

Mental health Resources

- **YoungMinds:** Mental health charity for children and young people in the UK. Visit: www.youngminds.org.uk Tel: 0808 802 5544 (9am - 4.30pm Monday to Friday)
Webchat service: <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>
- **The Mix:** The UK's leading support service for young people. Visit: <https://www.themix.org.uk/> Tel: 0808 808 4994. Resources include a helpline, email help, webchat, crisis messenger, counselling and general information.
- **Kooth:** Kooth is a confidential and anonymous online service for young people, specifically developed to make it easy and safe for young people to access mental health support as and when they need it. Once signed up, Kooth users have access to BACP trained counsellors available until 10pm, 365 days a year, peer-to-peer support through moderated forums, and a range of self-help materials, co-written by other young people. All young people with a Suffolk postcode can sign up to Kooth for free, if you are not local to Suffolk please check whether your area has free access to Kooth: www.kooth.com
- **ChildLine:** Free service for young people that are available at any time for any issue. You can either call or email them. Visit: www.childline.org.uk Tel: 0800 1111
- **Mind** mental health charity website gives a good explanation of the link between poor sleep and poor mental health [Sleep and mental health - Mind](#). At the end there is a button to the next page which is further tips to improve your sleep [Tips to improve your sleep - Mind](#)
- **National Autistic Society** website information and advice on mental health difficulties in autistic people [Mental health \(autism.org.uk\)](http://www.autism.org.uk)
- **Apps** – accessible in your app store:
 - **Headspace** – guided exercises for mindfulness, meditation, relaxation and sleep, free access for teachers and NHS staff. There are also some Headspace videos on Netflix.
 - **Calm** – guided exercises for mindfulness, meditation, relaxation and sleep. Calm Kids includes guided meditations, sleep stories and lullabies. Some content is accessible for free.
 - **MindDoc** - app for tracking mental health and mood to help teenagers recognise and learn about their emotions and triggers.
 - **Ollee** - Ollee is a free digital friend for children aged 8-11 funded by BBC Children in Need. Ollee aims to help children reflect on how they feel and to process their experiences with the support and help of their parents and carers, offering advice and support they can also store for later. <https://app.ollee.org.uk/#/welcome>
 - **Combined Minds** – a free app designed to help families and friends support young people with their mental health using a 'strengths-based' recovery approach. Provides mental health advice for young people and the people supporting them, including a shared safety planning feature <https://combinedminds.co.uk/>

- **Clear Fear** is a free app to help children and young people manage symptoms of anxiety using a guided cognitive behavioural therapy (CBT) approach.
<https://www.clearfear.co.uk/>
- **Move Mood** is a free app to help teenagers manage low mood and depression using a behavioural activation therapy approach.
<https://www.movemood.co.uk/>
- **Suffolk Support and self-help guide:** Information about local services (you will receive a PDF copy of this within the following up email). This booklet can be accessed via the following link:
<https://www.nsft.nhs.uk/download.cfm?doc=docm93jjm4n2404>
 - Within this booklet, further information about SENDIASS (Special Education Needs and Disabilities Information, Advice and Support Service) is included
 - Further information regarding breathing and grounding techniques discussed in the workshop are also included
- **The Source [Suffolk only]:** Information and advice for young people in Suffolk. Visit:
www.thesource.me.uk

Resources to support emotional literacy

- Inside Out: Guessing the feelings: <https://www.youtube.com/watch?v=dOkyKyVFnSs>
- Sesame Street: Name that emotion with Murray!:
<https://www.youtube.com/watch?v=ZxfJicfyCdg>
- Emotional Literacy Support Assistant (ELSA) websites <https://www.elsa-support.co.uk/> and <https://www.elsanetwork.org/resources/free-resources/>

Psychology in Schools Team parent/carer workshops

We run regular free online parent/carer workshops on childhood neurodiversity and mental health and wellbeing. These can be accessed live via booking on Eventbrite www.nsft.uk/workshops or you can watch recorded workshops via YouTube at <https://www.nsft.nhs.uk/parent-workshops>

The next workshops in the Childhood Neurodiversity series are:

- How the brain develops – Tuesday 8th August 6pm
- Understanding and managing behaviour – Thursday 7th September 1pm
- Other monthly workshops dates TBC: impact of early life stress/trauma, sensory processing, eating difficulties, communication difficulties, cognitive difficulties, sleep problems, using technology and social relationships

The next workshops in our mental health and wellbeing programme are:

- Supporting our young people with eating difficulties/disorders – Monday 17th July at 1pm and 6pm

- Supporting children/adolescents (11 years+) with sleep – Tuesday 18th July at 6pm
- Supporting our young people with anxiety – Tuesday 18th July at 7.15pm
- Recorded previous workshops on the NSFT YouTube channel: Low mood, school avoidance, tics and Tourette's, self-harm, emotion regulation, trauma, OCD, managing exam stress and more!

Support for Self-harm and Suicide

- **Alumina:** Free online seven-week self-harm support group for 11–19-year-olds struggling with self-harm in the UK. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. For further information visit: www.selfharm.co.uk
- **Calm Harm App:** An award-winning app developed to help teenagers manage the urge to self-harm, available for free on app store.
- **Papyrus:** Young suicide prevention society. Visit: www.papyrus-uk.org Confidential, free suicide prevention advice contact HOPELINE247: 0800 068 4141, or text 07860 039967
 - Papyrus also have a guide for parents and carers called “Supporting your child: self-harm and suicide”. You can access this by visiting: [Supporting-Your-Child-A-Guide-for-Parents.pdf \(papyrus-uk.org\)](#) (You will also receive a PDF copy of this within the resources email)
- Mental Health Foundation Self harm resource: <https://www.mentalhealth.org.uk/a-to-z/s/self-harm>
- **Samaritans:** Listening support 24 hours a day, no matter the issue. Visit www.samaritans.org.uk Tel: 116 123 Email: Jo@samaritans.org
- **SHOUT** is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. If you are struggling to cope and you need immediate text Shout to 85258.

SUFFOLK ONLY (please check your local crisis support options if you are not local to Suffolk)

- If you or your child needs urgent mental health support you can call 111 option 2 available for free 24/7. Visit: [Help in a crisis | Norfolk and Suffolk NHS \(nsft.nhs.uk\)](http://Help%20in%20a%20crisis%20|%20Norfolk%20and%20Suffolk%20NHS%20(nsft.nhs.uk)) for further information around crisis services in Norfolk and Suffolk.