

## Useful links to relevant services

### COUNSELLING SERVICES

#### [www.butterflyandphoenix.org](http://www.butterflyandphoenix.org)

The Butterfly & Phoenix Project provides one to one counselling (6-8 sessions) to young people aged 11-18. Counselling helps young people to explore triggers to their issues and helps them to identify and utilise alternative coping mechanisms.

Tel: 0345 0138 208

The Children and Family Wellbeing Service (school or GP referral only)- **Find your nearest service:**

<https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/>

ABC Therapy for Young People/Relate therapy- : 01772 717597

School Counselling

### OTHER RESOURCES

#### [www.youngminds.co.uk](http://www.youngminds.co.uk)

Young people can access education, advice & support on mental health issues, there is also a parent helpline number. There is also a 24/7 text service for young people (see website)

#### [www.kooth.com](http://www.kooth.com)

Young people can access online chat platform to talk to counsellors up until 10pm every night, there is also access to education and general advice & support on mental health issues.

#### **Lancashire Care Wellbeing and Mental Health Helpline.**

Call 0800 915 4640 or text HELLO to 07860 022 846. Open 24 hours a day, 7 days a week.

#### **Samaritans**

116 123 (24 hours a day)

#### **Childline**

0800 1111

#### **Mental Health Urgent Response Line**

Available 24/7 by calling 0800 953 0110. This is for urgent support for people in mental health crisis. It is staffed by trained mental health professionals who are able to provide assessment and referrals to appropriate services – ring it if you need to access services or for advice about someone who needs treatment/support.

- **Student Space** is here for students through coronavirus. However you're feeling, help and guidance is available. Explore a range of trusted information, services and tools to help you with the challenges of student life. You can use their **search tool** to find the services available at your university.

**NHS Apps library** helps people find apps and online tools to help manage their health and wellbeing.

For example:

**Calm Harm\*** is designed to help people resist or manage the urge to self-harm.

**Catch it\*** helps people manage feelings like anxiety and depression and improve mental wellbeing.

**The Student health app** is designed to reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student.

**Thrive \*** helps you prevent and manage stress, anxiety and related conditions.

**Students Against Depression\*** is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.

**Togetherall\*** is available for students at eligible universities and colleges who are feeling stressed, anxious, low or not coping. It provides an anonymous online community who share troubles and support each other. It is a safe space as it is moderated by trained professionals who are available 24/7.

**Place2Be** has a host of mental health resources available. They organise Children's Mental Health Week every year.

**SafeSpot\*** is an iPhone and Android app that promotes positive mental wellbeing in children and young people and has been designed to help children and young people with their coping skills.

**MindEd's\*** advice and resources for families on supporting children's mental health. This includes the **Education Hub\*** and the **Coronavirus Staff Resilience Hub.\***

**BBC's wellbeing resources** for families.

**Young Minds: a letter about how I'm feeling:** worksheet to help pupils express their feelings and understand what may have triggered them. For use with pupils in school or at home.

**Headspace:\*** Headspace for Educators offers educators access to free mindfulness and meditation exercises and resources for every age group, and a free Headspace Meditation App.

**Centre for Mental Health:\*** Supporting Mental Health during Covid-19: a brief guide

**Young Minds:** 10 Wellbeing Tips for School Staff

Anna Freud: [self-care strategies for young people](#)\* feeling low or anxious and [self-care tips for parents and carers](#).

The [Think Ninja](#)\* app educates 10–18-year-olds about mental health, emotional wellbeing and provide skills young people can use to build resilience and stay well. It has been adapted to Covid-19 to bring self-help knowledge and skills to those who may be experiencing increased anxiety and stress during the crisis.

The [Rise Above](#) website aims to build resilience and support good mental health in young people aged 10 to 16. The content has been adapted to Covid-19 and includes new mental health content based on insights from young people on remote schooling.

The [Every Mind Matters](#)\* website aims to support everyone, including children and young people, to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions. It has been adapted to include advice and support about mental health issues that may have arisen because of the pandemic.

[The Young Minds website](#)\* – provides online information on COVID-19 and mental health support to children and young people.

### **Mental health support for parents, carers, and school or college staff**

Keeping in mind that parents, carers and school staff can often be impacted by children's mental health, we have provided some select resources that can help adults better support children, and also find the help that they themselves might need.

- [Public Health England advice](#)\* for parents and carers on looking after the mental health and wellbeing of children or young people during the Covid-19 outbreak.
- [Anna Freud](#)\* top tips to help families work together and support one another during the coronavirus outbreak.
- [Barnardo's See, hear, respond hub](#)\* information for parents and carers to help with some of the challenges the pandemic has presented.
- [SecEd Headteacher Update](#)\* Best Practice Guide (2020) Focusing on Staff Wellbeing Post-lockdown and During the Full Return to School
- [Family Links](#): Mental and Emotional Health in Schools: effective strategies and support for schools as they respond to the challenges of COVID-19 and its impact on the whole learning community: Free Online Course.

### **Wellbeing Support**

Sometimes, children need specific and targeted resources to help with problems they are facing. Below we have outlined some support available for particular issues, including loneliness, suicide prevention, eating disorders and domestic abuse.

### **SEND**

- The [SEND Gateway](#) is a good source of information for professionals, containing resources on responding appropriately to children and young people with SEND with emotional wellbeing needs.

## Loneliness

- Resources from **University of Bath** \*and the **'Tell Me about Loneliness'** \*project provide advice and tips about how to tackle loneliness and are thoroughly rooted in evidence of young people's experiences during loneliness.
- **The Let's Talk Loneliness campaign**\* – the website provides a whole host of resources and information for those feeling lonely, including blogs and podcasts from those who have experienced loneliness.

## Bullying, harassment, and abuse

- The government tool **Respectful school communities**: a tool to support school staff to combat bullying, harassment and abuse of any kind.

## Bereavement support

- **Childhood Bereavement Network** has a range of resources to help schools to respond to a bereavement and to provide support to bereaved pupils and their families. It also includes signposting to local bereavement services.
- **Cruse Bereavement Care: Coronavirus, Bereavement and Grief**\* online information, advice and support. **Helpline: 0808 808 1677**.\*

## Self-harm

- **University of Oxford guide for parents and carers** \*on supporting their child or young person in dealing with self-harm.

## Eating disorders

- **BEAT**\* advice and support on eating problems and disorders, with **general downloads and resources**\* and **advice for school and college teachers and staff**\*:
- Helpline: 0808 801 0677
- Youthline: 0808 801 0711
- Studentline: 0808 801 0811
- **The Sanctuary chat room**\* for people with an eating disorder, created specifically in response to coronavirus.

## Suicide prevention

- **Papyrus (Prevention of Young Suicide)**\* provides confidential advice and support for young people who feel suicidal and has published a **guide for teachers and staff**\*
- HOPEline UK: 0800 068 41 41

- Text: 07786 209 697
- Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
- The **Zero Suicide Alliance** \*collaboration of National Health Service trusts, charities, businesses and individuals offers free suicide prevention training.
- **Samaritans**\* is a national organisation for anyone in distress and in need of immediate support:
  - Tel: 0116 123
  - Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### Trauma

- UK Trauma Council [resources on coronavirus and trauma](#)\*

### Domestic abuse

- **Operation Encompass Teachers' Helpline**\*staffed by educational psychologists, to support staff working with children and young people at risk of or experiencing domestic abuse (0204 513 9990, weekdays during term-time, 8-11am).

### Drug and alcohol support

- Find confidential local **drug and alcohol support services** [here](#)\*or phone **03001236600**\* for confidential support from Talk to Frank.

### Helplines

- Children and young people can access free confidential support anytime from Government-backed voluntary and community sector organisations by:
  - **texting SHOUT to 85258** \*
  - **calling Childline on 0800 1111** \*
  - **calling the Mix on 0808 808 4994 or texting THEMIX to 85258** \*

