



INFORMATION RESOURCE PACK

Key Mental Health Contacts & Information Resources for Parents or Carers of Children & Young Adults

A collection of contacts, websites, links, articles and apps. Produced by Minding Your Business (MYB), the mental health training facility at charity, ESRA

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Key Mental Health Contacts & Information Resources for Parents or Carers of Children & Young Adults

Minding Your Business (MYB) offers **Mental Health First Aid (MHFA) England** training and **bespoke mental health and wellness courses**, presented both online and in-person in a classroom/boardroom setting. All profits from **MYB** go to **ESRA Limited**, a mental health charity (number 281004) which focuses on getting people back into work, or remaining in work, after suffering from mental ill health.

In these challenging times, where many of us are working from home, maybe feeling isolated or dealing with unusual circumstances and ill health, either of our own or others, we should **never worry about asking for help**.

This **Information Resource Pack** is specifically for supporting young people and contains key information such as emergency contacts, websites, articles and apps in one central place for your reference. All the information has been obtained by researching various topics on the internet, and at MYB we have no control over the accuracy of any site etc mentioned.

MYB (Minding Your Business) & ESRA (Employment Support & Retraining Agency)

Ground Floor, 1-3 Linkfield Corner,
Redhill, Surrey RH1 1BL

Phone Number: **01737 772126**

Email: **info@mindingyourbusiness.org.uk**

A Selection of Online Courses with MYB

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Mental Health First Aid England courses:

Youth Courses:

Ideal for everyone who works with, lives with or supports young people aged 8 to 18. Delegates must be over 16 years old.

Youth Aware

Lasting up to 3 ½ hours, this introduction to young people's mental health includes learning about the more common mental health issues.

Youth Champion

This One-Day course goes into more detail than the Aware, and you gain the knowledge & confidence to advocate for mental health awareness.

Youth Mental Health First Aider

Also learn the practical skills to spot triggers & sign, enhanced interpersonal skills, and much more in 2 days or 4-online sessions.

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We can't stress how important it is that you fully research on behalf of your child, the relevance and safety of every website, article and app that your child may have access to. At MYB we have no control over any content, and there are no guidelines to the relevance of content versus the age of the child, so the responsibility must be yours as the parent or carer.

Emergency Contacts

Phone: 999 **Life threatening emergencies (NHS)**

www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/when-to-call-999

Phone: 111 **Non-life-threatening emergencies (NHS)**

www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/when-to-call-999

Nearest A&E department

Google 'nearest a&e' or click on this link to locate the closest A&E

Charities Offering Emergency Support

Samaritans **116 123**

24 hour support service to talk to someone right now (not just for mental ill health).

Crisis Text Line® **Text HOPE to 85258**

24 hour crisis support in the UK. If you are experiencing a mental health crisis and need support.

Shout **Text SHOUT to 85258**

Anxious? Worried? Stressed? Shout is an affiliate of Crisis Text Line® in the UK that provides free, confidential support, 24 hours via text.

First Steps to Getting Help

If you are concerned that you or your child may be developing mental ill health, (remember, it's OK to not be OK), you should start by making an appointment to see your GP, and ask for a priority appointment. If you need help immediately and are unable to see your GP, do visit the local A&E department or call 999 if the matter is life threatening.

Should you believe that your mental health (or that of a child) to be healthy right now, just like we exercise to keep good physical health, it is never too early to learn mental health practices such as mindfulness, meditation and Cognitive Behavioural Therapy (CBT) or research other calming websites and those with activities relevant to the persons age. Do investigate thoroughly all websites and apps before committing any personal details or monies, and ensure that your child is safe throughout the experience. MYB cannot take responsibility for this.

NOTE: All website addresses listed are correct
as of 26 January 2021.

Support for Children & Young Adults & Carers

YoungMinds

www.youngminds.org.uk

Text **YM to 85258** Young person in mental health crisis (24/7)

Contact **CHILDLINE: 0800 1111** (9am-midnight due to coronavirus – times may change)

Ensuring young people have access to the mental health support they need.

Tips for parents in difficult living situations during lockdown:

www.youngminds.org.uk/blog/tips-for-parents-in-a-difficult-living-situation-during-lockdown

Support and information for young people and their families about eating disorders:

www.youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems

What is self-harm and what to do about self-harm. Plus support for parents:

www.youngminds.org.uk/find-help/feelings-and-symptoms/self-harm

Action for Children

www.actionforchildren.org.uk

Providing support to children and their families, helping them to thrive and grow up safe & happy

Fun things to do with young children:

www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child

Barnardos

www.barnardos.org.uk

Helping vulnerable children in their hour of need.

Beat – Eating Disorders

0808 8010 0811 Studentline for all students

email: studentline@beateatingdisorders.org.uk

0808 801 0711 Youthline for under 18s

email: fyp@beateatingdisorders.org.uk

www.beateatingdisorders.org.uk

Helplines are open every day (365), Mon-Fri 12pm to 8pm,
Sat-Sun & bank holidays, 4pm to 8pm.

Confidential support given by trained eating disorder helpline support workers. The website also offers lots of useful information about the different eating disorders and how to support someone.

Childline

0800 1111 (usually 24/7, but due to coronavirus 9am-3.30am)
1-2-1 Counsellor Chat (9am-10.30pm):
www.childline.org.uk/get-support/1-2-1-counsellor-chat
www.childline.org.uk

Extensive support for children of all ages. From bullying and racism to coping with stress – and so much more. Confidential service for children to use, with an informative website.

Children 1st

08000 28 22 33 Freephone, Mon to Fri 9am-9pm, Sat & Sun 9am-noon
www.children1st.org.uk

Scotland's National Children's Charity, working to prevent abuse and neglect, to protect children and keep them safe from harm.

Sharing care of your children in lockdown when you are separated:

www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/sharing-care-of-your-children-during-lockdown-when-you-are-divorced-or-separated

Jersey Children's Charity

www.jerseychildren.co.uk

Assisting children and their families through illness. Jersey residents only.

Mental Health Foundation

www.mentalhealth.org.uk

'The truth about self-harm' for young people and their friends and families:

www.mentalhealth.org.uk/sites/default/files/Truth%20about%20self%20harm%20WEB%20FINAL.pdf

NHS

NHS urgent mental health helplines for people of all ages (England only):

www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline

NSPCC

www.nspcc.org.uk

(National Society for the Prevention of Cruelty to Children)

Arguments, conflict and family tension during coronavirus: www.nspcc.org.uk/keeping-children-safe/support-for-parents/arguments-conflict-family-tension-coronavirus-lockdown

Taking care of children and young people during coronavirus: www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents

Tips on online safety: www.nspcc.org.uk/keeping-children-safe/online-safety

Partnership for Children*

www.partnershipforchildren.org.uk

Resources to boost your child's well-being during the Covid-19 lockdown:

www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html

Resources for parents and carers: <https://www.partnershipforchildren.org.uk/what-we-do/resources-for-parents.html>

Short video on "Talking to Children about Death" with expert tips and advice:

<https://youtu.be/dl1E0bJmu7Q>

* - note that this is a not-for-profit company from Virgin Money.

Rainbow Trust

www.rainbowtrust.org.uk

Supporting families with a seriously ill child.

Save the Children

www.savethechildren.org.uk

How to speak to kids: www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/keeping-kids-calm-connected

Keeping the kids entertained: www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/keeping-kids-entertained-during-lockdown

SEED Young people:

www.seedeatingdisorders.org.uk/page/young-people

Support, workshops, buddy systems and lots of information about eating disorders for people of all ages and their families.

Young Adults (under 35s) Apps

Chill Panda

Chill Panda is for children and adults who want to learn how to manage stress and worry, and feel better.

Clear Fear

To help with managing anxiety.

Distract

Provides help around self-harm and suicidal thoughts.

For Me

This is a free app from [Childline](#). It offers counselling, group message boards, and advice (only available on Apple not Android but can still use: <https://www.childline.org.uk/toolbox/for-me/>).

MeeTwo

Helps teenagers talk about difficult things.

MindShift

Advice managing anxiety and relaxation methods.

NHS Go

www.nhsgo.uk

NHS app with confidential health advice and support for 16–25 year olds.

Recharge

Move Well, Sleep Well, Be Well uses a free, personalised 6 week programme to help you improve your mood and energy levels (only available on Apple not Android).

SAM (Self-help for Anxiety Management)

This has games and tools to help you understand and manage anxiety.

Smiling Mind

This provides free mindfulness meditations aimed at reducing stress, anxiety and concentration levels.

NOTE: Please **thoroughly research** any app you may decide to use or share, before downloading it/them. Some apps may involve additional costs and may request personal data. MYB has no control over data/information, support, safety or security of any app/website/support group available, either listed or elsewhere.

NOTE: Use of the tools and apps presented here are not intended to be a substitute for a consultation with a healthcare professional. Do contact a healthcare professional if you are concerned.

Bereavement & Loss Support (for adults)

CALM 0800 58 58 58 (5pm to midnight, 365 days a year)
www.thecalmzone.net

CALM offers support after suicide.

Cruse Bereavement Care 0808 808 1677
www.cruse.org.uk
email: helpline@cruse.org.uk

Support for you after the death of someone close.

Freephone National Phonenumber open Monday-Friday 9.30am-5pm (excl bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings until 8pm. Weekends 10am-2pm. Online Cruse chat available Monday to Friday 9am to 9pm.

NHS

Support for, and symptoms of bereavement, grief and loss:

www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement

Support After Suicide

<http://supportaftersuicide.org.uk/wp-content/uploads/2016/09/England-Help-is-at-Hand.pdf>

If you know someone who may have committed suicide or are supporting someone who has been affected by suicide, this is a great guide to talking and listening through this situation.

StayAlive

#StayAlive app is a suicide prevention resource for the UK, with useful information and tools to help you stay safe in crisis. It can be used by those having thoughts of suicide or if they are concerned about someone else who may be considering suicide.

Much Loved

Online tribute charity (not support).

www.muchloved.com

Eating Disorders Support (adult, student & youth)

Beat – Eating Disorders

0808 801 0677 Helpline for adults over 18

email: help@beateatingdisorders.org.uk

0808 8010 0811 Studentline for all students

email: studentline@beateatingdisorders.org.uk

0808 801 0711 Youthline for under 18s

email: fyp@beateatingdisorders.org.uk

www.beateatingdisorders.org.uk

Helplines are open every day (365), Mon-Fri 9am to 8pm,
Sat-Sun & bank holidays, 4pm to 8pm.

Confidential support given by trained eating disorder helpline support workers. The website also offers lots of useful information about the different eating disorders and how to support someone.

ABC Anorexia & Bulimia Care

03000 11 12 13

Option 1: Support Line Option 2: Family & Friends

Helplines are open Wed-Fri 9am-1pm and 2pm-5pm

Email: support@anorexiabulimiare.org.uk

www.anorexiabulimiare.org.uk

Support for those effected by anorexia and bulimia – those suffering, and their family and friends. There is a befriender's community and video chats at certain times.

Mind

Information explaining eating problems, possible causes, and how to get access to treatment and

support: **www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/useful-contacts**

SEED

Support & Empathy for people with
Eating Disorders

01482 718130 Advice Line (all ages)

www.seedeatingdisorders.org.uk

SEED Young people:

www.seedeatingdisorders.org.uk/page/young-people

Support, workshops, buddy systems and lots of information about eating disorders for people of all ages and their families.

Self-Harm Support

Supportline

01708 765200

www.supportline.org.uk

email: info@supportline.org.uk

Particularly aimed at those who are isolated, at risk, vulnerable and victims of any form of abuse. Open to any individual of any age from children to adults, and covers a wide range of issues including self-harm.

Domestic & Sexual Abuse Helplines and Contacts

Refuge

0808 2000 247 (24 hour) Freephone

Domestic Violence Helpline

www.nationaldahelpline.org.uk

www.nationaldahelpline.org.uk/Chat-to-us-online

National Domestic Abuse helpline for women and children. Against domestic violence. 'Chat to us' is available for online chat on Monday to Friday, 3pm – 6pm, with an all-female Helpline team, in confidence.

RISE UK

01273 622 828

www.riseuk.org.uk

Offering emotional support and practical advice to survivors of domestic abuse and their families.

Victim Support (VS)

0333 256 1713 (24 hour, 7 days a week)

www.victimsupport.org.uk/help-and-support/get-help

Links to local support, the national phone line (above) 24/7, online support through live chat and callback, and free online resources. Support is offered to **both men and women** suffering from domestic abuse. Domestic abuse can take different forms, including: physical abuse, sexual abuse, financial abuse, coercive control / emotional abuse, digital / online abuse, honour-based violence, forced marriage, female genital mutilation (FGM).

Extract from the Victim Support website: *"The UK government's definition of domestic violence is 'any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to psychological, physical, sexual, financial, emotional.'"*

'Search for the Colour' by Daphne Clement

Search for the colour

**When the world seems very dark, look for the gray
Just keep on searching 'til the black goes away**

**The horizon will slowly start to brighten
And the spirit soon, will also lighten**

**Slowly through the charcoal hue
We glimpse a lovely azure blue**

**Then sparkles through the golds and yellows
Anxiety fades and pales and mellows**

**Now comes orange, purple, reds
A rainbow circles round our heads**

**Spirits then begin to rise
The whole world brightens to our eyes**

**We see the life in every hue
And it then strengthens all we do**

D.Clement

Other courses run by Minding Your Business (MYB):

MYB Coping with Adversity in Uncertain Times - £795.0 per course (up to 16 delegates)

Currently our most popular course, this online 2-hour interactive webinar has been written for MYB by Business Psychologist and Mental Health Instructor, Sarah Ambrose. Aimed at line managers, the course has been developed to help understand the impact of mental health on the work place at the moment, how to recognise it, learn the tools to have real conversations about it but still know how to maintain your boundaries. We encourage companies to give us their EAP details or wellness contacts so it may be promoted to the delegates for a real bespoke experience.

'You and Your Mental Health' - £500.00 per recording for the whole company

An hour-long pre-recorded video filled with tips and tools on how to look after your mental health. How and why do we need to invest in our own mental health in these challenging times? Understand what stress is, what it feels like and looks like! What is self-awareness and the barriers to self-reflection? What is resilience and the 'Five-ways of well-being'? And how can we look after our mental health and well-being and regain a sense of self control!

There is a little snippet: <https://vimeo.com/mindingyourbusiness/yourmentalhealthpromo>

MYB also presents the following interactive short webinars (1 to 2 hours) 'Understanding Resilience', 'Good Nights – Support to Sleep', 'Effective Listening Skills' workshop, and other bespoke courses.

Mental Health First Aid England Courses (prices on request)

As well as Youth courses, MYB organise Adult MHFA courses and for Higher Education settings.

Adult Aware

Four hour course either online or in-person. A basic introduction to raise awareness of mental health. What is it? How to challenge the stigma, & a basic knowledge of some of the common mental health issues.

Adult Champion

Either One Day in-person or two Instructor-led sessions plus home-learning if online. Become a Mental Health Champion with an increased knowledge of some of the common mental health issues, the ability to spot signs of mental ill health and skills to support positive wellbeing.

Adult Mental Health First Aider

In two-days in-person or four Instructor-led sessions plus home-learning if online. Gain an in-depth understanding of mental health, confidence to step in, reassure and support someone in distress, and enhanced interpersonal skills. Learn practical skills to spot triggers and signs of mh issues.