



## Mental Health Resources for children, young people and their parents and carers

# GREAT DREAM

## Ten keys to happier living

- GIVING**  Do things for others
- RELATING**  Connect with people
- EXERCISING**  Take care of your body
- AWARENESS**  Live life mindfully
- TRYING OUT**  Keep learning new things
  
- DIRECTION**  Have goals to look forward to
- RESILIENCE**  Find ways to bounce back
- EMOTIONS**  Look for what's good
- ACCEPTANCE**  Be comfortable with who you are
- MEANING**  Be part of something bigger

ACTION FOR HAPPINESS

[www.actionforhappiness.org](http://www.actionforhappiness.org)



## **Mental Health Resources** **for children, young people and their parents and carers**



## Mental Health Resources for children, young people and their parents and carers

Local Contact Details		
<a href="#">North Yorkshire CAMHS crisis and liaison team</a>	Crisis helpline (open 24/7)	0800 0516171
	Referral	<a href="mailto:Tewv.northyorkshirecamhsreferrals@nhs.net">Tewv.northyorkshirecamhsreferrals@nhs.net</a> 0300 0134778
	Scarborough/Whitby/Ryedale area	01723 346000
	Northallerton area	01609 718810
York CAMHS	York area	01904 615300
<a href="#">Hull and East Riding</a>	Emergency referral (office hours)	East Riding – 01482 303810 Hull – 01482 303688
	Crisis Team (24/7)	01482301701 option 2
The Mix – Crisis helpline	For anyone under 21	0808 084994 Text THEMIX to 85258
HopeLine UK		0800 0684141

Parents	Children	Young People
<b>Generic</b>		
Mind <a href="http://www.mind.org.uk">www.mind.org.uk</a> National mental health charity, which offers an excellent range of materials on all aspects of mental health		
Young Minds <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> the UKs leading charity committed to improving the emotional wellbeing and mental health of children and young people and empowering their parents and carers		
ChildLine <a href="http://www.childLine.org.uk">www.childLine.org.uk</a> Tel: 0800 1111 A counselling service for parent, children and young people. Advice is free and confidential		
Saneline <a href="http://www.sane.org.uk">www.sane.org.uk</a> Tel: 0300 304 7000 (4.30-10.30pm) A national out-of-hours helpline which provides support and information to anyone coping with mental illness. The UK site offers extensive literature on subjects including schizophrenia, depression and therapies		
Get Connected <a href="https://www.getconnected.org.uk">https://www.getconnected.org.uk</a> Tel: 0203 993 5571 Resources and information relating to dual diagnosis – mental health and addition issues.		
Samaritans <a href="http://www.samaritans.org">www.samaritans.org</a> Tel: 116 123 email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> A confidential 24 hour emotional support service for anyone in UK and Ireland.		



## Mental Health Resources for children, young people and their parents and carers

	<p>Positive Penguins App  <a href="http://www.positivepenguins.com">www.positivepenguins.com</a>          Helps children understand their feelings and challenge negative thinking. Four positive penguins take children on a journey to help them better understand the relationship between what they think and what they feel</p>	<p>The Mix  <a href="http://www.themix.org.uk">www.themix.org.uk</a>          Tel: 0808084994          the UK's leading support service for young people. 'We are here to help you take on any challenge you're facing from mental health to money, from homelessness to finding a job'</p>
	<p>Youth Health Talk  <a href="http://www.healthtalk.org/young-peoples-experiences">www.healthtalk.org/young-peoples-experiences</a>          Video interviews of young people's real life experiences. Section on depression and eating disorders</p>	
	<p>Kooth  <a href="http://www.kooth.com">www.kooth.com</a>          Online community support for young people to find online support and counselling</p>	
<p>East Riding Emotional Wellbeing Service  <a href="https://humberews.co.uk/">https://humberews.co.uk/</a>          Offering support and treatment for emotional wellbeing          Tel: 01482 335451</p>		



## Mental Health Resources for children, young people and their parents and carers

Parents	Children	Young People
<b>Depression</b>		
Book - Michael Rosen's SAD ISBN-10 0744598982 A touching book about what it is like to feel deeply sad		Students Against Depression <a href="http://www.studentsagainstdepression.org">www.studentsagainstdepression.org</a> Offers information and resources validated by health professionals alongside tips and advice from students who have experienced it themselves
Charlie Walker Memorial Trust <a href="http://www.cwmt.org.uk">www.cwmt.org.uk</a> Awareness, information and resources for those who are depressed. They run training for schools and other youth settings		
MoodKit App <a href="http://www.thriveport.com/products/moodkit">www.thriveport.com/products/moodkit</a> Approved by NHS Choices and listed as one of Healthline's Best Apps for Depression 2017, this app uses CBT principles to help people with depression and anxiety manage and track their moods. It has a 'thought checker' to identify negative thoughts and an 'activities' tool to suggest wellbeing activities		
MoodTools Depression Aid App <a href="http://www.moodtools.org">www.moodtools.org</a> This app provides six evidence-based tools to aid clinical depression and negative moods. It contains info, self-tests, videos, a thought diary, activities, and a suicide safety planning feature to help keep the person safe when they are feeling distressed		
<a href="http://www.nice.org.uk/guidance/ng134">www.nice.org.uk/guidance/ng134</a> Depression in children and young people: identification and management		
<b>Anxiety</b>		
<a href="https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/">https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/</a> Helps all those suffering with anxiety disorders		
		No Panic <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a> Registered charity which helps people who suffer from Panic Attacks, Phobias, OCDs, etc. Youth Helpline: 0330 606 1174
<a href="http://www.ocduk.org">www.ocduk.org</a> Information and support relating to OCDs in children and young people. Produces useful friendly guides including a teens guide, children's guide and parents guide		
<a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a> Information and support for OCDs and related disorders		
		Book - Touch and Go Joe ISBN – 10 1843103915 An Adolescent's experience of OCD
		<a href="http://www.sam-app.org.uk">www.sam-app.org.uk</a> A self-help app for anxiety which includes a personal toolbox, negative thought buster. Developed by University of West England



## Mental Health Resources for children, young people and their parents and carers

Parents	Children	Young People
<b>Suicide</b>		
Stamp Out Suicide <a href="http://www.stampoutsuicide.org.uk">www.stampoutsuicide.org.uk</a> Tel: 07766 808 222 Helpful pointers for those concerned about suicide		
Cruse – Bereavement Care <a href="http://www.cruse.org.uk">www.cruse.org.uk</a> Offer support, advice and information to children, young people and adults when someone dies		
PAPYRUS (Parents Association for the Prevention of Young Suicide) <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a> Advice and information for parents, carers, teachers and friends of young people at risk of suicide		Stay Alive App <a href="https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html">https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html</a> A free app which offers help and support to people with thoughts of suicide and people concerned about someone else
<b>Psychosis</b>		
Rethink Mental Illness <a href="http://www.rethink.org">www.rethink.org</a> A national mental health membership charity which works to help everyone affected by severe mental illness recover a better quality of life		
Hearing Voices Network <a href="http://www.hearing-voices.org">www.hearing-voices.org</a> Self help groups for voice-hearers and support and advice for carers		Voice Collective <a href="http://www.voicecollective.co.uk">www.voicecollective.co.uk</a> Peer support for young people who hear, see and sense things that others don't



## Mental Health Resources for children, young people and their parents and carers

Parents	Children	Young People
<b>Self Harm</b>		
Harmless <a href="http://www.harmless.org.uk">www.harmless.org.uk</a> A user-led organisation that provides a range of services about self-harm for those who self-harm and their support network		National Self-Harm Network <a href="http://www.nshn.co.uk">www.nshn.co.uk</a> Monitored forums supporting individuals who self-harm to reduce emotional distress and improve their quality of life
Book – A Parent’s Guide to Self Harm – Jane Smith ISBN-10 0745955703	The Rainbow Journal Personal Self-Help Diary aimed at helping young people move from self-harm to self-care Free to under 18s <a href="http://www.selfinjurysupport.co.uk/rainbow-journal">www.selfinjurysupport.co.uk/rainbow-journal</a>	
		<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a> is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk and ask questions
		Self-Heal App <a href="http://www.self-healapp.co.uk">www.self-healapp.co.uk</a> Uses DBT principles to help users resist the urge to self –harm.
<b>Eating Disorders</b>		
Anorexia and Bulimia Care (ABC) <a href="http://www.anorexiabulimiacare.org.uk">www.anorexiabulimiacare.org.uk</a> provides personal advice and support to anyone affected by disordered eating		
Beat Eating Disorders <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a> Resources, helplines and chatrooms for all those affected by disordered eating		
<a href="#">SEED – Eating Disorders Support Services</a> Based in Hull Email <a href="mailto:hello@seed.charity">hello@seed.charity</a> Advice Line: 01482 718130		
Book – The Parents Guide to Eating Disorders What Parents Need to Know – Jane Smith ISBN-10 0745955444		Rise Up Recovery Warriors app <a href="http://www.recoverywarriors.com/app/">www.recoverywarriors.com/app/</a> Eating disorder recovery tools including meal logging, behaviour tracking, emotions and thought tracking