

North Somerset emotional health

for Children & young people



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What to do if you're worried

Mental Health 24/7 Response Line

Telephone: 0300 303 1320

The Mental Health 24/7 Response Line is for anyone who may be worried about their own or someone else's mental health.

The telephone line offers support for adults and children in crisis 24 hours a day, seven days a week, 365 days a year.

Professionals can help advise about strategies to manage mental health and whether any other support is needed.

People can also **phone 111** or **see their GP**.

What to do in an emergency

In emergency situations, a child or young person can **call 999** or **attend the nearest 24-hour A&E unit**.

A health professional will make an assessment and liaise with the Child and Adolescent Mental Health Services to agree what support is required, this may be an assessment or a referral on to an appropriate team.

Worried about neglect or ill-treatment?

If you're worried that a child or young person is at risk of being ill-treated or neglected contact the child protection team on 01275 888 808.

You can also report your concerns on the [Avon and Somerset Police website](#) in the 'children and young people' section.

Introduction

This directory aims to be the single 'go to' place for information about children and young people's emotional health in North Somerset.

It provides a place for children and young people, their families and professionals to get quick, easy access to up-to-date, accurate information about support and services available to residents in North Somerset.

If you have any comments/feedback about the directory, particularly if there are services that are missing, please contact shaun.cheesman@n-somerset.gov.uk Unfortunately, we are unable to respond to queries about individual situations or give advice.

Please note, this publication is designed to offer a broad overview of the main emotional health and wellbeing services available to young people aged 0-25 and their families. Whilst every effort has been made to ensure the quality of services and resources listed here, we advise young people, their families and carers to make their own assessments of quality and suitability for their specific purposes.

This information is correct at the time of publication and will be updated annually.

December 2020

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Directory of Local Services

Universal Services

Sometimes, children and young people experience anxiety or difficulties in response to life events which are temporary episodes between otherwise good emotional health and wellbeing. Many can find appropriate support and advice through:

- existing networks (e.g. family and friends)
- services that are open to all children and young people like health services and schools/college
- open-access services for children & young people with specific needs

Services which can provide extra support for children, young people and their families in North Somerset, in times of need are listed below:

Pregnancy & Birth	0-5 Years	Primary Years	Secondary Years	Transition to Adulthood
Bluebell (parental anxiety & depression)				
Children's Centres				
		GPs & practice nurses		
Health Visitors				
Homestart North Somerset				
			Kooth (online counselling and information)	
Mothers for Mothers postnatal depression support group				

[North Somerset LGBT+ Forum](#)

[North Somerset Libraries](#)

[North Somerset Young Carers Service](#)

[Outdoor College](#)

[School-Based Interventions](#)

[School Health Nursing](#)

[Substance Advice Service](#)

[Unity Sexual Health](#)

Targeted Services

There are a range of services that offer early support to children and young people with emotional / mental health difficulties to prevent escalation of need and risk. Some of them offer support for those who have experienced traumatic life events and many offer a range of skills and therapies to engage and support children and young people.

Below are services that support children and young people who are experiencing more challenging difficulties:

Pregnancy & Birth	0-5 Years	Primary Years	Secondary Years	Transition to Adulthood
<u>Adoption West</u>				
				<u>Adult Services-Mental Health (18+)</u> (Supporting Mental Health difficulties)
				<u>Barnardo's Against Sexual Exploitation (BASE)</u>
				<u>Bristol and Weston Super Mare Bipolar UK Support Groups</u>
<u>Children & Young People's Resource Service</u> (Inc. services for Children Looked After and Care Leavers)				
				<u>Cruse Bereavement Care</u>
<u>Early Help</u>				
				<u>In Charley's Memory</u> (counselling for children and young people)
				<u>Junction 21</u> (Mentoring/advocacy for vulnerable young people)

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[North Somerset Looked After Children's Team](#)

[North Somerset Wellbeing Service](#)

[PAPYRUS](#) *(Prevention of young suicide)*

[Samaritans](#) *(supporting individuals and settings with intended, actual or attempted suicide)*

[School Health Nursing](#)

[Self-Injury Support](#) *(for women and girls)*

[Somerset and Avon Rape and Sexual Abuse Support \(SARSAS\)](#)

[Somerset & Wessex Eating Disorders Association \(SWEDA\)](#)

[Substance Advice Service](#)

[Support Services for Education](#) *(Inc. Educational Psychology)*

[The Green House](#) *(sexual abuse)*

[The Jack Hazeldine Foundation](#) *(1-2-1 Mentoring)*

[The Rainbow Centre](#) *(bereavement)*

The Troubled Families Programme

Turning the Tide *(Support for vulnerable families)*

Wanted Not Wasted *(counselling and mentoring in the south of Weston)*

Wellspring Counselling Service

Youth Inclusion Support Project (YISP)

Young Victims Service

Specialist Services

There may be occasions where some children and young people need support from specialist mental health services where there are significant concerns related to their mental / emotional health or psychological wellbeing, or the concerns are of a high risk / urgent nature. CAMHS is the main Child and Adolescent Mental Health Service for children and young people aged 0-18. For referral to CAMHS, the difficulties must have a significant impact on the child's development and cause distress to the child and/or carers.

Pregnancy & Birth	0-5 years	Primary Years	Secondary Years	Transition to Adulthood
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[BNSSG Perinatal Unit](#)

[Child & Adolescent Mental Health Service \(CaMHS\) and Learning Disabilities \(LD\)](#)

[The Disabled Children's Team](#)

Adoption West

Support available	<p>Adoption support for children who are adopted from North Somerset, Bristol, BANES, Gloucs, South Gloucs and Wiltshire. Children are eligible who were placed by one of the areas in Adoption West, or who have been living in one of the areas for more than 3 years post placement order.</p> <p>Support includes adoption support needs assessments and if appropriate, access to therapeutic support through the Adoption Support Fund. Can also link with other adoptive families and peer support groups and training.</p>
Age Range	0-18 years
Referral route	Call Adoption West
Address	Bristol Hub 6th Floor B-Bond Smeaton Road BS1 6XN
Telephone	03303 550 333
Website	https://adoptionwest.co.uk

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Adult services-Mental Health

<p>Support available</p>	<p>Avon and Wiltshire Mental health Partnership Provide Mental Health and Mental Capacity support, advice and signposting, to health and social care professionals.</p> <p>Primary Care Liaison Service (PCLS) Provide specialist mental health advice and assessment that is appropriate to level of presenting need/risk. Following an assessment, the person may be given advice on local services that may assist with their needs or ensure that there is a seamless transfer into a secondary mental health team.</p> <p>Intensive Service The Intensive Service operates 24/7 and provides emergency assessments (within 4 hours) for people in a mental health crisis/acute need. The team provides intensive support and treatment for people in their home to try to prevent a hospital admission.</p> <p>Psychological Therapies Service Works alongside the specialist (secondary) mental health teams, providing Art Psychotherapy, Physiotherapy, Psychological Therapies, Speech and Language Therapy, Occupational Therapy and Dietetics. Therapies are delivered in the hospital and in the community to groups and individuals depending on the most effective treatment to meet the person's needs.</p> <p>24/7 Mental Health response line 0300 3031320 for supportive advice and guidance on your own or someone else's Mental Health difficulties The telephone line offers out-of-hours care for people and children in crisis 24 hours a day, seven days a week, 365 days a year.</p>
<p>Age Range</p>	<p>18+</p>
<p>Referral route</p>	<p>Referral by a professional</p>
<p>Address</p>	<p>PCLS and Intensive Service: Long Fox Unit, Grange Road, Uphill, Weston-Super-Mare, BS23 4TS.</p> <p>Psychological Therapies Service: The Coast Resource Centre, Diamond Batch, Locking Castle, Weston Super Mare, BS24 7FY</p>
<p>Telephone</p>	<p>PCLS service: 01934 836406 Intensive service: 01934 836497 Psychological Therapies Service: 01934 523700</p>
<p>Website</p>	<p>Avon and Wiltshire Mental Health Partnership</p>

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Barnardo's Against Sexual Exploitation (BASE)

Support available	<p>BASE work alongside children and young people of all genders who are being, or are at high risk of being, sexually exploited.</p> <p>BASE deliver a relationship based, trauma informed, one to one intervention to children and young people. Support is decided between the young person and their BASE worker and is individually tailored to meet their needs.</p> <p>This can include:</p> <ul style="list-style-type: none"> • a safe space to talk through difficulties or worries • creative and therapeutic activities which can support sensory and emotional regulation and development of self-esteem, receiving practical help and support • opportunities to use psycho-education resources and activities, where appropriate <p>BASE workers understand that not all children and young people feel ready to talk about their different experiences and therefore we work at the child's pace and with no expectation that they should talk about anything they don't feel comfortable with.</p> <p>BASE workers are qualified in social work, youth work or mental health nursing or have other relevant experience in relation to the role.</p> <p>BASE in North Somerset offer support from 9.00am-5.00pm (Mon-Thurs) and 9.00am-4.30pm (Fri).</p>
Age Range	<p>Children up to the age of 18</p>
Referral route	<p>Phone 0117 934 9726 for advice on making a referral</p>
Telephone	<p>0117 934 9726</p>
Email	<p>ella.reames@barnardos.org.uk</p>
Website	<p>https://www.barnardos.org.uk/what-we-do/services/base-bristol-hub-spokes</p>

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Bluebell

Support available	<p>Bluebell provides services for parents experiencing anxiety and depression during pregnancy and up to 2 years after birth:</p> <ul style="list-style-type: none"> • Informal drop-ins at Bluebell Place offer a range of sessions including antenatal yoga and small group meets with creche provision • Mums' Comfort Zone is a structured, 11 week, therapeutic, group programme for mums experiencing ante and post-natal depression and/or anxiety, run in conjunction with Children's Centres • Parents can self-refer to have a trained Buddy with lived experience of managing depression and anxiety related to pregnancy and birth • 'Dads in Mind' support dads who may be feeling unwell and/or are supporting a partner who is unwell, as a result of becoming a parent <p>Please check <i>Facebook</i> page:Bluebellsupportingfamilies for up to date days and times.</p>
Age Range	Parents of any age with children under 2
Referral route	Any parents with a Bristol (BS) post code can drop-in to informal sessions at Bluebell Place
Address	Bluebell Place, 2 Quay Street, BS1 2JL
Telephone	0117 9220746
Email	info@bluebellcare.org
Website	http://www.bluebellcare.org/
Twitter	@bluebellcare

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BNSSG Perinatal Unit

Support available	<p>The Perinatal Unit works with women antenatally and postnatally with longstanding severe mental illness. Conditions worked with include bipolar, psychosis, previous post-partum psychosis, eating disorder, OCD and severe anxiety. They can also be available to support women who have previously had admissions to a mother and baby unit or women who present with new symptoms during the perinatal period.</p> <p>They offer assessment and treatment and work with women in community settings.</p>
Age range	Parents of children from pre-birth to age 1
Referral route	Various health professionals, including GPs can refer to this service
Address	BNSSG Community Perinatal Service Callington Road Telephone:
Telephone	0117 9195800

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Bristol and Weston Super Mare Bipolar UK Support Groups

Support available	Support groups are free to attend and are open to anyone affected by bipolar, including family, friends and carers. Each group is run by Bipolar UK and volunteer co-facilitators affected by bipolar themselves. People can drop-in at any time without making a commitment.
Age Range	Over 18s only (16-18-year olds with parents/carers)
Referral route	People can turn up to the groups without referral or prior notice being given.
Address	Support groups meet between 7.30-9.30 at: <ul style="list-style-type: none"> • Victoria Methodist Church, 38 Station Road Weston Super Mare, BS23 1XY 7.30-9.30 (2nd Tuesday of every month) • faithSPACE, Prewett Street, Bristol, BS1 6PB (1st Thursday of every month)
Telephone	0333 323 3885 (main Bipolar UK number) 07591 375544 (if seeking advice but don't have access to a computer)
Email	supportgroups@bipolaruk.org (to find out about support groups) info@bipolaruk.org (to arrange a call back from the peer support line)
Website	https://www.bipolaruk.org/find-a-support-group

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Children and Adolescents Mental Health Service (CaMHS) and Learning Disabilities (LD)

Support available	<p>Specialist CAMHS/Learning Disabilities provides evidence-based services for children and adolescents suffering from severe and complex mental health issues which have a significant impact on the child's development and causes distress to the child and/or carers. Services are provided in clinics, schools, early years settings and in families' homes.</p> <p>CAMHS staff often work as part of a multi-agency team and provide consultation and training to staff from other agencies who work with children.</p>
Age Range	0-18 (up to 19 in special circumstances e.g. ADHD, ASD, Complex disability, Special Educational Needs)
Referral route	Referral is via a single point of entry form which must be completed by an appropriate professional.
Address	<p>Children's Services - Drove Road Drove House Drove Road Weston-Super-Mare BS23 3NT</p>
Email	awp.nscamhs@nhs.net
Telephone	0300 125 6700
Website	http://cchp.nhs.uk/cchp/explore-cchp/child-family-consultation-services-camhs/camhs-faqs

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Children & Young People's Resource Service

Support available	<p>The Resource Service provides a range of services including:</p> <ul style="list-style-type: none"> • The Looked After Team for 1 to 18-year olds • The Leaving Care Aftercare team (from 16) <p>The Leaving Care Aftercare Team provide social work service to looked after young people over 16 years of age in North Somerset and practical and personal support services to young people once they have ceased being looked after, up to the age of 21 (24 in higher education). They offer:</p> <ul style="list-style-type: none"> • Support with accommodation issues • Training and education support • Financial support and benefits advice • Personal and emotional support <p>The following teams are also in the Resource Service:</p> <ul style="list-style-type: none"> • Fostering Recruitment (Foster Carers) • Fostering Support (Foster Carers) • Kinship Recruitment (Family and Friends Foster Carers) • Kinship Support (Family and Friends Foster Carers) • Special Guardianship Carers Support
Age Range	16-25
Referral route	The Resource Service is available for all Children Looked After and their families and care leavers.
Address	Town Hall, Walliscote Grove Road, Weston-Super-Mare, BS23 1UJ.
Telephone	01934 421 900 01934 426900
Email	ResourceServiceAdmin@n-somerset.gov.uk

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Children's Centres

Support available	Children's Centres host drop-in advice clinics, parenting workshops, parent and toddler groups and speech and language services. Many also host regular activities for children under five.
Age range	Parents with children under 5
Referral route	Children's Centres are available to all parents with children under 5
Address Telephone Email	Addresses, phone numbers and email addresses of different Children's Centres can be found here General Children Centre email address: childrenscentre@n-somerset.gov.uk

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Cruse Bereavement Care

Support available	In addition to a national helpline, (<i>see national resources section</i>) Cruse Bereavement Care Offer a local support service for children, young people or adults. This might include face-to-face or group support.
Age Range	Any age
Referral route	Self-referral
Address	Cruse Bereavement Care Bristol 23 – 25 St. Augustine’s Parade, Bristol BS1 4UL.
Telephone	0117 9264045
Email	bristol@cruse.org.uk
Website	https://www.cruse.org.uk/

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The Disabled Children's Team

Support available	<p>The North Somerset Disabled Children's Family Support Workers can offer help with early intervention of children and young people with special needs and disabilities and can signpost to inclusive services and support for their families.</p> <p>They can:</p> <ul style="list-style-type: none"> • deliver support services to children with complex additional needs and their families within the home and community settings • run Family Fun afternoons at Kingston Seymour Specialist Playground or Kingston Seymour Village Hall during October and February half term • provide family support services during school holidays to children and young people assessed as having the highest level of need • deliver parenting courses during term times • undertake Early Help Assessment
Age Range	0-18
Referral route	Self-referral
Address	The Firs Resource Centre, 89a Drove Road, Weston-Super-Mare, BS23 3NX
Telephone	01934 427 615
Website	http://nsod.n-somerset.gov.uk/kb5/northsomerset/directory/service.page?id=ECDp3AXa3Ys

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Early Help

Support available	<p>Sometimes, families may need extra support. This may be before children are born, when they are very young, or throughout their school years. Early Help is a multi-agency approach which supports vulnerable families to recognise what's going well for them, where they may benefit from extra help and who is the best person to work with the family to make this happen. Early Help is thus an umbrella for all partner agencies to work together in a coordinated way.</p> <p>Early Help is entirely voluntary, so if parents don't think it is right for their child, then they don't have to consent.</p>
Age Range	Families with children up to the age of 18
Referral route	Services under Early Help can be accessed directly via universal services, without a referral. Families needing additional support should talk to a professional who knows the family already.
Telephone	01934 426 329
Email	EarlyHelp.AssessmentFeedback@n-somerset.gov.uk
Website	http://nsod.n-somerset.gov.uk/kb5/northsomerset/directory/advice.page?id=SRceLbpx9nw

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GP and Practice nurses

Support available	Health care advice and support, signposting and prescriptions
Age Range	Pre-birth +
Referral route	To access a practice, you need to be registered with them.
Address Telephone Email Website	To find information about local practices: https://www.nhs.uk/service-search/GP/LocationSearch/4

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The Green house

Support available	<p>The Children and Young People's team at the Green House offer free, specialist therapy for children and young people who have experienced sexual abuse. Their therapists often use play, drama and art therapies to help children and young people explore their thoughts and feelings.</p> <p>A Family Support Practitioner liaises with families and professionals when a child or young person is referred to the service. They offer advice and emotional support to help parents and carers support their child.</p> <p>The team are mainly based in St Paul's but also offer sessions in the Knowle West Healthy Living Centre.</p>
Age Range	Under 18 Year olds
Referral route	Professional and self-referrals can be made by phoning or emailing using the details below, but only if the abuse has been disclosed to statutory services, the young person is in a stable environment and are aware of the referral (if possible).
Address	The Green House, St Agnes Lodge, 45 Thomas Street, St Paul's, Bristol, BS2 9LJ
Telephone	0117 935 1707
Email	info@the-green-house.org.uk
Website	https://the-green-house.org.uk

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Health Visitors

Support available	<p>Health Visitors work with families using a plan of care developed together to give all children the best possible start in life. As part of the plan families and health visitors may work closely with other healthcare professionals including midwives, GPs, hospital staff, children's centres and social care.</p> <p>The sort of things health visitors can help with include:</p> <ul style="list-style-type: none"> • Your health • Your family's health • Postnatal depression and helping you adjust to becoming new parents. • Access to the Specialist Breastfeeding Support Clinic <p>Health visitors can also listen, advise and direct families to more specialist advice for:</p> <ul style="list-style-type: none"> • Antenatal and post-natal depression • Family conflict • Unhappy or violent relationships • Serious illness • Disabilities • Bereavement • Settling into a new culture for families who have recently arrived from another country
Age Range	0-4
Referral route	<p>Referrals are from Health Records, GP and other members of the Primary Health Care Team. Other agencies or individuals, or the family themselves can refer.</p> <p>Health Visitors can be contacted with any questions or concerns.</p>
Address	For a full list of different Health Visitor bases, please click here
Telephone	Advice and information service: 01934 533300. (9.00-4.00 Mon-Fri). For health information and advice please go to the NHS 111 website in the first instance.
Website	https://cchp.nhs.uk/node/11317

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Homestart

Support available	<p>Home Start supports families, who may feel exhausted and overwhelmed by the stresses of family life, particularly if they have little support from family and friends when they need it most. Emotional and practical support is provided for challenges such as mental health difficulties, bereavement, disability and multiple births, so that difficulties are less likely to escalate to crisis point.</p> <p>A carefully selected volunteer, who has parenting experience themselves, regularly visits a family in their own home, offering emotional and practical support through difficult times for as long as it is helpful or needed. This friendly parent-to-parent support is a simple yet effective way of enabling families to get back on track.</p> <p>Home Start also runs:</p> <ul style="list-style-type: none">• 'Mums in Mind,' a peer to peer support group for mums with babies under one who are experiencing low mood, depression or anxiety and/or isolation which enables the sharing of experiences alongside wellbeing ideas.
Age Range	Expectant families or families with at least one child under 5
Referral route	Health professionals, such as Health Visitors can refer, or parents can self-refer. For a referral form visit https://home-startnorthsomerset.org.uk/referrals/
Address	Office Suite 6, Locking Road Business Park, 110 Locking Road, Weston-Super-Mare, North Somerset, BS23 3HF
Telephone	01934 419396
Email	info@home-startnorthsomerset.org.uk
Website	https://home-startnorthsomerset.org.uk/

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In Charley's Memory

Support available	In Charley's Memory supports young people in a variety of ways, but mainly through 1 to 1 counselling. They can help with a range of issues including anxiety, depression, OCD, relationships, bereavement, panic attacks and low moods.
Age Range	11-25
Referral route	Self-referral using the telephone or email below
Address	Unit 6, Brue Way, Highbridge, Somerset TA9 4AW
Telephone	01278 557490
Email	counselling@incharleymemory.co.uk (for counselling) enquiries@incharleymemory.co.uk (for general enquiries)
Website	https://www.incharleymemory.co.uk/

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The Jack Hazeldine Foundation (JHF)

Support available	<p>The Jack Hazeldine Foundation (JHF) inspires and empowers young lives through the strength of positive relationships.</p> <p>Disadvantaged children and young people in North Somerset are given access to experienced and passionate youth mentors who spend thousands of hours each year helping them cope with stressful and traumatic 'Adverse Childhood Experiences' including neglect, abuse, witnessing domestic violence or growing up with family members who have substance use disorders.</p> <p>The mentors engage with young people in 1-2-1 sessions within a school environment and elsewhere in the community. They help them build self-esteem, confidence and resilience so they can deal with the issues that impact their everyday lives and look forward to a positive future.</p>
Age Range	5-25 Year olds
Referral route	Professionals can refer a child or young person by completing a referral form at https://www.thejhf.org/
Address	The Jack Hazeldine Foundation, First Floor Office Suite 4C, 6-8 Kenn Road, Clevedon, BS21 6EL
Telephone	01275 873962
Email	Jess@thejhf.org
Website	https://www.thejhf.org/

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Junction 21

Support available	Mentoring for children at risk of offending and anti-social behaviour and for those in care or leaving care. Advocacy for children in care, leaving care or going through the child protection process.
Age Range	10 – 18
Referral route	Referrals accepted from professionals and self-referrals. Referral made by referral form via post or online.
Address	Junction 21 Central Chambers 24 – 26 Walliscote Rd W-S-M BS23 1UP
Telephone	01275888360/07776170028
Email	Junction21@n-somerset.gov.uk
Website	https://www.n-somerset.gov.uk/my-services/children-young-people-families/youth-services/mentoring/junction-21-mentoring-advocacy-service

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Kooth

Support available	Kooth provides free, safe and anonymous counselling, advice and support on-line, by fully trained and qualified counsellors. The site also includes peer-support message boards, moderated live group discussions, a magazine and self-help tools.
Age Range	aged 10- 18
Referral route	No referral is required. Anyone in the target age range can access: <ul style="list-style-type: none">• the counselling service from 12 noon- 10pm Monday-Friday & 6pm-10pm Saturday and Sunday• live, moderated forums for support on Monday, Wednesday and Friday from 7.30-9pm
Telephone	Lauren Finn Integration and participation worker for North Somerset T: 0203 984 9337 M: 07535 088193
Email	lfinn@xenzone.com
Website	https://kooth.com/

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Mothers for Mothers perinatal/postnatal depression support group

Support available	<p>Mothers for mothers is a group of mothers most of whom have suffered anxiety or isolation during pregnancy or after the birth of one or more of their babies. They offer support, advice, information and most of all a listening ear for any worries or concerns parents may have, including anxiety, depression, distress or isolation during pregnancy and after the birth of babies.</p> <p>Families in North Somerset can access the helpline or support calls service. If they can travel to the Mothers for Mothers office, they can access the counselling service for parents (including a dad's counselling service), art psychotherapy service, and/or a peer support group with support workers and a play support worker.</p>
Age Range	Pregnant and recent mothers of any age.
Referral route	The helpline, counselling service, art psychotherapy and peer support group are available to all mothers with concerns about their wellbeing. Those supporting them can also ring for advice.
Address	The Fulford Family Centre, 237 – 239 Gatehouse Avenue, Bristol, BS13 9AQ.
Telephone	<p>For information about the different services: 0117 239 7389</p> <p>Reach helpline 01179 359366 Mon- Fri 10:00am to 9:00pm</p>
Email	<p>support@mothersformothers.co.uk (for weekly support calls or texts)</p> <p>therapy@mothersformothers.co.uk (for art therapy, face to face counselling at the Fulford family Centre, dad's counselling)</p> <p>groups@mothersformothers.co.uk (for support groups)</p>
Website	https://www.mothersformothers.co.uk

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MusicSpace

Support available	<p>MusicSpace is a charity providing music therapy for people of all ages. They use music making to help people communicate, express themselves and start building relationships.</p> <p>Any child may benefit from the opportunity to express themselves through music. Music therapy is often particularly beneficial for children on the autistic spectrum, or with communication difficulties, learning difficulties, physical disabilities, sensory impairment or emotional and behavioural difficulties.</p> <p>They offer individual or group sessions in the Southville Centre, but also have an outreach service in North Somerset and are always open to working in new places.</p>
Age Range	Any age, but group sessions are age specific.
Referral route	Anyone can attend MusicSpace
Address	MusicSpace, The Southville Centre, Beaulley Road, Bristol, BS3 1QG
Telephone	0117 9531731
Email	Contact Music Space via the 'Contact Us' section of their website or email info@musicpace.org .
Website	http://musicpace.org/

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Next Link

Support available	Next Link North Somerset provide support services for anyone (women, men, children) who have been the victim of domestic abuse. Our services include telephone help and advice, safe houses, community outreach services and group programmes.
Age Range	All ages
Referral route	Self-referral
Address	Next Link 5 Queen Square Bristol BS1 4JQ
Telephone	0800 4700 280 or 0800 694 9999
Email	enquiries.northsomerset@nextlinkhousing.co.uk
Website	www.nextlinkhousing.co.uk

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North Somerset LGBT+ forum

Support available	<p>The North Somerset LGBT+ Forum provides a platform for voices to be heard through activities, monthly drop in sessions, social activities and social media.</p> <p>Among other services, they run the following support groups: Trans+ A support group for transgender, non-binary, and gender-questioning Individuals (1st Wednesday of the month) Colours Youth Group (13-17 years old) A youth group set up for LGBT+ youths and their LGBT+ allies (2nd Wednesday of the month) Family+ A support group for LGBT+ parents, carers, guardians, siblings, and those with LGBT+ young people under the age of 13 who are also welcome to attend and mix with other like-minded young people. (3rd Wednesday of the month)</p> <p>For further information regarding any of our groups please email support@nslgbtforum.com for more details and group locations.</p>
Age Range	All age, but activities for specific age groups.
Referral route	No referral required
Email	support@nslgbtforum.com
Website	https://www.nslgbtforum.com/

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North Somerset Libraries

Support available	<p>Some libraries offer rhyme times and story time sessions for children under 5, which also enable social time for parents. Libraries stock books that relate to mental health.</p> <p>The Library Service also has a Reading Well collection of self-help books for young people created to help them understand and manage their health and wellbeing. They can be reserved for free if the book is not on the shelf and all of them can all be checked out confidentially through self-service machines for a longer loan period of six weeks.</p>
Age Range	All ages
Referral route	Accessible to all
Address Telephone Email Website	Click here for library opening times, addresses and contact details.

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North Somerset Looked After Children's Team

Support available	<p>The Looked After Children's Team support children and young people who are looked after (in care) or care leavers. They promote the health and wellbeing of children and young people by working closely with those involved in their care including:</p> <ul style="list-style-type: none">• Parents• Foster carers• Social workers• Leaving care personal advisors• Teachers / virtual school• School nurses and health visitors• GPs and paediatricians.
Age Range	0-25
Referral route	Through professionals
Address	Badger House Oldmixon Crescent Weston-Super-Mare North Somerset BS24 9AY
Telephone	01934 419339
Website	http://cchp.nhs.uk/cchp/explore-cchp/looked-after-children/north-somerset

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North Somerset Wellbeing Service (Second Step)

Support available	<p>The NS Wellbeing Service delivers activities and sessions focused on improving people's wellbeing.</p> <p>Range of online resources (wellbeing college sessions as well as activity suggestions) available for anyone to access via Facebook and YouTube (search "Second Step Wellbeing Colleges"), a wide range of resources available on the webpage www.second-step.co.uk/nsws and telephone and text support to those people assessed as being in need of additional support.</p> <p>Regular newsletters are produced with advice/resources/wellbeing activities included as well as offers of telephone contact where required.</p>
Age Range	18+
Referral route	There is a referral form for professionals or self-referrals. Telephone calls or emails to the Service are also accepted so initial assessments can be done over the phone.
Telephone	0333 023 3504
Email	nswellbeing@second-step.co.uk
Website	www.second-step.co.uk/nsws

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North Somerset Young Carers Service

Support available	<p>North Somerset Young Carers Service works to support young carers and their families by offering a range of support services, advice and information. The responsibilities undertaken by young carers could include practical or emotional support for a parent or sibling.</p> <p>The service offers therapeutic groups, trips, activities, workshops, one-to-one support, support in schools, advocacy, information and advice, residential weekends, along with awareness raising.</p>
Age Range	5 to 18
Referral route	Young carers can refer themselves by completing an online form or phoning 03000 120 120 (option 3). Alternatively, other family members or professionals can ring to make enquiries.
Address	40 Martingale Way, Portishead, BS20 7AW
Telephone	03000 120 120 (option 3)
Email	Contact online or via social media here
Website	https://www.alliancehomes.org.uk/care-and-support-services/our-support-services/support-for-carers/support-for-young-carers/

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Outdoor College

Support available	<p>Outdoor College is a community project that offers nature-based wellbeing and outdoor learning for the benefits of young people and adults.</p> <p>They also offer further education to help young people 16-19 access their potential as future land-based workers.</p>
Age Range	All ages
Referral route	Open to all
Address	Brown Rock Woodland 187 Clevedon Road, Tickenham North Somerset, BS21 6RT
Telephone	07714209579
Email	Info@outdoorcollege.co.uk
Website	https://www.outdoorcollege.co.uk/

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PAPYRUS Prevention of Young Suicide

Support available	<p>PAPYRUS is the national charity for the prevention of young suicide and believes that with appropriate support and education, many young suicides can be prevented. Papyrus deliver awareness and prevention training and provide confidential support and suicide intervention through HOPELineUK which is for:</p> <ul style="list-style-type: none"> • Young people under the age of 35 who may be having thoughts of suicide. A HOPELineUK advisor will listen to things that are contributing to thoughts of suicide and provide advice about how to cope and where to get help. • Anyone concerned that a young person may be having thoughts of suicide. HOPELineUK advisors offer advice on how to talk about suicide and how best to support someone.
Age Range	Under 35
Referral route	<p>HOPELineUK: Tel: 0800 068 41 41 Email: pat@papyrus-uk.org Open 9-00am-Midnight</p>
Address	Lineva House 28-32 Milner Street Warrington Cheshire, WA5 1AD
Telephone	01925 572 444
Email	admin@papyrus-uk.org
Website	https://papyrus-uk.org/

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The Rainbow Centre

Support available	<ul style="list-style-type: none">• The Rainbow Centre is for people who have been bereaved and need time and space to explore their feelings and adjust to their new and difficult situation. Services are free to children and young people and they offer:• One to One counselling• Creative arts therapy groups to meet others in a similar situation• Opportunities for families to socialise and support each other while having a fun day out• Activities for different ages to help them through difficult times such as Mother's Day, Father's Day.
Age Range	All ages, but specific groups and activities for children and young people.
Referral route	Self-referral or referral from professional organisations
Address	27 Lilymead Avenue, Knowle, Bristol BS4 2BY
Telephone	0117 985 3343
Email	contact@rainbowcentre.org.uk
Website	https://rainbowcentre.org.uk/

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Samaritans

Support available	<p>Samaritans can offer support in the following ways:</p> <p>Emotional Support – for anyone wanting to talk about things they are struggling with 116123</p> <p>Outreach – Samaritan volunteers can visit settings to deliver talks to young people about emotional health and well-being.</p> <p>Step by Step is a Samaritans service that provides practical support and guidance to help educational and youth settings prepare for, and recover from, a suspected or attempted suicide.</p> <p>The Step by Step team aims to:</p> <ul style="list-style-type: none"> • Enable the community to be prepared for, respond to and 'recover' from a suspected or attempted suicide. • Reduce the likelihood of further suicides in education and youth settings by preventing stigma and isolation for those affected by a suspected or attempted suicide.
Age Range	Youth settings
Referral route	Contact the education team using the online form in the 'school talks' and 'Step by Step' section of the website
Telephone	Helpline: 116123
Website	https://www.samaritans.org/how-we-can-help/schools/

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School-based Interventions

Support available	Different schools in North Somerset have their own approaches to supporting both the mental health of all children and young people and the needs of those who are facing specific challenges. Supporting mental health in schools is important because most children and young people are in school and because mental and physical ill-health is a major barrier to meeting academic potential.
Age range	4-18
Referral route	Individual schools will have their own procedures for identifying and working with children who need extra support.
Address Telephone Email Website	A list of addresses, telephone numbers email and website addresses for North Somerset schools can be found here

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School Health Nursing

Support available	<p>The School Health Nursing Team offer confidential advice and support to children, young people, parents and carers and promotes all aspects of health.</p> <p>The School Nursing Team also includes the Bladder and Bowel Children's Service, Immunisation Team and Children Looked After Specialist Nurse.</p> <p>Some of the areas the School Nursing Team support children and young people with include:</p> <ul style="list-style-type: none">• Emotional health and wellbeing• Bullying• Smoking• Relationships and sexual health• Obesity, weight management and healthy lifestyle• Alcohol and substance misuse• Immunisation• Dental decay <p>They also run secondary school-based clinics.</p>
Age Range	5-19
Referral route	Contact the School Health Nursing Team to discuss a referral.
Address	Badger House Oldmixon Crescent, Weston-Super-Mare, BS24 9AY
Telephone	01934 419339
Email	nsomerset.schoolnurses@nhs.net
Website	https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing/north-somerset

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Self-Injury Support (for women and girls)

Support available	Phone, text, email and webchat support for women and girls about self-injury. Online information, personal and professional resources, interactive self-help materials and training and consultancy for anyone affected by self-injury, self-harm, emotional distress, trauma, sexual violence and mental illness.
Age Range	11+
Referral route	Self-referral
Address	PO BOX 3240 Bristol, BS2 2EF
Telephone	General enquiries: 0117 927 9600 For support: 0808 800 8088 Text message: 07537 432444
Email	tessmail@selfinjurysupport.org.uk (for support) info@selfinjurysupport.org.uk (for general enquiries)
Website	https://www.selfinjurysupport.org.uk/

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Somerset and Avon Rape and Sexual Abuse Support (SARSAS)

Support available	<p>SARSAS provide free, confidential, specialist support to people who have experienced rape or any kind of sexual assault or abuse at any time in their lives.</p> <p>Support consists of emotional and practical support, a freephone helpline, e-support, 1-1 support by phone or face to face, specialist counselling, information and support resources.</p> <p>Training and consent-based workshops can also be delivered to professional organisations, schools and universities.</p> <p>Helpline: 0808 801 0456 and 0808 801 0464 Monday: 11am - 2pm Tuesday: 6pm - 8pm Wednesday: 6pm - 8pm Thursday: 6pm - 8pm Friday: 11am - 2pm</p> <p>Email Support: support@sarsas.org.uk</p> <p>Live Chat For more information about the live chat service 'click here'</p>
Age Range	13+
Referral route	Phone, email, live chat or via a referrer
Address	PO BOX 2942, Bristol BS1 9EU
Telephone	0117 929 9556 (Bristol) 01823324944 (Taunton)
Email	info@sarsas.org.uk
Website	www.sarsas.org.uk

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Somerset & Wessex Eating Disorder Association (SWEDA)

Support available	<p>SWEDA provide support to anyone affected by eating disorders, including anorexia nervosa, bulimia nervosa, compulsive eating, binge eating disorder and all related conditions.</p> <p>Services include counselling, a monthly evening self-help support group, (although this is in Shepton Mallet) training and presentations for Health Professionals and GPs and working with young people in Secondary Schools and colleges.</p> <p>Counselling and the self-help group are for people with an eating disorder or/and people who support someone with an eating disorder.</p>
Age Range	Open to all
Referral route	Self-referral
Address	The Coach House, Harvest Court, park Road, Shepton Mallet, BA4 5BS
telephone	01749 343344
Email	support@swedauk.org
Website	https://www.swedauk.org/

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Substance Advice Service (SAS)

Support available	<p>The service is for young people in North Somerset who would like support, information or advice about drugs and alcohol. It helps young people who are using drugs, alcohol or tobacco and want support and help to stop their use.</p> <p>SAS can meet with young people wherever they feel more comfortable. This may be at home, in the community, at school or college or within our building.</p> <p>Their work includes visiting schools and youth centres to provide education and information to groups of young people about drugs, alcohol and tobacco.</p> <p>They are also able to provide support and training to parents, carers and professionals.</p>
Age Range	10-18
Referral route	A young person can refer themselves by phone or, with the young person's permission, a referral form can be used to make a referral by a parent, carer or professional. There is no waiting list and there is no charge for the service.
Address	Central Chambers, 26 Walliscote Road, Weston-Super-Mare, BS23 1UP
Telephone	01275 888 360 01275 888 361
Email	sas@n-somerset.gov.uk

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Support Services for Education

Support available	<p>SSE is a traded unit within Somerset County Council that offers a wide variety of services and training to all education providers and other organisations such as schools, academies, Further Education colleges, Early Years Providers, Childcare Settings, charities and Local Authorities. It includes, among others, Educational Psychologists who work in North Somerset.</p> <p>They offer a one-stop shop of support services for education providers and other organisations including counselling, therapy, consultation for professionals, training courses, news, updates and key documents.</p>
Age Range	0-18
Referral route	Commissioned by the Local Authority to undertake specific statutory and pre-statutory duties. Many of their services are directly commissioned.
Address	D Block, County Hall, Taunton, Somerset, TA1 4DY
Telephone	03001237365
Email	SSE@somerset.gov.uk
Website	www.supportservicesforeducation.co.uk

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The Troubled Families Programme

Support available	<p>The Troubled Families Programme has been integrated into North Somerset Council Early Help Model and works with families that have complex and multiple needs. They work collaboratively with partners, integrated within a whole family approach, looking at outcomes based on significant and sustained progress for the whole family.</p> <p>Families engaged in the programme are supported and where appropriate have access to Family Engagement Workers, Family Coaches and dedicated Employment Advisors, which involves practical hands on support. An action plan is agreed involving families and key partner agencies from a range of adults and children's services.</p>
Age Range	Families with dependent children 0-19
Referral route	A 'HIF Website enquiry' form is available on the website below and will need to be completed by a professional.
Address	Town Hall, Post Point 20, Walliscote Grove Road, Weston-Super-Mare
Telephone	01275 888 360
Email	hifteam@n-somerset.gov.uk
Website	https://nsod.n-somerset.gov.uk/kb5/northsomerset/directory/service.page?id=OEqE7Z3tUwU

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Turning the Tide

Support available	The 'Turning the Tide' service is delivered by Core Assets Children's Services. It provides support to families with children and young people aged 8 to 17, who are at risk of family breakdown, due to relationships between the young person and their parents. They assign key workers who offer practical suggestions, advice and support to families. As well as working with parents, they work with children and young people who wish to be involved, through creative and solution focused brief therapy.
Age Range	8-17
Referral route	Social worker or team leader
Address	For All Healthy Living centre, 68 Lonsdale Avenue, Weston-Super-Mare BS23 3SJ
Telephone	01275 888578 07785531070
Email	Moniquewilliamson@n-somerset.gov.uk
Website	https://www.polarischildrensservices.co.uk/project/north-somerset-turning-tide/

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Unity Sexual Health Services

Support available	<p>Unity Sexual Health is a free NHS service providing STI testing and treatment, contraception and pregnancy advice. The service is confidential, non-judgmental and for people of all ages, genders and orientations. Their aim is to provide a high-quality informative service which supports their users. Everyone should be able to easily access their services to support healthier relationships and sexual well-being throughout life.</p> <p>You do not need an appointment for a walk-in clinic, you can just walk in to see a doctor or nurse.</p>
Age Range	All ages
Referral route	<p>Walk in clinic-self-referral</p> <p>Referral via professionals – some appointments available</p>
Address	<p>Unity@WISH Weston General Hospital Young Persons Clinic Weston General Hospital, Grange Road, BS23 4TQ (all age service with one dedicated clinic for under 20s)</p> <p>Unity@Clevedon Young Persons Clinic (for under 24s) Clevedon Heath Centre, Old Street, BS21 6DG Open Thursday 6.15pm-8.30pm</p> <p>Please note that there are also clinics in Bristol that North Somerset residents can access. Please check the website for details about opening times of all clinics.</p>
Telephone	For all clinics, phone the central booking line 0117 342 6900
Website	https://www.unitysexualhealth.co.uk/

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Wanted Not Wasted

Support available	<p>Wanted Not Wasted provide:</p> <p>Children's drop ins</p> <p>Any children can pop in, have something to eat, do craft, play games and talk. They provide free food and activities such as cooking and craft.</p> <p>Reframe Counselling</p> <p>Free counselling for children aged 5-18 years who live in Weston Super Mare. Counselling is also provided in local schools for children who need additional support.</p> <p>Mentoring</p> <p>Mentoring support to children aged 5-16yrs old. This partners children with a dedicated adult, who helps them with issues in their lives as well as enabling them to try new things and have fun.</p> <p>Targeted mentoring for children aged 12-18yrs at risk of suicide and who won't access other services.</p>
Age Range	5-18
Referral route	Reframe counselling is self-referral or professional referral
Address	3 St Andrews Parade, Bournville, Weston-Super-Mare, BS23 3SS. (The WOW shop)
Telephone	07588 512 621
Email	wantednotwasted@gmail.com
Website	http://wantednotwasted.wixsite.com/wantednotwasted/projects

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Wellspring Counselling Service

Support available	<p>Counselling and Cognitive Behaviour Therapy (CBT)</p> <p>Wellspring offers confidential help and support from professionally trained counsellors to people in the local community.</p> <p>Their Young People’s Service provides counselling and Cognitive Behaviour Therapy to 11-18-year olds. CBT sessions are also held in Clevedon School, Backwell School, Nailsea School and St Katherine’s School in Pill.</p> <p>Young People can talk about any concerns they have which might include eating problems, loneliness, lack of confidence, overcoming worries, relationships, sexual matters and past events.</p> <p>Support for younger children and their parents They also support parents/carers of children aged 5 – 12 years old who live or go to school in North Somerset. These are carried out over the phone, online or using a video link. The support available includes:</p> <ul style="list-style-type: none"> • Support for parents of children who are displaying mildly challenging behaviour. • Support for parents of children experiencing anxiety.
Age Range	<p>Young People’s Service -11-18 General Service – Any age Parenting support sessions- Parents of any age</p>
Referral route	<p>Self-referral for the Young People’s Service and General Service is by telephone, email or letter. Parents who are interested in taking part in the parenting support sessions can email: krissie@wellspringcounselling.org.uk</p>
Address	<p>Wellspring Counselling, Chapel Precinct, 74 Silver Street, Nailsea, BS48 2DS.</p>
Telephone	<p>01275 810879 (Mon 1.30-4.30pm, Tues-Thurs 9.30am-4.30 pm)</p>
Email	<p>reception@wellspringcounselling.org.uk</p>
Website	<p>http://www.wellspringcounselling.org.uk/</p>

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Young Victims Service

Support available	<p>The Young Victims Support Service supports those who have been victims of crime, anti-social behaviour or domestic abuse.</p> <p>A range of methods is used including face to face and online work drawing on young people's strengths, in order to empower them to move forward from their experience. Young people can be supported to access clear information, advice and guidance for their journey.</p>
Age Range	5-18 (up to 25 for additional needs)
Referral route	<p>Self-referral, although the service needs consent from parents for a referral (unless 16+ or self-referring and considered able to consent)</p> <p>The young person can be referred by anyone using a referral form, including themselves. The incident does not have to have been reported to the Police.</p>
telephone	01275 88 44 88
email	help@youngvictims.org.uk
website	https://youngvictims.wordpress.com/

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Youth Inclusion Support Project (YISP)

Support available	<p>The Youth Inclusion Support Project (YISP) is part of North Somerset Youth Offending and Prevention Service. It aims to prevent offending and antisocial behaviour by providing support to young people 10-18 experiencing significant risk factors, such as behavioural issues or emotional and mental health difficulties. It works with medium and high levels of risk and vulnerability and accept referrals from any agency, parent or young person. The wide range of issues that can be supported, in the context of the family include difficulties managing feelings (for example, regarding anger or anxiety) or problems with low self-esteem, school attendance, building relationships or social isolation.</p> <p>The YISP support young people who might be at risk of entering or escalating within the criminal justice system due to anti-social behaviour and behavioural issues, knife-crime, or stealing. This might include individuals vulnerable to sexual or criminal exploitation. YISP workers are also trained to work with young people who are displaying harmful sexual behaviour or have been involved in sexting, sharing images etc.</p> <p>YISP programme support can be given through group work, short session work around specific areas of concern or over a series of up to 12 one to one sessions, depending on the needs and preference of the young person. Engagement is face-to-face in school, at home, in the community, in virtual sessions, via telephone calls, emails and video calls (SKYPE, Zoom or Teams etc.) where requested.</p>
Age Range	10-18
Referral route	A referral form needs to be completed for young people identified as being at risk of becoming involved with the Criminal Justice System. It needs to be signed by the young person and parent/carer and sent to yosadmin@n-somerset.gov.uk .
Address	Central Chambers 24 -26 Walliscote Road Weston -super - Mare BS23 1UP
Telephone	01275 888 360
Email	YOSadmin@n-somerset.gov.uk
Website	The website can be found here .

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Local Resources

Bridging the Gap Together!



Bridging the Gap Together! is a Community Interest Company who provide themed events for young people with Autism or additional needs, their parents/carers and professionals. Workshops are facilitated by inviting guest professionals and where possible young people living with these conditions to deliver the workshops in venues across North Somerset. 'Bridging the Gap Together!' work collaboratively with other service providers to deliver the best possible service through a wide variety of workshops that best meet the needs of young people, parents and carers, the subject of which may include autism, anxiety, challenging behaviour, self-harm, social skills and other issues. For more information please contact events@bridgingthegap.ltd or admin@bridgingthegap.ltd or visit the website at <https://bridgingthegaptogether.org.uk/>



Revealed Projects

[Revealed Projects](#) aims to inspire children and young people to be confident in who they are and develop skills to build healthy relationships in all aspects of their lives. They deliver educational workshops around self-esteem and healthy relationships to whole classes, larger groups or smaller groups of more vulnerable children. For more information, [contact Revealed Projects](#)

North Somerset Healthy Schools Network



The NSHSN enables schools to address the emotional and physical health of children and young people, by taking part in a process of identifying needs, planning, doing and reviewing. It helps schools access resources to support health, as well as providing opportunities to share good practice through a network of schools. The primary programme enables schools to address any aspect of health and the secondary programme, focuses on Mental Health.

For more information email shaun.cheesman@n-somerset.gov.uk or Tel: 07385378475

The North Somerset Schools Mental Health Network

The network meets 3 times a year and all school staff with an interest in mental health are welcome.

For more information email shaun.cheesman@n-somerset.gov.uk or Tel: 07385378475

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National Resources – information and support

ABC

ABC offer personal, on-going, emotional support and practical guidance for recovery for people struggling with anorexia nervosa, bulimia nervosa and binge eating, in addition to related self-harm.

03000 11 12 13 www.anorexiabulimiare.org.uk

Action for Children – Parent Talk

The Parent Talk section of the Action for Children website provides advice and a 1 to 1 service for parents who want a free and confidential live chat with a parenting coach.

https://parents.actionforchildren.org.uk/?_ga=2.73538263.415119178.1606307564-1824861996.1590665576

Anxiety UK

Anxiety UK supports those living with anxiety and anxiety-based depression.

Text service: 07537 416905 helpline: 03444 775774 www.anxietyuk.org.uk

BEAT

BEAT is the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape.

Youthline (under 25): 0808 801 0711 <https://www.beateatingdisorders.org.uk/>

Bullying UK

Bullying UK provide advice on all aspects of bullying.

0808 800 2222 www.bullying.co.uk

Campaign Against Living Miserably (CALM)

For young men who are feeling unhappy.

helpline 0800 58 58 58 <https://www.thecalmzone.net/>

Child Bereavement UK

Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

Helpline 08000288840 <https://childbereavementuk.org/>

Childline

Childline is a free, private and confidential service for children and young people to discuss any worries.

24-hour helpline 0800 1111 www.childline.org.uk

Childline – Exam stress and pressure

Gives young people advice about coping with exam stress.

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

The Children's Society

The Children Society website has an advice page which offers help on a range of topics, including finding work, abusive relationships, debt and difficulties with parents.

<https://www.childrensociety.org.uk/information/young-people/advice>

Cruse Bereavement Care

A helpline staffed by trained bereavement volunteers, who offer emotional support and can signpost callers to other services and useful sources of information.

Tel: 0808 808 1677

Monday and Friday 9.30-5.00pm

Tuesday, Wednesday and Thursday 9.30-8.00pm (excluding bank holidays)

Weekends 10.00am-2.00pm

Website: <https://www.cruse.org.uk/>

Education Support Partnership

Charity providing mental health and wellbeing services to all education staff and organisations.

Free helpline for teachers 08000 562561

Epic Friends

This site is about helping young people to help their friends who might be struggling to cope emotionally. Covers the most common teenage mental health issues.

www.epicfriends.co.uk

Get self help

Cognitive behaviour therapy resources and downloads for young people and adults.

www.getselfhelp.co.uk

Grief Encounter

[Grief Encounter](http://www.griefencounter.org.uk) provide specialist support to children and young people who have lost someone they love. You can call **0808 802 0111** (9am -9pm Mon-Fri), [web chat](#) or email, grieffalk@griefencounter.org.uk

Heads above the waves

Promotes positive ways of dealing with bad days and raises awareness of depression and self-harm in young people.

<http://hatw.co.uk/>

Hope Again

The youth website of Cruse Bereavement Care where young people can learn from other young people, how to cope with grief and feel less alone.

<https://www.hopeagain.org.uk/>

Mermaids

Information and support for transgender youth up to and including the age of 19, including a helpline.

Helpline: 08088010400 Mon-Fri 9.00am-9.00pm <https://mermaidsuk.org.uk/>

Mind

Confidential support and information around any mental health issue.

Textline: 86463 Tel: 0300 123 3393

<https://www.mind.org.uk/information-support/helplines/>

MindEd

MindEd is a free educational resource on children and young people's mental health for all adults.

www.minded.org.uk

Mindline Trans+

A national confidential, emotional, mental health support helpline for people who identify as transgender, agender, gender fluid, non-binary.

They also support family members and friends and provide signposting to other services and resources.

<https://bristolmind.org.uk/help-and-counselling/mindline-transplus/>

Tel 0330 330 5468 2 nights/ week Monday and Friday night's 8-12 midnight

The Mix

Advice about mental health, sex, drugs, money and relationships for under 25s.

Helpline: 0808 8084994 (text messaging and 1 to 1 chat also available)

<https://www.themix.org.uk/>

National Self Harm Network

Support for individuals who self-harm, to reduce emotional distress and improve their quality of life.

Online Support Forum - www.nshn.co.uk

NHS Choices – Young People and Mental Health

An information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

www.nhs.uk/livewell/youth-mental-health

Papyrus

Papyrus provide support, advice and information to anyone under 35 who is suicidal or concerned about someone else who is suicidal. You can call their support line, Hopeline UK on **0800 068 4141**, text **07860 039967** or email pat@papyrus-uk.org (9am – Midnight every day of the year)

Rise Above

The Rise Above website provides health information and advice about a range of issues of importance to young people including body image, mental health, friendships, love, sleep, drinking and smoking.

<https://riseabove.org.uk/>

Self-Harm

For young people 14-19 who self-harm and their friends, family and professionals. Be aware that this site contains sensitive information.

<https://www.selfharm.co.uk/>

Self-injury support

Self-injury support run a support service for women & girls affected by self-injury, trauma and abuse.

Tel: [0808 800 8088](tel:08088008088) Text: [Message 07537 432444](https://selfinjurysupportltd.eu.rit.org.uk/our-support-services) (webchat and email support is also available on the website) Tuesday, Wednesday and Thursday 7pm-9.30pm
<https://selfinjurysupportltd.eu.rit.org.uk/our-support-services>

Talk to Frank

FRANK provides friendly and confidential advice about drugs.
0300 123 6600 Live Chat, Text: 82111 www.talktofrank.com

Terence Higgins Trust

Sexual Health advice and information and a free direct helpline. online advice and counselling.

Tel: 0808 802 1221 or email info@tth.org.uk
<https://www.tth.org.uk/>

The Children's Society

A national charity that offers advice and support on mental health and emotional issues. It also provides a 'vault' of resource for a range of ages.

<https://www.childrensociety.org.uk/>

Time to Change

Time to Change is a growing movement of people changing how we all think and act about mental health. The site includes lesson plans, assemblies and exercises for school staff to do with pupils

www.time-to-change.org.uk

We are with you

Provide a full range of services for both drug and alcohol problems for clients and their family and friends. There is an online chat service for support.
01934 427940 or <https://www.wearewithyou.org.uk>

Winston's Wish

Winston's Wish offer practical support and guidance to bereaved children, their families and professionals. 08088 020 021 or email ask@winstonswish.org
www.winstonswish.org.uk

Young Minds

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

Parents line – 0808 802 5544 9.30-4.00 Mon-Fri.

www.youngminds.org.uk

Young Minds Crisis Messenger Service

Young Minds run a 24/7 Crisis Messenger Service. If someone is experiencing a mental health crisis, they can text YM to 85258 and be connected to a trained volunteer in less than 5 minutes who will listen, help think through feelings and take the next steps towards feeling better.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Your bump to baby wellbeing guide

Helping parents find the right mental health support during pregnancy, birth and beyond and includes details of voluntary organisations offering support, as well as the statutory services and community services.

<https://bump2babywellbeingguide.org/>

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Guidance documents for schools

<p>A whole school framework for emotional wellbeing and mental health National Children's bureau 2016</p>	<p>Takes schools through a four-stage approach to improving wellbeing and mental health based on research and practice.</p>
<p>Counselling in schools: a blueprint for the future Departmental advice for school leaders and counsellors DfE 2016</p>	<p>Helps school leaders set up and improve counselling services in primary and secondary schools.</p>
<p>Measuring and monitoring children and young people's mental wellbeing: A toolkit for schools and colleges Public Health England 2016</p>	<p>Aims to make school and college staff aware of the range of validated instruments that can be used to measure and monitor student mental wellbeing.</p>
<p>Mental health and behaviour in schools DfE 2018</p>	<p>Aims to help schools to support pupils whose mental health problems manifest themselves in behaviour.</p>
<p>Promoting children's and Young People's emotional health and wellbeing: A whole school approach. Public Health England 2015</p>	<p>Outlines 8 whole school approach principles to promote emotional health and wellbeing (with case studies) and explains how they link to the Ofsted framework.</p>
<p>What works in promoting social and emotional well-being and responding to mental health in schools' National Children's Bureau 2015</p>	<p>Describes an evidence-based whole school approach to supporting mental health in schools.</p>

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Resources to support Mental Health in schools

P=primary s=secondary

P & S	All together: whole school anti-bullying programme	All together free anti-bullying programme encourages schools to evidence their work to reduce bullying and improve the wellbeing of pupils and create an anti-bullying action plan tailored to their needs.
	Anna Freud school resources	Anna Freud have a range of resources to help schools address pupil and staff wellbeing, including resources to support parents with their children's mental wellbeing.
P & S	BBC Mental Health resources	To support your class and promote the importance of mental wellbeing the BBC have created this collection of resources for use with both primary and secondary students.
P & S	Charlie Waller Memorial Trust (CWMT)	CWMT publish free resources for schools, young people and parents and raise awareness of mental health through evidence-based presentations and training.
S	Developing Emotional Awareness and Listening (DEAL)	The Samaritans have produced this free teaching resource for students 14+ which includes sections on what we mean by Mental Health, coping strategies, dealing with feelings and connecting with others.
S	Dove: Confident Me	Confident Me is a set of evidence-based resources for teachers and schools aimed at 11-14-year olds to promote adolescent body confidence.
S	Every Mind Matters	Free PSHE resources that support upper primary and secondary school teachers when promoting positive health, wellbeing and resilience among young people aged 11 to 16. Lessons include bullying, sleep, puberty, online stress, exam stress, body image and forming positive relationships.
P & S	Guidance on preparing to teach about mental health and emotional wellbeing	Guidance for schools on preparing to teach about mental health and emotional wellbeing, accompanied by a set of lesson plans spanning key stages 1-4.
P & S	Make it Count: Guide for teachers	This guide is for teachers to help them create a classroom and school environment where children can thrive with good mental health.
P & S	Mentor Adepis resilience lesson plans	These lessons for KS2 and KS3 encourage pupils to develop resilience, reduce risk-taking and consider safer options.

P & S	Restorative Justice 4 Schools	Restorative approaches enable those who have been harmed to convey the impact of the harm to those responsible, for those responsible to acknowledge the impact and take steps to put it right.
S	Samaritans step by step	Step by Step provides practical support and guidance to help school and college communities prepare for and recover from a suspected or attempted suicide.
P & S	Schools in Mind	The schools in Mind network is free and provides a trusted source of up-to-date and accessible information and resources that school staff can use to support the mental health and wellbeing of the children and young people in their care. There are also videos, booklets and teacher toolkits to support staff understanding.
S	Stride lesson plans	These lesson plans for KS3 and KS4 include relationships, managing change, social media, peer pressure, loss and bereavement, sexting, sleep, body image and exam stress.
P & S	The 5 Ways to Wellbeing Toolkit	This toolkit introduces practical ideas for using the 5 ways to wellbeing with children and young people.
P & S	The Nurture Group Network	The nurture group network exists to promote the development of nurture groups and to ensure the continuing quality of their delivery.
S	Time to Change	Time to Change have a range of resources for secondary schools aimed at challenging stigma and discrimination.
P & S	Young carers in schools programme	This free programme is designed to make it easier for schools to support young carers and awards good practice at 3 levels.
P & S	Young Minds	Young Minds provide resources and materials for school staff to build their skills, including transitioning from primary to secondary, staff wellbeing and academic resilience. They also have a network to receive regular information.

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Resources to support Mental Health for parents

Advice for Parents and Carers: talking Mental Health with young people at primary school	This leaflet provides simple advice and guidance to primary school parents and carers on how to make conversations about their child's feelings part of everyday conversation.
Advice for Parents and Carers: Talking Mental Health with young people at secondary school	This free leaflet provides simple advice and guidance to secondary school parents and carers about how to make conversations about their child's feelings part of everyday conversation.
An emotionally healthy approach to GCSEs	This guide has tips for parents on promoting wellbeing during the exam period.
How to support your child's wellbeing	This guide gives information to parents about how they can support their own child's wellbeing.
Make it count: Guide for parents and carers	This guide is for parents and carers to help children understand, protect and sustain their mental health.
Mind	Explains difficulties you may face as a parent with a mental health problem, support available and suggestions on how to help yourself and your children.
MindEd for families	MIndEd for families has advice and information to help family members understand what problems occur, what you can do to support your family and how to take care of yourself. The site is written by parents and specialists working together.
NHS Mental Health Information	Information about Mental Health, including self-help and support.
NSPCC difficult conversations advice	This site gives advice about how to manage difficult conversations with children.
Royal College of Psychiatrists	Contains information for young people, parents and carers, about young people's mental health. It is written by psychiatrists and young people working together.
Young Minds parent's helpline	This site has a parent's survival guide as well as a helpline (0808 8025544).

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