

# Supporting your child – some useful links

**ChildLine** - offers young people confidential advice and support 24 hours a day:

[www.childline.org.uk](http://www.childline.org.uk), for online chat or email. Tel. No: 08001111

**Youth Net** – online charity behind TheSite.org, the online guide to life for 16-25 year olds. TheSite.org provides essential, straight talking and anonymous advice to young people about the issues affecting their lives:

[www.youthnet.org](http://www.youthnet.org) [www.thesite.org](http://www.thesite.org) Tel. No: 0207 250 5700

## **Mental Health**

- **Young Minds** – a leading charity committed to improving the emotional well-being and mental health of children and young people. Young Minds provides a Parents Helpline: [www.youngminds.org.uk](http://www.youngminds.org.uk), Tel. No: 0808 802 5544
- **CAMHS Live** – provides a safe and confidential live online chat service for young people aged 13-18 years old or their parent/carer. The service is available weekdays from 10am-4.30pm and any emotional well-being or mental health issue can be discussed and then appropriate signposting and information is provided, or a referral made to the relevant mental health service: [www.nhft.nhs.uk/CAMHSLive](http://www.nhft.nhs.uk/CAMHSLive)
- **Ask Normen** – Northamptonshire Mental Health gateway: [www.asknormen.co.uk](http://www.asknormen.co.uk)
- **Children's Society** - Advice for young people from 0-25 years about a certain mental or emotional health issue. Please see [www.thechildrenssociety.org.uk](http://www.thechildrenssociety.org.uk) and select Resource Vault via 'our work' 'mental health'.

## **Self-harm and Suicide**

- **Harmless** - support for people who self-harm, their friends and families and for those at risk of suicide: [www.harmless.org.uk](http://www.harmless.org.uk)
- **The Tomorrow project** - a confidential suicide prevention project that has been set up to support individuals and communities to prevent suicide: [www.tomorrowproject.org.uk](http://www.tomorrowproject.org.uk)
- **Self Harm** - [www.selfharm.co.uk](http://www.selfharm.co.uk) – a safe, pro-recovery website that supports young people who self harm. It also offers training for parents/carers and professional equipping them to handle disclosures and provide effective support.
- **CalmHarm** - a mobile App to manage self-harming:

**The Lowdown** – supports young people with free confidential counselling and support for sexual health and LGBTQ: [www.thelowdown.info](http://www.thelowdown.info)

Helpline: 01604 622223 Text: 07594 008 356

**Female Genital Mutilation (FGM)** – report known cases to the police on 101.

For help and advice call the MASH Team on 0300 1261000

**Forced Marriage or Honour-Based abuse** – for any concerns regarding these issues, confidential advice and guidance is available at [www.karmanirvana.org.uk](http://www.karmanirvana.org.uk) or Helpline: 0800 5 999 247

### **Explaining miscarriage, stillbirth or the death of a newborn baby to young children (Child Bereavement UK)**

When a new baby is expected in a family, most children will be looking forward to the birth as much as everyone else. Having to explain the death of an expected baby brother or sister is an incredibly hard thing to do. When deep in their own grief, it might feel just too much to have to start to think about what to say to a child.

The charity have produced a leaflet to help parents (and others) to deal with a miscarriage, stillbirth or the death of a newborn baby. You can download the leaflet here: <https://childbereavementuk.org/wp-content/uploads/2018/08/Explaining-miscarriage-stillbirth-or-death-of-a-newborn-baby-July-2018.pdf>

### **Grief Support App**

The charity have also created an app aimed at 11 - 25 years olds, available on both iOS and android. The app has information about bereavement, grief, feelings and how to help. There are stories from people affected, including short films written and made by bereaved young people. The app is also useful for friends, teachers, parents and professionals who would like to know how to support bereaved young people.

#### **Grief: Support for Young People (Google Play/Android)**

<https://play.google.com/store/apps/details?id=bereavementsupport.childbereavementuk.com.griefsupport>

#### **Grief: Support for Young People (iOS app)**

<https://itunes.apple.com/gb/app/grief-support-for-young-people/id883195199>

### **Winston's Wish**

Another useful source of support and information around bereavement is Winston's Wish. A useful summary of their support for children experiencing loss is here: [www.winstonswish.org/wp-content/uploads/2017/12/ww-0112-guideforpar.pdf](http://www.winstonswish.org/wp-content/uploads/2017/12/ww-0112-guideforpar.pdf)

## **Help autistic children and young people cope with death (National Autistic Society)**

It can be difficult to discuss death and bereavement, or help a child or adult with autism to cope with a death. Every autistic person, and their level of understanding, is different. The NAS have guidance here: <https://www.autism.org.uk/about/family-life/bereavement.aspx#>