
























USEFUL RESOURCES: WEBSITE LINKS	LOGO	QR CODES
<p>Mental Health Toolkit & Parent/Carer Toolkit Info, tools, resources and support for mental health and emotional wellbeing, as well as for parents, carers and family members. Updated training and local services.</p> <p>www.cypsomersethealth.org/mental_health_toolkit www.cypsomersethealth.org/parent_and_carer_toolkit</p>		
<p>Child and Adolescent Mental Health Services (CAMHS) Referral and eligibility criteria as well as team information www.somersetft.nhs.uk/camhs/spa</p>		
<p>Mental Health Support Team (MHST): MHST and Community Wellbeing services. Contacts, treatment principles, team information and more: www.somersetft.nhs.uk/camhs/mental-health-support-in-schools-mhst/</p>		
<p>Young Somerset: To find out more about what our LI CBT practitioners do, and more, you can look at the Young Somerset website: www.youngsomerset.org.uk/Pages/Category/wellbeing-support</p>		
<p>Safeguarding and Family Support: Children's Social Care (CSC): Safeguarding guidance and service contact information www.somerset.gov.uk/children-families-and-education/report-a-child-at-risk/ Contact: Mon-Fri 830am-5pm 0300 123 2224</p>		
<p>Mind In Somerset – free local youth and parent support for 13 - 25s - biggest 'Mind' offer per capita in UK - Various services: phone and online support, peer support groups, 1:1 mentoring. No long waiting lists. Strengths and listening based approach but may offer de-escalation, coping techniques, safety planning.</p> <p>Mindline 24/7 support on 01823 276892 or 8-11pm webchat www.mindinsomerset.org.uk/our-services/young-people/</p>		
<p>Apps - Happy Maps: - Recommended Mental Health Phone Apps categorised by topic.</p> <p>Happy Maps: – https://happymaps.co.uk/age-group/self-help-for-young-people2/best-apps-for-mental-health/</p>		
<p>Connect Somerset: Online Solihull Approach courses for children and parents - from 6 months to 19+ years Topics include: Understanding additional needs, feelings, mental health, relationships, trauma, the teenage brain, impact of the pandemic, and more! Usually £100 but fully funded: free with code 'Dragon' https://inourplace.heiapply.com/online-learning/</p>		


<p>Workshops for Information, Support and Education</p> <p>Parent/Carer/Educator 'WISE Up' Workshops for Children with Additional Needs (e.g. SEND, ASC, undiagnosed neurodevelopmental need) : https://somerseparentcarerforum.org.uk/home/wise-up-workshops/</p>		
<p>SENDIASS: Special Educational Needs and Disability Information Advice and Support Services (SENDIASS) www.kids.org.uk/sendias</p>		
<p>Neurodevelopment: Autism and ADHD Pathway: www.somerset.gov.uk/children-families-and-education/the-local-offer/education/autism-and-adhd-pathway/</p>		
<p>Sensory Processing – Somerset Referral Pathway, Handbook and Resources: www.somerset.gov.uk/children-families-and-education/the-local-offer/health/accessing-occupational-therapy-in-somerset/</p>		
<p>Sensory Processing – Somerset Information and guidance – Written and Video www.somerset.gov.uk/children-families-and-education/the-local-offer/sensory-processing-handbook/sensory-processing-differences-or-difficulties/</p>		
<p>SEND Local Offer for Special Educational Needs and/or Disability (including EHCP information and advice) : www.somerset.gov.uk/children-families-and-education/the-local-offer/education/</p>		
<p>SEND – Sibling Support</p> <p>Directory links to other organisations and sites with information, guidance and helplines/contact service for families with SEND https://www.somerset.gov.uk/children-families-and-education/the-local-offer/about-the-local-offer/sibling-support/</p>		
<p>Online Info and Courses: Teens, Parenting, Emotions, Behaviour, Violence, SEND, Schooling, Trauma, Relationships, Bullying & More. Webchat and Helpline www.familylives.org.uk</p>		
<p>Autism Services: Extensive Information and guidance for Young People and others about Autism https://autismunderstood.co.uk/</p>		
















<p>Aggression/anger: NHS Livewell: www.nhs.uk/Livewell/family-health/Pages/teen-aggression-and-arguments.aspx</p>		
<p>Anxiety: www.anxietyuk.org.uk</p>		
<p>Barnardo's: Mental Health information and support https://mymentalhealth.barnardos.org.uk/advice</p>		
<p>Childline: Mental Health Information and Support Advice and information on topics including family dynamics, bullying, online safety, your body, sex and consent, self harm. www.childline.org.uk</p>		
<p>Kidscape – Bullying ZAP workshops are free, practical sessions for young people aged 9-16 and their parents or carers. They give help and tools to challenge bullying. https://www.kidscape.org.uk/</p>		
<p>Young Victims Service: Provides support to victims of cyber bullying or assault associated with bullying, antisocial behaviour, domestic abuse, child exploitation, harmful sexual behaviours, crime for those ages between five and 18. The service can provide support to those with additional needs up to the age of 25. www.youngvictims.org.uk/</p>		
<p>Self Harm: free online 7 session weekly group courses for 10-13 year olds and 13-17 year olds, with 2 leaders and up to 14 other young people. Also information and signposting. Alumina https://www.selfharm.co.uk/</p>		
<p>Bullying: www.youngminds.org.uk/young-person/coping-with-life/bullying</p>		
<p>Counselling: 'Somewhere House' counselling in Sedgemoor area: https://somerwherehousesomerset.org/</p>		

<p>Counselling:</p> <p>'Focus' Counselling in Mendip area including Play Therapy:</p> <p>www.focusbath.com/counselling-for-children-young-people</p>		
<p>Counselling:</p> <p>'Bridgwater Counselling' Counselling in Sedgemoor area:</p> <p>www.bridgwater-counselling.co.uk/</p>		
<p>Domestic Abuse: Somerset Domestic Abuse Safety, Services, Advice and Helpline.</p> <p>Somerset Survivors: https://somensetsurvivors.org.uk/</p>		
<p>Eating Disorder and Disordered Eating:</p> <p>SWEDA: Somerset and Wessex Eating Disorders Service:</p> <p>www.swedauk.org/</p>		
<p>Eating Disorder and Disordered Eating:</p> <p>www.beateatingdisorders.org.uk</p> <p>Leading UK eating disorder charity. Advice, Helplines, Chatrooms, Resources, Questions</p>		
<p>Emotionally Based School Avoidance:</p> <p>Somerset Support Services:</p> <p>www.supportservicesforeducation.co.uk/Page/20029</p>		
<p>Emotionally Based School Avoidance:</p> <p>Not Fine in School: https://notfineinschool.co.uk/home</p>		
<p>Family Support and Young Carers:</p> <p>Guidance for those working with Children and Families in Somerset to provide Early Help and Targeted and Specialist Support https://professionalchoices.org.uk/</p>		

<p>Gambling Support: (including 'lootboxes'/gaming)</p> <p>– GamCare https://www.gamcare.org.uk/</p>		
<p>Sexuality and Gender Identity Development</p> <p>2BU Youth support services for LGBTQ+ in Somerset: Advice for young people and parents, 1:1 and groups support www.2bu-somerset.co.uk</p>		
<p>Sexuality and Gender Identity Development</p> <p>Mermaids: www.mermaidsuk.org.uk/</p>		
<p>Grief: Bereavement Support</p> <p>Grief encounters: https://www.griefencounter.org.uk/</p>		
<p>Grief:</p> <p>Sue Ryder: www.sueryder.org/how-we-can-help/bereavement-information/supporting-a-child/supporting-young-people-with-grief</p>		
<p>Grief:</p> <p>Winston's Wish: www.winstonswish.org/</p>		
<p>Drugs and Alcohol Service: SDAS</p> <p>Educational and relational support – very friendly and easy to access, with confidential self-referral process. For children and family members affected by drugs and alcohol directly or indirectly. Not just for reduction or when motivation for change exists. Range of info and services offered, not all on website: www.turning-point.co.uk/services/sdas#event-slides2</p>		
<p>Drugs and Alcohol:</p> <p>Talk to Frank: Factual info and articles on alcohol, substances vapes. Phone, text and email support for young people and parent/carers. www.talktofrank.com/</p>		

<p>Alcohol:</p> <p>Drink aware: www.drinkaware.co.uk/</p>		
<p>Health:</p> <p>Change for life: www.nhs.uk/Change4Life/Pages/drink-less-alcohol.aspx</p>		
<p>Healthy Minds – Meditation Activities:</p> <p>www.mindful.org</p>		
<p>JAAQ – Just Ask A Question</p> <p>Get answers on mental health from world leading experts and those with lived experience. Offers audio interviews: https://jaaq.org/</p>		
<p>Mentoring: Long Term Support – PROMISEworks</p>		
<p>Building Connections - NSPCC: Confidence and resilience building 'Befriending' service 7-step programme for children and young people aged under 19 struggling with loneliness. Trained staff providing 1-2-1 online appointments, through instant messaging. Requires professional referral. www.nspcc.org.uk/keeping-children-safe/our-services/building-connections/</p>		
<p>Obsessive compulsive disorder:</p> <p>OCD UK – Children: www.ocduk.org</p>		
<p>'Parental Imprisonment' – Resources, Advice, Support for Children and families</p> <p>https://childrenheardandseen.co.uk/</p>		

<p>Online counselling websites:</p> <p>www.moodjuice.scot.nhs.uk/</p>		
<p>Mental Health</p> <p>Tellmi App: Anonymous, age-banded, pre-moderated chat for young people aged 11+. Pre-emptive counsellor intervention for high risk. Integrated directory with links to local and specialist support. Evidenced to improve mental health.</p> <p>https://www.tellmi.help/</p>		
<p>Online counselling websites:</p> <p>Kooth: Anonymous, chat with counsellors with up to weekly sessions. Also pre-moderated forums, articles, and various spaces that individuals can use for themselves such as a journal, mini-activities (designed to support mental wellbeing), and a goal setting area.</p> <p>www.kooth.com</p>		
<p>Online counselling websites:</p> <p>The Mix: offer free and confidential support for under 25s. Email and Webchat support are at their website. www.themix.org.uk/</p>		
<p>'Parental Imprisonment' – Resources, Advice, Support for Children and families</p> <p>https://childrenheardandseen.co.uk/</p>		
<p>Online counselling websites:</p> <p>Young minds: www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/</p>		
<p>Online safety:</p> <p>NSPCC: www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/parental-controls/</p>		
<p>Online safety:</p> <p>Education programme, providing training, resources and information to professionals, young people and their families, to protect against online child sexual abuse. Game based for young children. National Crime Agency reporting tool.</p> <p>www.ceopeducation.co.uk</p>		

<p>OCD Action</p> <p>Information and support from the UK's biggest OCD charity https://ocdaction.org.uk/</p>		
<p>Online safety: A practical guide for parents and carers whose children are using social media www.gov.uk/government/uploads/system/uploads/attachment_data/file/490001/Social_Media_Guidance_UKCCIS_Final_18122015.pdf.pdf</p>		
<p>Parenting Advice:</p> <p>Parenting advice with practical tips from experts to support children's wellbeing and behaviour. Video and written info. https://parentingsmart.place2be.org.uk/</p>		
<p>Physical Health – Long Term Conditions – Paediatric Psychology Service.</p> <p>www.somersetft.nhs.uk/paediatric-psychology/paediatric-psychology/accessing-our-service/</p>		
<p>Healthy Lifestyles Toolkit</p> <p>Information and resources for physical activity, food, long term health conditions, vaping, smoke-free settings and more www.cypsomersethealth.org/healthy_lifestyles</p>		
<p>Somerset Parent and Carer Forum – Policy Steering Group</p> <p>https://somersetparentcarerforum.org.uk/</p>		
<p>Tics and Tourette's Syndrome:</p> <p>Tourette's Action: UK's biggest TS charity: Information and Support in School www.tourettes-action.org.uk/</p>		
<p>Tics and Tourette's Syndrome:</p> <p>https://childmind.org/article/tics-and-tourettes/</p>		

<p>Relationship Support – Relate: www.relate.org.uk/</p>		
<p>School Nurses Support Information, assessment and support around a wide range of 'Heath and Lifestyle' matters and accessing other relevant services. www.somerset.gov.uk/children-families-and-education/school-life/school-nurses/</p>		
<p>Self Help – The Reading Agency – Free Booklists for Children's Mental Health and Wellbeing: https://readingagency.org.uk/young-people/001-news/new-reading-well-for-teens-book-list.html</p>		
<p>Counselling and information: Group support and 1:1 counselling in Highbridge In Charley's memory: www.incharleymemory.com/</p>		
<p>Mental Health Young minds: Self harm and other topics for young people, adults and professionals www.youngminds.org.uk/young-person/my-feelings/self-harm/</p>		
<p>Sexual abuse: The Bridge: www.thebridgecanhelp.org.uk/</p>		
<p>Sexual abuse: Survivor Pathway: www.survivorpathway.org.uk/</p>		
<p>Sexual abuse: Somerset and Avon Rape and Sexual Abuse Support: www.sarsas.org.uk/</p>		
<p>Sleep: Teen sleep: Advice, Helpline, Resources, for Teens, Parents and Schools www.teensleephub.org.uk/</p>		

<p>Sleep:</p> <p>NHS: www.nhs.uk/Livewell/insomnia/Pages/insomniatips.aspx</p>		
<p>Sleep:</p> <p>Cerebra: http://w3.cerebra.org.uk/</p>		
<p>Sport and Activity: Somerset Activity and Sports Partnership:</p> <p>SASP: www.sasp.co.uk</p>		
<p>Sexual Health –</p> <p>SWISH - Somerset Wide Integrated Sexual Health Service</p> <p>www.swishservices.co.uk</p>		
<p>Suicide prevention:</p> <p>www.papyrus-uk.org</p>		
<p>Voice Hearing and Visual Hallucination:</p> <p>www.voicecollective.co.uk/</p>		
<p>Somerset Works</p> <p>An independent service for those at risk of or finding themselves Not in Education, Employment or Training (NEET):</p> <p>www.somerset.gov.uk/children-families-and-education/school-life/somersetworks/</p>		
<p>Work/volunteering:</p> <p>Princes Trust: www.princes-trust.org.uk/help-for-young-people/programmes</p>		