

Supporting your child – some useful links

ChildLine - offers young people confidential advice and support 24 hours a day:
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 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, Tel. No: 0808 802 5544
Mental health support for young people Text YM to 85258 (24 hours a day, every day)
- **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
- **The Mix** – a website for young people with a live chat room for teenagers, sometimes supported by other teenagers : <https://www.themix.org.uk/get-support>
- **Ask Normen** – Northamptonshire Mental Health gateway: 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 and select Resource Vault via 'our work' 'mental health'.
- **Changings Minds** - Support anyone over the age of 17 and a half living in Northamptonshire who is feeling stressed, low in mood or has mild to moderate depression and/or an anxiety disorder. Can offer computerised cognitive behavioural therapy, online wellbeing groups or telephone support.

Call 0300 999 1616

Or register via online portal via the [Northamptonshire Healthcare](http://www.northamptonshirehealthcare.nhs.uk) website.

- **Northants Mind (Towcester and Brackley)** Mental Health Support

Call Mind Mobile: 077242 69711 or Email enquiries@northamptonmind.org.uk

- **Renew 169 Café Towcester** - Mental health and wellbeing support Details via - Renew169 Facebook Page or Email: wellbeingmanager169@gmail.com
- **Mental Health Friends- Brackley group** - Part of a national network of groups, services and advice lines to support people living with mental illness and their carers.

Call: 07840 959349

Email: mhfriendsgroup@rethink.org

- **CALM (Campaign Against Living Miserably)** - Preventing male suicide
Call 0800 58 58 58 - Freephone open 5:00pm – midnight or Live web chat also available
- **Samaritans** - Listening service for anyone struggling to cope
Call: 116 123 (24 hours a day/ 7 days a week) or Email: jo@samaritans.org (24 hour response time)
- **ThinkNinja App** – a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well. <https://www.nhs.uk/apps-library/thinkninja/>

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
- **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
- **Self Harm** - 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:

Bereavement

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

Grief Encounter

Grief Encounter is one of the UK's leading bereaved child charities providing free advice and support, including residential camps and interactive online services.

Phone: 0808 802 0111 (Mon – Fri 9am – 9pm)

Email: griefftalk@griefencounter.org.uk

Website: <https://www.griefencounter.org.uk/>

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#>

CRUSE Northants

Bereavement information and support

- 0800 808 1677 - National Helpline
- 07772 42853 - Cruse Northants (9:00am-5:00pm Monday-Friday)
- helpline@cruse.org.uk

- northamptonshire@cruse.org.uk

Hope Again

For young people living after loss. Hope Again is Cruse Bereavement Care's website for young people. Lots of shared stories, advice for parents/carers and links to other sources of support.

Northampton General Hospital Child and Adolescent Bereavement Service (CABS)

Offer bereavement advice by phone to parents. Primary aged children can access support work; secondary aged children can access 1-1 counselling.

- Call - 01604 545131
- Referrals via your GP or Health Visitor

At a Loss

Lots of coronavirus specific advice.

Dying Matters

Dying Matters is a coalition of individual and organisational members across England and Wales, which aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life.

Young Minds Parents Helpline:

Advice to parents and carers worried about a child or young person under 25.

- 0808 802 5544, Monday - Friday 9:30am – 4:00pm.

#help2makesense Offers information and support to young people.

The Mix:

Offers information and support to young people under 25 years

- 0808 808 4994, open daily, 4:00pm – 11:00pm
- email or webchat via website

Substance Misuse

Substance to Solution (S2S) Substance misuse specialist support

- Call - 0808 169 8512 - STAR helpline – (open from 9:00am – 5:00pm)
- 111 - Crisis
- 999 - Emergency
- 0300 123 6600 - Talk to Frank
- 82111 - Text Frank
- Email: northants@cgl.org.uk

Ngage - Early intervention drug and alcohol service for young people aged 10-18 in Northamptonshire. Also offer support to parents on how to support their young person.

- Call - 01604 633 848
- Email - ypnorthamptonshire@aquarius.org.uk
- Also WhatsApp and zoom appointments with the young people they are supporting

Sexual Health/LGBTQ

The Lowdown – supports young people with free confidential counselling and support for sexual health and LGBTQ: 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 or Helpline: 0800 5 999 247

Young Carers - Support for young people who are caring for family members

- Call: 01933 677907 - (9:00am-5:00pm Monday-Friday)