

December 2020

Dear Parent, Carer, Guardian

This has been without a doubt one of the most difficult years that schools and colleges have ever had to face.

The emotional health and wellbeing of our children has been challenged during this period and it goes without saying that school leaders and school staff have done an incredible job to ensure that the education and wellbeing of pupils has been supported.

The Central Lancashire CCGs want to make sure that support is also available outside of the school or college and we have compiled some useful resources, both local and national, that we hope you will find useful.

Children's mental health

- [Talking to children about feelings](#)
- [Depression in children and young people](#)
- [Anxiety in children](#)
- [Dealing with child anger](#)
- [Children and bereavement](#)

Teen mental health

- [Worried about your teenager?](#)
- [Talking to your teenager](#)
- [Teen aggression and arguments](#)
- [Coping with your teenager](#)
- [Bereavement and young people](#)

Student mental health

- [Counselling for student mental health problems](#)
- [Student stress: self-help tips](#)
- [Tips on preparing for exams](#)
- [Help your child beat exam stress](#)

Our local services are provided online and/or face to face and can be found on the Lancashire & South Cumbria Healthy Young Minds website <https://www.healthyyoungmindslsc.co.uk/home>

.If you would prefer to talk to someone, we have set up a 24/7 Freephone local **Wellbeing** helpline to provide emotional support that can be accessed on [0800 915 4640](tel:08009154640). Fully trained volunteers operate the helpline and will offer their time to listen and support you.

We have also set up a 24/7 Local **Crisis** helpline if you need urgent help and this can be accessed on [0800 953 0110](tel:08009530110). It is staffed by trained mental health professionals who are able to provide advice and guidance and provide assessment and referrals to other appropriate services.

Please do remember to seek advice from your GP if you feel you need further support.

Local services available in Central Lancashire:

Primary School Aged Children aged 4-11



Kooth.com is a free, online counselling and emotional wellbeing platform which is available to young people aged 10-16 years across Lancashire. The service allows young people to gain anonymous access to advice, support and guidance on any issue that is affecting their mental health and wellbeing.



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Your child may discuss with you they have had a YOGI class. We have provided each primary school in Central Lancashire with YOGI cards and training for staff to work with children around yoga, building resilience and mindfulness.

Please see this video that explains the service <https://youtu.be/DOxyAMkfyRs>

Secondary School Aged Children aged 10-16



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The Butterfly & Phoenix service provide one to one counselling (6-8 sessions) to young people aged 11-18 who are suffering with emotional difficulties. Counselling helps young people explore triggers to their issues and helps them to identify and utilise alternative coping mechanisms. The service only operates during school term times

- A team of trained counsellors working across Preston & Chorley, South Ribble. We support young people aged 11-18 to resolve emotional difficulties through the delivery of 1-2-1 counselling and group workshops.
- To find out more about the service you can visit our website at www.butterflyandphoenix.org
- To refer a young person to our service you can either Call us on 0345 138 208 (*lines are open 8am to 6pm Monday to Friday*) or email us at admin@n-compass.org.uk

Colleges and post 16 year education



Togetherall (formerly Big White Wall) provide free access to their digital mental health and wellbeing service in order to support the mental health and wellbeing for the local area. It is a safe, anonymous, online 24/7 support service with a supportive community, information and self-help resources, plus trained professionals online at all times.



Togetherall social media posts for Dece

Access is easy: simply go to www.Togetherall.com and enter your postcode.



Please see above for details



The Haven is a service for residents of Chorley, South Ribble or Greater Preston aged 16+ who are experiencing emotional crisis. We have premises in Preston where you can drop in and a telephone support service in Chorley. The service is managed by Richmond Fellowship a leading charity and voluntary sector provider of mental health services in England and includes mental health support workers.

The service is supported by youth counsellors from n-compass who will engage with 16-18 year olds to help improve their wellbeing. Please contact the Haven for support

Opening times are 11am-10pm Monday – Friday 12noon to 10am weekends and bank holidays

Preston districts: 0330 0083672

Chorley & South Ribble: 0330 0083677

Lancashire Emotional Health in Schools and Colleges - Online information tailored for families and freely available to anyone. This focuses on maintaining and promoting good emotional health and self-care. You can access this information here: <https://sway.office.com/8oQ8Wc5LL02BdEID?ref=Link>

Sam Tyrer Prevention and Engagement Lead, Lancashire & South Cumbria Foundation Trust - Mental Health Hour – 10 online sessions to watch covering a wide range of topics- www.twitch.tv/mindsetbydave

Lancashire Positive Minds Parent/Carer Support Group



Anxiety / Obsessions and Compulsions / Depression / Self Harm / Eating Disorders / Psychosis / Suicidal Thoughts / Autism / Low Mood / Attention Deficit Hyperactivity Disorder / Borderline Personality Disorders / Self Esteem and confidence issues and more.

You are not alone! Supporting a young person with Mental Health difficulties can be really challenging, isolating, emotionally, physically and mentally exhausting.

Join the group, meet with other likeminded Parents/Carers in similar situations and get both peer and professional support in a confidential, safe environment. The Group is very much parent led but professionally supported by NHS Children and Adolescent Mental Health Services (CAMHS) and experienced people who can provide support, advice, guidance, practical tips and strategies, topic discussions and guest speakers

During the Covid Pandemic, face to face meetings have been put on hold.

Leyland Group - First Monday of the month from 6.30 – 8.30pm

Preston Group - TBC

Email: Lancashirepositiveminds@gmail.com

Parent Founder: Susie Marsden – 07713 337182

Facebook Closed Group: Lancashire Positive Minds

Twitter: Lancashirepositiveminds@lancashireminds

National Support available:

Papyrus

HOPELINEUK opening hours now 9.00am - midnight everyday. 0800 068 4141

HOPELINEUK is a confidential support and advice service for:

- Children and Young People under the age of 35 who are experiencing thoughts of suicide
- Anyone concerned that a young person could be thinking about suicide

We now have a presentation and a tutorial that can be delivered online: <https://www.papyrus-uk.org/education-and-training/>

Bedtime Stories – Highlighting the dangers of online bullying: <https://www.papyrus-uk.org/bedtime-stories/bedtime-stories-chapter-two/>

<https://youngminds.org.uk/find-help/for-parents/> a good resource for parents and young people alike. There is a parent helpline 0808 802 5544 which is staffed from 9:30 – 16:00 with an online form for out-of-hours

<https://www.nhs.uk/apps-library/category/mental-health/> here is a list of mental health apps which have been checked by the NHS (*please be aware that some require a payment*)

With very best wishes for Christmas and 2021.

Janet Ince & Sarah Ainscow

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