



Emotional Health and Wellbeing Resources for young people and their families

- <http://sssft.nhs.uk/camhs-home> 
South Staffs Camhs' own service users designed website.

- www.docready.org 
helps young people get ready for visiting a doctor to discuss their mental health and get the most out of their appointment

General advice and support


- www.epicfriends.co.uk 
Website to help young people aged 12 to 18 understand and support friends who are struggling to cope


- www.riseabove.org.uk 
Stories, games, advice and videos chats about a range of emotional health issues

- www.moodjuice.scot.nhs.uk - MOODJUICE
Internet based self-help resources re emotional health






- www.rethink.org/youngpeople 
Information, advice and toolkit for looking after yourself or supporting friends and family experiencing mental health issues.

- www.kidshealth.org 
Information and advice for all physical or mental/emotional health issues


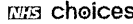
- www.kooth.com 
Website offering mental health support services for children and adults and online counselling, web chat, activities and community forum for young people under 25.
Accessible through mobile, tablet and desktop.


- www.healthtalk.org 
Interviews with young people about their experience of health or illness.
You can watch videos, listen to audio or read interviews

Telephone and Chat Support

- <http://www.familylives.org.uk/>  family lives
Online support and advice for families, befriending service, and parenting support groups
0808 800 2222
- www.themix.org.uk  THE MIX
Website, email and webchat service offering support for young people. Free confidential helpline and telephone counselling for under 25s
0808 808 4994
- www.youngminds.org.uk  YOUNG MINDS
0808 8025544 - Tons of info re different mental health problems, and where to get further info and advice.
- www.myh.org.uk  MYH
MUSLIM YOUTH HELPLINE
Muslim Youth Helpline that provides culturally sensitive support to Muslim youth under the age of 25. 0808 808 2008 (London)
- www.supportline.org.uk -  SupportLine
Info and support for children, on wide range of issues.
01708 765200 Email: - info@supportline.org.uk
- Youth2Youth helpline
Confidential helpline run by young people
0208 896 3675 (Mon and Wed 6.30 - 9.30pm)

Specific Issues

- www.depressioninteenagers.co.uk/ 
An interactive site with resources for young people with depression using self-help ideas and relaxation techniques
- www.nhs.uk/worhtalkingabout/Pages/sex-worth-talking-about.aspx  NHS choices
Information, advice and guidance for young people aged 12-18 on sexuality and sexual health. Issues dealt with include contraception, pregnancy, family planning clinics, sexually transmitted diseases, peer pressure and relationships

➤ www.talktofrank.com -  Friendly, confidential drugs advice

Information and advice for anyone concerned about their own or someone else's drug or solvent misuse


Phone: - 0300 1236600 Text: - 82111 Email: - frank@talktofrank.com

Live chat 2 - 6pm any day

➤ www.b-eat.co.uk 

Supporting anyone under 25 affected by eating disorders or having difficulty with food, their weight or shape

0345 634 7650 (Mon-Wed 2 - 4pm) Email fyp@b-eat.co.uk

➤ www.stonewall.org.uk/help-advice/whats-my-area 

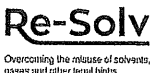
Information and advice re issues affecting LGBT young people

Infoline 08000 50 20 20

➤ www.kidscape.org.uk -  preventing bullying protecting lives


Information for children and families to prevent bullying and protect young lives.

Parentline Number - 0207 8235430 (Mon-Tues 10-5) Email - info@kidscape.org.uk

➤ <http://www.re-solv.org> -  Overcoming the misuse of solvents, gases and other legal highs


Stoke on Trent based Service offering advice and support for young people and families affected by legal drug use - solvents, gases and legal highs.

01785 810762 Text or Whatsapp 07496 959930 (Monday - Friday, 10am - 4pm)
online chat and email - c4r@re-solv.org

➤ www.mermaidsuk.org.uk 

Mermaid provides information, email support and a helpline for young people and parents who are uncomfortable with their gender.

0844 334 0550

➤ <http://www.nacoa.org.uk/> 

National Association for Children of Alcoholics.

Information, advice and support for everyone affected by parental alcohol dependence.

0800 358 3456 email chat: helpline@nacoa.org.uk

➤ <https://uksobs.org/>




Survivors of Bereavement by suicide

Information, support groups, telephone and email support for adults 18+ affected by suicide

0300 111 5065 9am-9pm every day. Email: sobs.support@hotmail.com

Information for Professionals

➤ www.minded.org.uk  MindEd

Free national resource for professionals about understanding and supporting child mental health.

➤ www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx



Royal College of Psychiatry have a number of useful leaflets and materials about a range of mental health problems.

Online issues

➤ www.childnet.com/what-we-do/new-website



Advice for children and young people on staying safe online, in online games, chatrooms, email and mobile phones

➤ <https://www.thinkuknow.co.uk/>



Age appropriate advice and guidance about relationships, sex and internet safety to help prevent children and young people from becoming victims of abuse or exploitation

Medication

➤ www.headmeds.org.uk



Straight talk about mental health medication for young people - everything you want to know but didn't want to ask.

If you are feeling desperate, or are in crisis:-

Contact your GP, or local A and E department, or ring 999,

Or Staffordshire First Response (Children's Services) 0800 1313126 or if out of hours (after 5pm) - 08456 042886

- www.samaritans.org - 08457 90 90 90 or email jo@samaritans.org, - 24hr service offering emotional support.
- www.papyrus-uk.org - working to prevent youth suicides
PapyrusHOPElineUK- 0800 068 41 41 - confidential help for under 35s;
Text 07786 209697 or email pat@papyrus-uk.org
- www.childline.org.uk- information, advice and help for children and young people
0800 1111 (24 hours) online chat and email via website

Most organisations with a website can also be found on Facebook and twitter



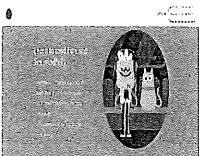
Why not download a free app to practice mindfulness, relaxation and positive thinking?



Stop, Breathe and Think



<https://www.stopbreathethink.com/>



Headspace



HEADSPACE

<https://www.headspace.com/>



Mindshift



<https://www.anxietybc.com/resources/mindshift-app>