

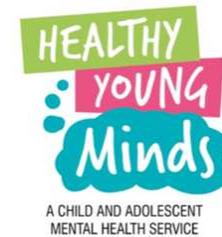


In Bury its our vision to develop a Children’s mental health offer that is understood and easy to access. To support us in this we will begin to develop our Thrive model. As part of our combined endeavours to support the wider system as we move out of this lock down, we have mapped resources and support across the Thrive quadrants, these look like this

- *Thriving: support to maintain mental wellbeing*
- **Getting Advice: those who need advice and signposting**
- *Getting Help: those who need focused goal-based input*
- *Getting More Help: those who need more extensive specialised goals-based help*
- *Getting Risk Support: those who have not benefitted from or are unable to use goalsbased help but are of such a risk that they are still in contact with service*



## Getting Advice



### Emotional Wellbeing

**BURY Getting Help Line** All age free telephone service for residents of all ages in Bury who are experiencing difficulties with their wellbeing 0161 464 3679

**Childline:** confidential helpline for children and young people to support you and help you find ways to cope. FREE Helpline: 0800 1111 [www.childline.org.uk](http://www.childline.org.uk) Because of the coronavirus, the phonenumber is open from 9am-midnight

**Young Minds:** if you are experiencing a mental health crisis. Young Person Crisis messenger: **text YM to 85258 Service available 24/7**  
Parents Free Helpline: 0808 802 5544 (M-F; 9.30am- 4pm) [www.youngminds.org.uk](http://www.youngminds.org.uk)

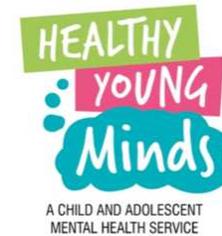
**Anna Freud** is a leading mental health charity for children and families and provides advice for parents and carers talking mental health with young people at primary school

(<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>)

Advice for parents and carers talking mental health with young people at secondary school (<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-secondary-school/>)



## Getting Advice



### Bereavement

**Hope Again:** support for children & young people affected by the death of someone close.

**FREE Helpline: 0808 808 1677**

Email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk) Open Mon-Fri; 9:30am - 5:00pm. [www.hopeagain.org.uk](http://www.hopeagain.org.uk)

**Winston's Wish:** support for bereaved children and young people

**FREE Helpline: 08088 020 021** Open Mon-Fri; 9am-5pm Email [ask@winstonswish.org](mailto:ask@winstonswish.org) [www.winstonswish.org](http://www.winstonswish.org)

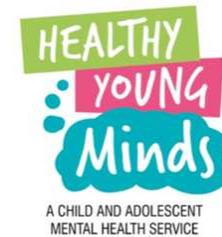
**Child Bereavement UK:** support for families or when a child is facing bereavement. **FREE helpline: 0800 02 888 40**

Open Mon-Fri, 9am-5pm (ex. Bank Holidays) Email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org) [www.childbereavementuk.org](http://www.childbereavementuk.org)

**The Compassionate Friend:** provides information and support for bereaved parents and their families. **Helpline 0345 123 2104** [www.tcf.org.uk](http://www.tcf.org.uk)



## Getting Advice



### Anxiety

**No Panic:** advice and information for people suffering from panic attacks & anxiety disorders. **Youth Helpline: 0330 606 1174 (for 13-20 yrs)** Open: Mon, Tue, Wed, Friday: 3pm to 6pm; Thurs 3pm to 8pm; Sat 6pm to 8pm [www.nopanic.org.uk](http://www.nopanic.org.uk)

**Anxiety UK:** user-led organisation, with resources, text service and info line. 03444775774 or text 07537416905 Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk) Text: 07537 416 905. Open Monday – Friday, 9.30am – 5.30pm (excluding Bank Holidays). [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### Bullying

**National Bullying Helpline:** help and advice for children and adults dealing with bullying at school or work

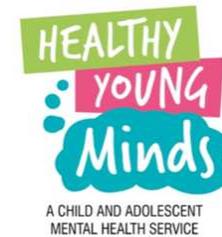
**Helpline: 0845 22 55 787** Open Mon-Fri; 9am-5pm [www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk)

**Kidscape:** young people, parents, and professionals with practical strategies to prevent bullying. [www.kidscape.org.uk](http://www.kidscape.org.uk)

**eCrime:** website containing advice and practical information on cyber bullying, trolling, mobbing and all forms of online crime for adults and children alike. [www.ecrime-action.co.uk](http://www.ecrime-action.co.uk)



## Getting Advice



### Suicide

**Samaritans:** for anyone struggling to cope and provide a safe place to talk.

**FREE Helpline: 116 123** (open 24 hours a day) Email: [jo@samaritans.org](mailto:jo@samaritans.org) [www.samaritans.org](http://www.samaritans.org)

**Papyrus:** information and advice for young people who may be at risk for harming themselves. FREE HOPELINEUK: 0800 068 41 41

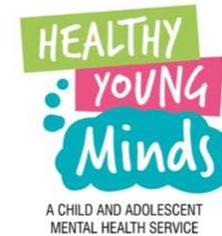
Text: 07860 039967 Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) [www.papyrus-uk.org](http://www.papyrus-uk.org)

**Greater Manchester** Shining a light on suicide (<https://shiningalightonsuicide.org.uk/>)

**Campaign Against Living Miserably (CALM)** – for men Call 0800 58 58 58 – 5pm to midnight every day .[The Calm Zone](http://TheCalmZone)  
(<https://www.thecalmzone.net/>)



## Getting Advice



### Substance / alcohol misuse

**NACOA:** if you are affected by anybody concerned about someone else's drinking, NACOA can help with drugs/substance misuse. Nacoa can help

**Helpline: 0300 123 6600** - Open 24 hours a day, 7 days a week **FREE Helpline: 0800 358 3456**. Email: [helpline@nacoa.org.uk](mailto:helpline@nacoa.org.uk) [www.nacoa.org.uk](http://www.nacoa.org.uk)

**FRANK:** information and advice to help with drugs/substance misuse. **FREE Helpline: Helpline: 0300 123 6600** -Text **82111** Text a question and FRANK will text you back

### Eating Disorders

**Beat:** information on anorexia, bulimia & other kinds of eating disorders.

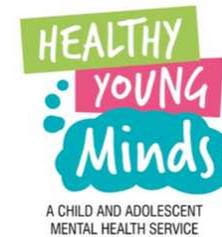
**Studentline: 0808 801 0811 - Youthline: 0808 801 0711** Open Mon-Fri, 12pm-8pm; weekends 4pm-8pm [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**Anorexia & Bulimia Care:** providing on-going care, emotional support, and practical guidance for anyone affected by eating disorders.

**Helpline: 03000 11 12 13** - Open: Tues-Fri; 9.30am-5.30pm Email us: [support@anorexiabulimiare.org.uk](mailto:support@anorexiabulimiare.org.uk) [www.anorexiabulimiare.org.uk](http://www.anorexiabulimiare.org.uk)



## Getting Advice



### Parents and Carers

Podcasts to help parents understand and manage child and family mental health problems. The series, Child in Mind, holds 20-minute episodes, that discusses an important issue in child and family mental health with an expert and a young person or parent Anna Freud parents and carers child in mind series. (<https://www.annafreud.org/parents-and-carers/child-in-mind/>)

MindEd for families gives you information if you feel concerned about your child's behaviour or emotional wellbeing MindEd For Families (<https://mindedforfamilies.org.uk/young-people/should-i-be-concerned/>)

Top tips to support children and young people mental health from Public Health England's Every Mind Matters: Every Mind Matters Top tips (<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/#custom-2column-share-shelf> )

At Listen First you can find a range of resources for parents and carers – some have been translated into languages other than English. ([https://www.unodc.org/listenfirst/en/covid\\_parents.html](https://www.unodc.org/listenfirst/en/covid_parents.html) )

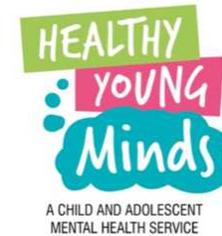
The Mental Health Foundation has developed The Anxious Child: A booklet for parents and carers wanting to know more about anxiety in children and young people (<https://www.mentalhealth.org.uk/publications/anxious-child>)

Barnardos information, resources & tools. Here you find from practical advice on how to talk to your children about the pandemic, to tips on managing anxiety and much more. Barnardos: see hear respond support hub ( <https://www.barnardos.org.uk/see-hear-respond-support-hub> )

Barnardos Support hub provides a range of resources, tool, videos and more focusing on yours and your family's emotional wellbeing Barnardos: emotional wellbeing support hub (<https://www.barnardos.org.uk/support-hub/emotional-wellbeing>)



## Getting Advice



### Back to school and college resources

Primary school resources <https://hub.gmhsc.org.uk/mental-health/primary-schools/>

Secondary School resources <https://hub.gmhsc.org.uk/mental-health/secondary-schools/>

Further Education <https://hub.gmhsc.org.uk/mental-health/further-education/>

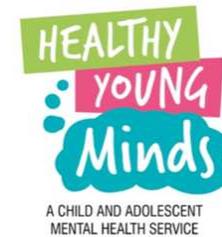
Every Mind Matters: Back to school or college under covid-19 <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/back-to-school-coronavirus-covid-19/>

Ann Freud: 10 steps towards staff wellbeing and Looking after each other and ourselves( <https://www.annafreud.org/schools-and-colleges/resources/ten-ways-to-support-school-staff-wellbeing/>) ( <https://www.annafreud.org/schools-and-colleges/resources/looking-after-each-other-and-ourselves/>)

The NSPCC provides online support for workers to recognise the signs that a child may be struggling with their mental health. And that you know how to take appropriate action to support children and young people in getting the help they need visit NSPCC Learning Hub child-mental-health ( <https://learning.nspcc.org.uk/child-health-development/child-mental-health>)



## Getting Advice



### Self-care, short videos for Schools and Colleges

**Being Kind to Yourself** – for students (& staff) guided through a range of ways of self-care (<https://vimeo.com/419840980>)

**Developing a Wellness Action Plan** – how to use wellbeing action plan to manage mental wellbeing and signposts several other resources and support. (<https://vimeo.com/419840688>)

**Mindfulness and staying present** – explores how to use mindfulness in a practical day to day way, to stem the anxiety and reduce spiral of 'what if' scenarios that ramp up anxiety and impact negatively on mental health and wellbeing. (<https://vimeo.com/419681044>)

**Anna Freud: Teachers Toolkit talking mental health animation** (<https://www.annafreud.org/schools-and-colleges/resources/we-all-have-mental-health-animation-teacher-toolkit/>)

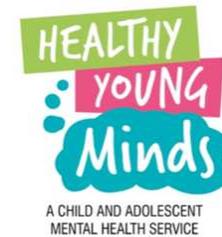
**We all have mental health** (<https://www.annafreud.org/schools-and-colleges/resources/we-all-have-mental-health-animation-teacher-toolkit/>)

Charlie Waller Trust video on Self-care for students with eating disorders (<https://vimeo.com/419840835>)

**Moodjuice** Self-help, information and advice for people experiencing troublesome thoughts, feelings, and actions. – <http://www.moodjuice.scot.nhs.uk/>



## Getting Advice



### Self-Care resources

Anna Freud. Self-care resource written by young people to help other young people who are feeling low or anxious

(<https://www.annafreud.org/on-my-mind/self-care/>)

Covid-19 interactive resources designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic. ( <https://www.mindheart.co/descargables> )

Public Health England 'Every Mind Matters' provide and information and support Every Mind Matters ( [https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/?WT.tsrc=search&WT.mc\\_id=EMMParentsSearch&gclid=EAlaIQobChMIw\\_nGwIbZ6wIVQ-3tCh1GEw4sEAAyASAAEgIoM\\_D\\_BwE](https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/?WT.tsrc=search&WT.mc_id=EMMParentsSearch&gclid=EAlaIQobChMIw_nGwIbZ6wIVQ-3tCh1GEw4sEAAyASAAEgIoM_D_BwE) )

Headspace Kids: Meditation for children holds five themes for kids to explore: Calm; Focus; Kindness; Sleep; Wake up.

(<https://www.headspace.com/meditation/kids> )

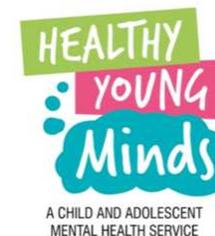
**The Mix** provides a wide range of mental health and wellbeing resources on their website. ( <https://www.themix.org.uk/mental-health> )

**The Charlie Waller** Memorial Trust has developed Managing stress in today's world an explanation of what stress is, what can cause stress and the potential impact on mental wellbeing. ( <https://vimeo.com/419679105> )

**Healthy Young Minds** advising of self-help materials <https://healthyyoungmindspennine.nhs.uk/im-a-young-person/> Just choose where you live from the box at the bottom of the page and see what's out there



## Getting Advice



### Apps and resources

**Mindful Gnats** An app to help young people develop mindfulness and relaxation skills. Website <https://itunes.apple.com/gb/app/mindful-gnats/id973919092?mt=8>

**MindShift** is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises. Website <https://www.anxietybc.com/resources/mindshift-app>

**Mood Tracker** A website/app which lets you track moods and sleep patterns helping to manage depression, anxiety, or bipolar disorder. Website <http://www.moodtracker.com>

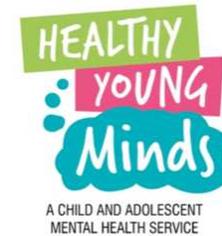
**SmilingMind** is modern meditation for young people from 7 years up. It is a free web and App-based program, designed to help bring balance to young lives. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programmes for different age groups. Website <http://smilingmind.com.au>

**MoodGYM** is a free, fun, interactive program to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore: Why you feel the way you do/ Changing the way you think / Knowing what makes you upset/ Assertiveness and interpersonal skills training Website <https://moodgym.anu.edu.au>

**Recovery Record** is the smart companion for managing your journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, obsessive eating disorder, binge eating disorder and compulsive eating disorder. Website <https://www.recoveryrecord.com>



## Getting Advice



**Rise Up + Recover** is just the app for you if you are struggling with food, dieting, exercise and body image. Based on self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT), it is a simple and convenient app that has been used millions of time around the world. Website <https://www.recoverywarriors.com/app>

**SuperBetter** is a free web and app-based programme created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. Resilience has a powerful effect on health - by boosting physical and emotional well-being. SuperBetter is for young people over the age of 13 who want to feel happier, healthier, and more able to reach their goals. Website [https://www.superbetter.com/how\\_it\\_works](https://www.superbetter.com/how_it_works)

Other

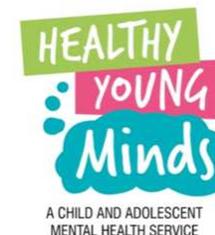
**Connexions Bury** Independent and impartial information, advice, guidance and support service for 14 to 18 year olds or up to the age of 25 if you have special education needs and/or disabilities (SEND) <https://www.onecommunitybury.co.uk/connexions>

**Enterprising Youth** – Enabling young people to better participate and engage with education through the development of new skills and abilities. Offer workshops, training, and group provision for young people (8-25years) developing skills, knowledge, and awareness regarding mental health and emotional management. [www.enterprisingyouth.org.uk](http://www.enterprisingyouth.org.uk)

**ADAB** - working to support people from BAME backgrounds in Bury to build confidence, independence and help with improving health and wellbeing. [www.adab.org.uk](http://www.adab.org.uk)



## Getting Advice



### SEND

**BURY2GETHER** – working to ensure services meet the need's of users to improve the outcomes for families and provide a secure, comfortable environment , delivering classes, workshops, clubs and social opportunities for our Children/Young People and Parent/Carers <https://www.bury2gether.co.uk/>

**The Fed** - Working within the Jewish community. Provide community support and advice, activities, and services. There are groups and activities for children within a dedicated children's centre, and specifically for children and young people with SEND <https://www.thefed.org.uk/>

**The greater Manchester Autism Consortium** project covers Bury and provides information and advice to autistic people and family members. Full details can be found on their website: <https://www.autismgm.org.uk/about-the-project>

**The National Autistic Society** are able to provide information and advice to parents, people with ASC and professionals through: their national helpline (tel. 0845 070 4000) and website [www.autism.org.uk](http://www.autism.org.uk).

**SENIASS** (special Educational Needs Disability Information Advice Support Service) provides free impartial information, advice, and support to disabled children and young people aged 0-25, and those with SEN, through parents and their carers. Further information can be found on their website: <https://www.barnardos.org.uk/what-we-do/services/bury-sendias>

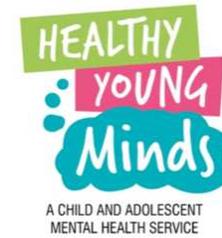
**Educational Psychology helpline** – is for children with identified special educational needs and/or disability parents and school are able to access the Educational Psychology help line which is available on Mondays between 13.00 and 15.30 and Wednesday between 9.30 and 12.00. The helpline contact number is 0161 253 6406.

Types of EP advice and support available could include:

- Anxiety, stress, and related issues arising from being out of school/returning to school/COVID 19/missing friends etc.,
- Loss and bereavement – EPs provide Critical Incident support, but the helpline may identify where this support is needed.



## Getting Advice



- Transitions – particularly for those children starting reception/year 7.
- Advice on routines/behaviours because of changes to routine.
- Reassurance/advice on academic progress and expectations once children are back to school.
- Advice on EHC needs assessments and annual reviews.

You may of course have other educational questions or concerns that are not included on this list, so please do not hesitate to call, no matter how small your question or concern is. Please note that EPs may sign post to other services as part of the support but will not become involved beyond the advice and support of the phone call

### **Domestic Abuse and Operation Encompass**

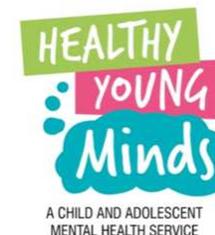
#### **Received an Operation Encompass call about a child in your school?**

For FREE advice from an Education Psychologist about how best to support them, call the OE Teachers' National Helpline on **0204 513 9990** or [find out more here](#).

Monday to Friday, 8am-1pm



## Getting Advice



### Links & Resources

**B-eat** (Beating Eating Disorders) Youth Helpline Information, help and support for anyone affected by eating disorders. Telephone 0845 634 7650 (Monday to Friday, 4.30pm to 8.30pm; and Saturday, 1.00pm - 4.30pm) Website <https://www.b-eat.co.uk/support-services/helpline>

**ChildLine** is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises, and protects. Telephone 0800 1111 (24 hours, 7 days a week) Website <http://www.childline.org.uk>

**Don't Be a Zombie** This site is aimed at combating the issues associated with drug and alcohol abuse among many young people in the UK. The site provides information and harm reduction advice around drugs and alcohol including tools that can be used by young people to address substance related needs. Website <http://dontbeazombie.co.uk/the-project/>

**Family Lives** This website offers a wide range of advice and guidance for parents and professionals on the challenges of parenting. Family Lives is a UK based charity and has an extensive list of resources online to access, not least its parent channel tv that guides parents and professionals through a range of different topics and age ranges to effectively parent. Website <http://www.familylives.org.uk>

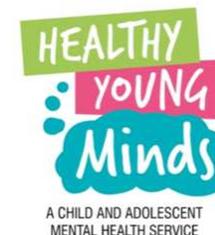
**HandsOnScotland** This website is designed to help you make a difference to children and young people's lives, by giving you tools to respond helpfully when they are troubled. It is a one-stop shop for practical information and techniques on how to respond helpfully to children and young people's troubling behaviour, build up their self-esteem and promote their positive mental well-being. Website <http://www.handsonscotland.co.uk>

**Kooth** offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10 pm every day.

Website <https://www.kooth.com>



## Getting Advice



**Making Sense of Mental Health** has been developed to support staff working in special needs schools to understand the mental health of children and young people with complex needs. This interactive, online training, which aims to support staff in understanding, identifying, and responding to the mental health needs of children and young people with complex needs. Website <http://www.makingsenseofmentalhealth.org.uk>

**'Men Get Eating Disorders Too'** is a charitable organisation that seeks to raise awareness of eating disorders in men and to support sufferers, carers and their families. Website <http://mengetedstoo.co.uk/>

**Mental health first aid England** is an educational course focussing on young people's mental health and how to identify, understand and help a young person who may be developing mental health problems Website <http://mhfaengland.org/first-aid-courses/first-aid-youth>

**Mind** is a national charity that provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness, and promote understanding. Website <http://www.mind.org.uk>

**MindEd** is a portal that provides free, completely open access online bite-sized chunks of 'e-learning' available on tablets, phones or computers to help adults to identify, understand and support children and young people with mental health issues.

The learning materials are written and edited by leading experts from the UK and around the world. Different learning pathways can be followed according to professional or other interests. The e-learning is applicable to a wide range of learners across the health, social care, education, criminal justice, and community settings. The full curriculum can be accessed via the following link: <https://www.minded.org.uk/local/curricula/view> Website <https://www.minded.org.uk>

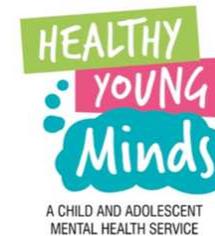
**MindEd for Families** To complement the existing MindEd e-learning, dynamic new resources have been produced to provide expert information that families can trust. MindEd for Families provides materials for parents and carers of children and teens struggling with mental health issues.

Covering such topics as:

- What to do in a crisis?



## Getting Advice



- Parenting difficult children
- Everyday parenting
- Keeping ourselves strong

This new content is available at [www.minded.org.uk/families](http://www.minded.org.uk/families) Website <http://minded.e-lfh.org.uk/families/index.html>

### **Papyrus**

Papyrus runs a national helpline, HOPELineUK, including text and email services, staffed by a team of mental health professionals who provide practical help and advice to vulnerable young people (under 35 years) and to those concerned about any young person who may be at risk of suicide.

Telephone 0800 068 41 41 Website <https://www.papyrus-uk.org/>

**Rise Above** helps 11-16-year-olds build emotional resilience by equipping them with knowledge and skills to deal with pressures they may face. It also provides an online platform through which young people can converse with peers alongside professional support. Website <http://riseabove.org.uk>

**Royal College of General Practitioners** This website offers a range of downloadable information for GPs and other professionals working with young people with mental health conditions. Website <http://www.rcgp.org.uk/clinical-and-research/clinical-resources/youth-mental-health/youth-mental-health-resources.aspx>

**Royal College of Psychiatrists.** This website has large amounts of information on a range of conditions, useful for Parents, young people, and professionals to gain a better understanding and get ideas to help manage difficult thoughts and feelings and experiences. Website <http://www.rcpsych.ac.uk>

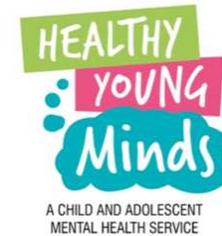
**Samaritans** volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

Telephone 08457 90 90 90 (24 hours, 7 days a week) Website <http://www.samaritans.org>

**Speak out Stay safe** is a service that uses specially trained volunteers to talk to primary school children about abuse. Speak out Stay safe is delivered by specially trained NSPCC staff and volunteers. It consists of an assembly presentation for children aged 4-11 followed by a one-hour classroom workshop for



## Getting Advice



children in years 5/6. The aim is to give them the skills to protect themselves and know where to go for help. Website <https://www.nspcc.org.uk/services-and-resources/working-with-schools/speak-out-stay-safe-service>

**STOP Stigma** is a classroom-based resource for secondary schools that helps address mental health stigma and raise awareness about mental health. Website <http://www.cornwallhealthyschools.org/stop-stigma/>

**The National CAMHS Support Service** produced an e-learning package to provide basic knowledge and awareness of self-harm in children and young people, with advice about ways staff in children's services can respond. Website [http://www.cernis.co.uk/resources/self\\_harm/index.html](http://www.cernis.co.uk/resources/self_harm/index.html)

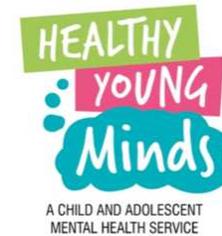
**The Open University** OpenLearn is the home of free learning from The Open University. It contains short articles by academic experts from the OU and beyond; videos; podcasts and free courses. You can find your own way through the content. Website <http://www.open.edu/openlearn/body-mind/health/children-and-young-people>

**The Social Care Institute for Excellence (SCIE)** is a leading improvement support agency and independent charity, working with the care and support sector in the UK. They provide free e-learning resources on the impact of parental mental health on young people, working in partnership with parents and care planning and intervention. The full range of e-learning resources can be accessed online.

Website <http://www.scie.org.uk/publications/elearning/parentalmentalhealthandfamilies/index.asp>



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### YoungMinds

Young Minds is a Charity that offers support and raises awareness of young people's mental health. They have information on a range of mental health conditions and experiences of young people accessing mental health services. They offer Parent helpline and training for other professionals to raise awareness and understanding of mental illness in young people. Website <http://www.youngminds.org.uk> YoungMinds Parents' Helpline

YoungMinds Parents' Helpline is a free, confidential helpline for any adult who is concerned about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. Telephone 0808 802 5544 Website [http://www.youngminds.org.uk/for\\_parents/parent\\_helpline](http://www.youngminds.org.uk/for_parents/parent_helpline)

**Youth Access** offers a directory of local youth information, advice and counselling services for young people aged 14-25. Website <http://www.youthaccess.org.uk/find-your-local-service>

**Youth Health Talk** provides advice and support on mental health issues from young people for young people. Website <http://www.healthtalk.org/young-peoples-experiences>

**NHS Choices - Youth Mental Health** An information hub offering young people advice and help with mental health problems including depression, anxiety and stress. Website <http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

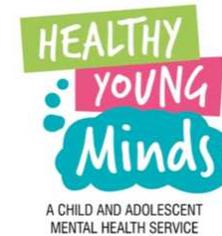
**Oldham Schools' Framework** The Oldham whole school and college approach to emotional health and mental wellbeing aim to promote social, emotional and mental wellbeing.

The framework offers practical guidance to schools and colleges to develop knowledge and skills to promote mental health and wellbeing and prevent minor problems from escalating into more serious long-term issues.

The document contains key actions that head teachers and college principles can take to embed the whole school approach to emotional health and mental wellbeing. Telephone 0161 716 2020



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### Website

<https://www.oldham.gov.uk/info/200807/mental-health/1795/the-whole-school-and-college-approach-to-emotional-health-and-mental-wellbeing>

**HeadSpace** An app and website designed to help anyone learn mindfulness and meditation. It has hundreds of themed sessions on everything from stress to sleep. Website <https://www.headspace.com/>

### Guides

[A Focus on Child Emotional Wellbeing as Schools Return](#)

[Self-harm in children and young people handbook](#)

The National CAMHS Support Service produced a self-harm in children and young people handbook to provide basic knowledge and awareness of self-harm in children and young people, with advice about ways staff in children's services can respond

[Tip sheet 1 - attachment difficulties in school](#)

Children with attachment difficulties can need extra help in managing all aspects of school life and can add pressure to the busy lives of school staff. This tip sheet is a very summary of what school life with such children can mean and how to make life a little easier for them and you.

[Tip sheet 2 - difficult behaviour in the classroom](#)

Children who have experienced trauma, abuse and neglect in their early lives sometimes seem to be developmentally below their chronological age and also may have developed strategies for survival that are difficult for you to manage in the classroom.

[Tip sheet 3 - eating difficulties](#)



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Children who have experienced trauma, abuse and neglect in their early lives sometimes show difficulties or 'odd' behaviour in relation to food and eating.

### [Tip sheet 4 - empathy](#)

Many children who have had experience of neglect or abuse very early in their lives have difficulties both in recognising and coping with their feelings. This can make caring for such children very difficult both practically and emotionally. Responding to the child with empathy is a crucial tool to help the child change and to make your life as a carer easier.

### [Tip sheet 5 - incontinence](#)

Children who have experienced trauma, abuse and neglect in their early lives sometimes seem to have difficulties with toileting behaviour, beyond the normal accidents that might be expected. This can be a difficult situation for carers to cope with both practically and emotionally

### [Tip sheet 6 - nurturing](#)

Children who have experienced trauma, abuse and neglect in their early lives often need time to successfully complete previous stages of development that they did not have the opportunity to do at a younger age. This is best achieved through special times of nurturing which is part of the healing process for traumatised children.

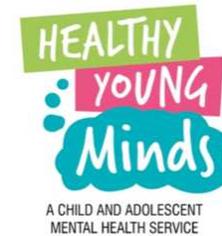
### [Tip sheet 7 - play](#)

Play: why it's so important and how to make it helpful.

[Tip sheet 8 - self injury](#) Children who have experienced trauma, abuse and neglect in their early lives sometimes show self-injurious behaviour.



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### [Tip sheet 9 - sleep problems](#)

Children who have experienced trauma, abuse and neglect in their early lives sometimes seem to have difficulties going to bed, getting to sleep, or staying asleep. This can be a difficult situation for carers and their families to cope with both practically and emotionally.

### [Tip sheet 10 - spoiling good times](#)

Children who have experienced trauma, abuse and neglect in their early lives sometimes seem to have difficulties with allowing themselves to have a nice time. This can be a real cause of frustration to carers and spoil the growing sense of attachment between child and carer.

### [Tip sheet 11 - stealing problems](#)

Children who have experienced trauma, abuse and neglect in their early lives commonly have difficulties with stealing and often this goes hand in hand with lying and other difficulties with honesty.

### [Support with Eating at Christmas](#)

Christmas can be a stressful time for everyone. Check out our user-friendly guide to help with eating at Christmas with top tips and advice for the whole family. Happy Christmas!!