrying you.



Information & Advice

Childline

Web: www.childline.org.uk

Childline is yours – a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone (0800 1111), anytime.

Young Minds

Web: www.youngminds.org.uk

Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. We offer free, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25



Mental Health Foundation

Web: www.mentalhealth.org.uk

Charity improving the lives of those with mental health problems or learning disabilities.



The Mix

Web: www.themix.org.uk

If you're under 25 and need help but don't know where to turn, call us for FREE on 0808 808 4994. We'll explore your situation with you and find organisations that may be able to help you further. One to one chat allows you to live message our trained helpline supporters about any issue that is troubling you. Our team is trained to help you explore your situation and find organisations which might be able to help you further. We offer a non-judgemental service so you can speak to us about any issue. We're open 7 days a week from 4pm to 11pm, however chats may not be connected after 10:15pm.



MindEd

Web: www.minded.org.uk

At its heart, MindEd provides practical knowledge that gives adults confidence to identify a mental health issue and act swiftly, meaning better outcomes for the child or young person involved. Advice on depression, anxiety, ADHD & self-harm



Mind

Web: www.mind.org.uk

Mind offers information and advice to people with mental health problems and lobbies government and local authorities on their behalf.



PAPYRUS (Prevention of Young Suicide)

Web: www.papyrus-uk.org/

Call: 0800 068 4141 Email: pat@papyrus-uk.org

HopeLineUK is a specialist telephone service staffed by trained professionals who give non-judgmental support, practical advice.

Opening hours:

10am – 10pm weekdays 2pm – 10pm weekends 2pm – 10pm bank holidays #Stay Alive (Suicide Prevention) (APP)

Stay Alive is a pocket suicide prevention resource. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. This App has some helpful features that you can personalise to help you e.g Safety Plan, upload photos to your LifeBox, Fill in your Reasons for Living and much more.

This App is a self-help tool and is not a substitute for professional services.



Mental Health Strategies & Support

MoodJuice

Web: www.moodjuice.scot.nhs.uk/



Moodjuice offers information, advice to those experiencing troublesome thoughts, feelings and actions. From the site you are able to print off various self-help guides covering conditions such as depression, anxiety, stress, panic and sleep problems.

MoodGym

Web: www.moodgym.com.au



Moodgym is an interactive self-help program that provides cognitive behaviour therapy (CBT) training to help users prevent and cope with depression and anxiety. *Please note there is now a £23 charge for 1 year's access to MoodGYM.

Living Life to the Full

Web: <https://littf.com>



Free online courses covering low mood and stress and all of the common linked problems this causes. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more.

Serenity Programme

Web: <https://serene.me.uk/>

The Serenity Programme is an innovative treatment for stress, and anxiety. Based on transdiagnostic cognitive behaviour therapy (CBT) our online CBT programme contains a range of resources to support your recovery and to help increase your resilience and wellbeing.



No Panic - Helping you break the chains of anxiety disorders

Web: www.nopanic.org.uk

This site provides valuable information for sufferers and carers of people with Panic, Anxiety, Phobias and Obsessive Compulsive Disorders (OCD).



FearFighter

Web: <http://cgbtmain.cbtprogram.com/products/fearfighter/>

FearFighter is a cognitive behavioural therapy-based online self-help course for treating panic and phobia. It teaches ways to tackle panicky or anxious thoughts and to stop avoiding the things that cause them. FearFighter consists of nine computer-based sessions lasting about an hour each. *Charges and/or referral may apply*



ASD/ADHD Strategies and Support

Autism West Midlands

Web: www.autismwestmidlands.org.uk/



Enriching the lives of people with **autism** in the **West Midlands**. We use our passion and expertise to enrich the lives of people with **autism** and those who care for them. We offer specialist care and support for people with autism & their families.

Types: Adult Support, Family Support, Employment Support

Helpline:

Our helpline welcomes calls from parents and carers who live anywhere in the West Midlands to discuss concerns they have about autism (before and after diagnosis). Callers will find experienced, understanding staff who offer a listening ear and who can provide information about autism and local support services. Our helpline can also book a face to appointment for a parent/carer at one of our community based advice sessions.

To contact our helpline call **0303 03 00 111** or email info@autismwestmidlands.org.uk.

Opening Times

Monday: **9.30am-4pm**

Tuesday: **9.30am- 2.30pm**

Wednesday: **9am-4pm**

Thursday: **9.30-4pm**

Friday: **9am-2pm**

Saturday & Sunday: **Closed**

The National Autistic Society

Web: www.autism.org.uk/Autism_Charity/Autism_Support

Whatever you want to do, whether it's go to college, sing in a choir, relax in a cafe, learn to swim or meet new people, we're here to help.

Our teams offer all kinds of support and activities in our specialist hubs or out and about.

Join our groups for adults or children, or try one-to-one support.

For hundreds of autistic people, our support helps to make the difference between isolation or family dependence and the chance to lead a full life. Our services give autistic people the confidence and skills to live well, enjoy the activities that others take for granted, or simply to take a break.

Autism Helpline:

Our Autism Helpline provides confidential expert advice and support on autism for autistic people, their families and friends.

Telephone: 0808 800 4104

**Helpline opening hours: Monday-Thursday 10am-4pm, Friday 9am-3pm
(excluding Bank holidays)**

**ADDISS (ADHD)**

Web: www.addiss.co.uk

ADDISS has a wide range of resources about all aspects of ADHD and associated conditions, with special sections for parents, children, teenagers and professionals.

**ADHD Foundation Web:**

The ADHD Foundation works in partnership with individuals, families, doctors, teachers and other agencies to improving emotional well being, educational attainment, behaviour and life chances through better understanding and self management of ADHD, ASD and related learning difficulties such as dyslexia, dyspraxia, Irlen's Syndrome, dyscalculia and Tourette's Syndrome.



Sexual and Gender Identity

Mermaids UK

Web: www.mermaidsuk.org.uk/

If you are a young person that feels at odds with their birth gender, or you are a parent with a child who feels this way, Mermaids can help.



Childline

Web: www.childline.org.uk/info-advice/your-feelings/sexual-identity/ Your sexuality and gender identity are part of who you are. However you're feeling, we're here to support you.



GIDS

Web: <http://gids.nhs.uk/parents>

The Gender Identity Development Service (GIDS) is a highly specialised clinic for young people presenting with difficulties with their gender identity. Their website offers advice to both parents and young people.



Eating Disorder Support

Beat

Web: www.b-eat.co.uk

Adults over 18 including parents, teachers or concerned adults

Tel: 0345 634 1414 (Mon-Wed, 1pm-4pm) Support forums (7 days a week)

Email: help@b-eat.co.uk

Under 25s.

Tel: 0345 634 7650 - (Mon-Wed, 1pm-4pm)

Support forums (7 days a week)

Email: fyp@b-eat.co.uk



Beat provides helplines for adults and young people offering support and information about eating disorders and difficulties with food, weight and shape. We also have an email service and an online one to one service.

Echo Peer Coaching is a free telephone support service that matches volunteers who have cared for someone with an eating disorder with other parent carers who are currently supporting someone through recovery.

Bread

Web: www.breadeatingdisorders.org.uk/

Eating Disorders support groups, relaxation, anxiety management workshops, training

Bereavement

Footsteps

Tel:0845 467 6065

Web:<http://talktofootsteps.co.uk/>

Email:helen@talktofootsteps.co.uk

Footsteps is a registered charity providing support for bereaved children, young people and their families in Worcestershire following the death of a parent, sibling or other significant person in their life. We guide and support bereaved children and young people, and help them manage their grief.

Hope Again

If you are a young person and someone you know has died, why not send a private email to hopeagain@cruse.org.uk to one of our trained volunteers. If you want to talk to someone directly, call our FREE phone helpline on **0808 808 1677** Monday-Friday, 9:30am - 5:00pm.



Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.

Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies.

Grief Encounter

Web:

Grief Talk Number: 0808 802 0111

1-2-1 Counsellor Chat – griefencounter.org.uk

Helpline Email: griefftalk@griefencounter.org.uk



Our brand new, confidential helpline, staffed by trained professionals, to support bereaved children or families with immediate advice and guidance. Call us, Instant Chat or Email us Monday to Friday, 9am-9pm.

Noah's Ark Trust

Web: www.noahsarktrust.co.uk

Free service offering grief support on a 1:1 basis for children, young people and their families affected by the death of someone close to them. Also run a residential family weekend giving children the opportunity to meet others who have been bereaved **Tel: 01905 745735**

Winston's Wish

For children and young people and their families **where anyone has died** we offer our drop ins in Worcester, Upton, Evesham, Gloucester, Cheltenham and 2 in Bristol Helpline by phone or instant message **08088 020 021**.



The work we offer is family based bereavement work. We meet with families approximately 4-6 weekly and focus specifically on bereavement and the feelings, emotions and challenges this presents. We offer a group experience for each family if they wish to take part. We offer a specific under 5's programme and a teenage outward bound group too.

Young Offenders

ARC

If you would like to refer a young adult to ARC or are aged 16 – 24 and want to know if ARC is for you, please email jessica.whitfield@yss.org.uk or call 07584 706394.

Accessing Resources in the Community (ARC) provides one to one support to 16-24 year olds who are in, or at risk of being involved in, the Criminal Justice System across West Mercia. Commissioned by John Campion, West Mercia Police and Crime Commissioner, ARC uses YSS Service Coordinators and Volunteer Mentors to support young people who are referred to the service, helping them to access community based activities.

DIVERT

If you would like to refer a young person to Divert or are aged 13–16 and want to know if Divert is for you, please email Jessica.Whitfield@yss.org.uk or call 07584 706 394.

Divert is similar to ARC but caters for 13-16 year olds who are in, or at risk of being involved in, the Criminal Justice System across West Mercia. It is also a diversionary service aimed at young people who are displaying anti-social behaviour, have started to disengage or who are feeling lost and alone. It is particularly important to prevent minor issues becoming major issues further down the line.

Additional Support

Mentor Link

Web: www.mentorlink.org.uk

Mentor Link is dedicated to supporting vulnerable and distressed children and young people by providing them with a volunteer mentor. Using Safer Recruiting techniques, fully trained adults will offer listening support and guidance to these young people during difficulties in their lives, which may include self-harm, bullying, traumatic bereavement and family breakdown. The aim of mentoring is to help these young people achieve positive changes and remain engaged with their families, learning and community, and achieve a successful transition to adulthood. The wellbeing of these children and young people forms the focus of our work.

Beat Bullying

Web: www.beatbullying.org

Bullying UK, part of Family Lives, is a leading charity providing advice and support to anyone affected by bullying. We want to help beat bullying and promote all aspects of mental health and wellness. We provide resources to help educate you on bullying, depression, anxiety and other disorders. We want to help you improve your mental health.

The Glade Sexual Assault and Rape Centre (SARC)

Web: www.theglade.org.uk

The Glade Sexual Assault Referral Centre (SARC) is a specialist facility where recent victims of rape and sexual assault can receive immediate help and support. We aim to provide all of our clients with information, support and referrals to assist in their recovery, in a safe and welcoming environment. The Glade is a dedicated service available to women and men living in the West Mercia area including Worcestershire, Herefordshire, Shropshire, Telford, Wrekin and their surrounding areas.

Kidscape

Web: www.kidscape.org.uk



We deliver high impact programmes of support for children, parents, carers and professionals to prevent bullying and keep children safe. ZAP-ZAP is a FREE one-day workshop for children and young people aged 9-16 who have experienced bullying, funded by the Big Lottery Fund.

vInspired

Web: www.vinspired.com

vInspired is the UK's leading youth volunteering charity providing 14-25 year olds with volunteering and social action opportunities. Young people become more skilled, confident and employable.

FRANK

Web: www.talktofrank.com

Friendly and confidential drugs advice

SMS- 82111 Tel- 0300 123 6600

Family Lives

Web: www.familylives.org.uk

People contact us about all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying at school, teenage risky behaviour and mental health concerns of both parents and their children. We provide a 24 hour helpline, advice website, live chat and parenting/relationship support groups.

Whatever the issue big or small you can call us our helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.

Supporting your child's well-being

www.annafreud.org

Anna Freud is a world leading mental health charity for children and families and has developed and delivered pioneering mental health care for over 60 years. There is a wealth of advice on this website including Podcasts, the importance of self-care and there is a Youth Well-being directory signposting parents to the right service for them. There is a 24/7 text support service for all parents accessed through the website, called Crisis Messenger where help is on hand at any time.

www.thewhatcentre.co.uk

The What? Centre provides holistic mental health and well-being support to all young people in the Borough between 9 to 25 years old. There are a range of support available for the different ages that can be access via self-referral or through a referral by a professional/parent etc. If you are interested in any of the support we offer, please fill in our referral form online and we will get in touch with you as soon as possible.

The What? Centre offers these services at 2 sites: Dudley and Stourbridge. We also provide remote options. All support is offered via appointment.

Our counselling service is accredited by the British Association for Counselling and Psychotherapy (BACP). The service therefore works to the Ethical

www.breathingspacetherapeuticservices.co.uk

Breathing Space Therapeutic Services is a community interest company offering various therapeutic interventions to children and young people within the Dudley and Staffordshire boroughs.

We believe that through nurture, encouragement and empowerment every child can realise their full potential

<https://www.breathingspacetherapeuticservices.co.uk/kids-summer-provision>

Breathing Space are offering an initiative called 'Wellness Through Wilderness'. More information can be found on their website including details in how to book onto one of their woodland walks. Places are free but are limited so if you are interested please go to their website to complete a booking form.

Place2be

<https://www.dudley.gov.uk/residents/care-and-health/children-and-family-care/early-help-for-children-and-families/>

We are committed to helping children with their mental health. Our approach to children's mental health means we aim to intervene early to prevent life-long mental health issues.

- Provide ways to spot mental health problems before they develop and help children cope with challenges throughout their lives
- Use an effective therapeutic approach which is backed by research and combines several ways of working
- Offer a menu of different services, including advice and support for families and school staff, to build resilience and raise awareness of mental health across the whole school community.