

Resource list for Children, Young People and Families

The list below will help signpost children, young people and families to credible information about emotional health and wellbeing. Schools can share this information by putting it on websites and in newsletters.

Helplines and websites for children and young people

Description	Link
<p>Kooth.com A confidential online counselling service that North Tyneside pupils can access anonymously which also provides blogs and articles related to issues that matter to them and opportunity to chat.</p>	<p>www.kooth.com</p>
<p>Am I normal? Provides helpful information about psychosis.</p> <p>Hearing voices network 0845 122 8641</p> <p>Hearing voices website offers information about self-help groups for people who hear voices</p>	<p>www.aminormal.org</p> <p>www.hearing-voices.org.uk</p>
<p>NHS Choices – An excellent information hub offering young people advice and help on mental health problems including depression, anxiety and stress.</p>	<p>Mental health information hub http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx</p>
<p>Check your mood – understand your mood and how you feel</p>	<p>Check your mood http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx</p>
<p>Coping with your low mood A free poster from the department of psychiatry.</p>	<p>https://www.psych.ox.ac.uk/news/free-poster-coping-with-your-low-mood</p>
<p>Speak out Stay safe programme - a free helpline with specially trained volunteers for children in primary school.</p>	<p>The helpline number is 0800 1111</p>
<p>Get connected is a free, confidential helpline service for young people under 25, who need help, but don't know where to turn.</p>	<p>The helpline number is 0808 808 4994 www.getconnected.org.uk/</p>
<p>Childline a free, private and confidential service for children and young people - online, on the phone, anytime</p>	<p>The free phone number is 0800 1111 https://www.childline.org.uk/</p>
<p>Childline also have some really useful tips to help children and young people deal with exam stress</p>	<p>Beat exam stress https://www.childline.org.uk/globalassets/info-and-</p>

	advice/school-work-and-college/school-and-college/exam-stress/beat-exam-stress.pdf
Food and Mood Eating a healthy diet can do a lot to improve your mood and sense of wellbeing. Use these tips to start making positive changes in the way you eat.	https://www.mind.org.uk/media/2106853/foodandmood_web.pdf
Papyrus is a charity that aims to prevent young suicides. It has a helpline for young people at risk of suicide or for people worried about a young person at risk of suicide called HOPELineUK.	The helpline number is 0800 068 41 41 www.papyrus-uk.org/
Young Minds information to young people and children about mental health and emotional wellbeing	Young Minds
Relate provides local counselling services for all ages including young people. It also has an online emotional support and advice resource called IRelate which provides information and access to an online counsellor	Children and Young People's Counselling www.irelate.org.uk/
Rise Above helps 11-16 year olds build emotional resilience by equipping them with knowledge and skills to deal with pressures they may face. It also provides an online platform through which young people can converse with peers alongside professional support	https://riseabove.org.uk/
Sitting Still like a Frog by Eline Snel (Jan 2014) This introduction to mindfulness and meditation for children includes practices that can help children calm down, become more focused, fall asleep more easily and become more patient and aware.	Available in all good bookshops
Youth Access offers a directory of local youth information, advice and counselling services for young people aged 14-25	http://www.youthaccess.org.uk/
Understanding Mental Health problems This booklet is for anyone who experiences a mental health problem, and your friends and family. It explains what mental health problems are, what may cause them, and the many different kinds of help, treatment and support that are available.	https://www.mind.org.uk/media/3244655/understanding-mental-health-problems-2016.pdf

Helpline and support for parents

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<p>YoungMinds Parents' Helpline is a free, confidential helpline for any adult who is concerned about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.</p> <p>Reliable information for parents and carers about common mental health and behaviour concerns in children and young people aged 0-25</p>	<p>The parents' helpline number is 0808 802 5544</p> <p>Worried about your child?</p>
<p>MindEd for Parents: Is your child in crisis? Are you worried about them? Perhaps you just want some parenting tips. This site will help you understand and support your child.</p>	<p>MindEd for Parents and Carers</p>
<p>The Anxious Child A booklet for parents and carers wanting to know more about anxiety in children and young people The Mental Health Foundation</p>	<p>https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf</p>
<p>Mindful Monsters Provide a set of cards that parents can subscribe for and they then receive a pack each month for a year which enables them to do activities with their children. They help with their concentration, relaxation, positivity and creativity through mindfulness.</p>	<p>https://mindfulmonsters.co.uk/</p>
<p>Free resources for parents, professionals and others interested in mental and emotional wellbeing. This site includes advice on an emotionally healthy approach to GCSEs for students, parents and schools.</p> <p>Coping with self: A guide for parents and carers A parent's guide to depression</p> <p>An emotionally healthy approach to GCSE's – A guide for parents</p>	<p>http://www.cwmt.org.uk/resources</p> <p>https://www.cwmt.org.uk/resources?lightbox=datatem-iyuk9n5j1</p> <p>https://www.cwmt.org.uk/resources?lightbox=datatem-iyuk9n5k2</p> <p>https://docs.wixstatic.com/ugd/b5791d_65e2348ed5884c89b0c32bffd02d96ce.pdf</p>
<p>Understanding Young Minds This online course, 'Talking to your children about emotional resilience and self-harm', has been designed to provide you with a basic awareness of the subject to help you approach your children with confidence about the issue.</p>	<p>https://www.virtual-college.co.uk/resources/free-courses/understanding-young-minds</p>

Resources written by young people, for young people

Description	Link
The Site provides information on a range of topics including mental health	www.thesite.org/
Youth Health Talk provides advice and support on mental health issues from young people for young people	healthtalkonline.org/young-peoples-experiences

Self Harm

Description	Link
Alumina is an online course for young people aged 14-19 years and provides group and individual courses.	www.selfharm.co.uk/alumina