

Let's  
talk

Mental  
health



# SERVICES TO SUPPORT CHILDREN'S MENTAL HEALTH

**Changes:** Changes YP is a peer support service for children and young adults who are experiencing mild to moderate mental health issues, from low confidence and self esteem to stress, anxiety, depression, self harm and more. They offer group support in the community, held at various YP friendly venues. Wellbeing groups are open to young people aged 8+. Contact: 01782 411433.

**Stay Well Children and Young Peoples Services:** Stay Well supports children who have changes happening in their lives that they are struggling to cope with and that are affecting their well-being. Services include peer support groups, training programmes, educational workshops for children, parents and teachers. Contact: 01782 418518.

**Young Minds:** Younger Minds support young people who are experiencing emotional difficulties, which can be caused by family arguments, bullying, worrying about school and/or exams, feeling depressed or sad, feeling anxious, worries about sexuality, being abused or neglected, self-harming behaviour. Younger Minds offers 1:1 counselling with qualified staff, emotional wellbeing sessions, resilience development, targeted group work, and a bespoke schools counselling service. Contact: Text line text YM to 85258 for free 24 hours a day.

**Young Minds Parents Helpline:** The Parents Helpline is available to offer advice to anyone worried about a child or young person under 25. Worries may centre around a child's behaviour, emotional wellbeing, or mental health condition. The helpline can also support parents who have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit them. Contact: call 0808 802 5544 from 9.30am - 4pm Mon-Fri.

**Papyrus:** Offers confidential advice and support for young people struggling with suicidal thoughts. Contact: 0800 068 4141 9am- Midnight 365 days.

**Dove:** Free, confidential counselling and support to anyone struggling with issues surrounding bereavement, life-changing illnesses or significant loss. Contact: 01782 683155

**Savana:** Providing free counselling and support services for anyone from the age of 4 who have been affected by sexual violence or abuse. Contact: 01782 433204

**CAMHS:** Child and Adolescent Mental Health Service that assess and treats young people with emotional, behavioural and mental health difficulties. Contact: 0300 123 0907 Option 4 <https://www.camhs-stoke.org.uk/>

**Anna Freud:** A charity dedicated to training and support of child mental health services. Their website contains many useful documents and resources including resources on bereavement, social media, identity and crisis management for children and parents. <https://www.annafreud.org/schools-and-colleges/programmes-and-services/>

**Kooth:** Online mental well-being counselling for young people. <https://www.kooth.com/>

**CALM:** A campaign against living miserably that offer a helpline and webchat open 5pm-midnight 365 days a year for anybody who is struggling. Contact: 0800 58 58 58 <https://www.thecalmzone.net/what-we-do>

**Samaritans:** A charity that provides emotional support to anybody in distress, who cannot cope or is at risk of suicidal thoughts. Contact: 116123.

**SHOUT:** Text helpline. A free crisis helpline run by Anna Freud National Centre for Children and Families. For anybody worried, upset and needing to talk. Text AFC to 85258. 24 hours a day.

**MindEd For Families:** Digital resource offering safe and reliable advice about young people's mental health created by experts and parents together.

**Family Lives:** Digital resource that offers targeted advice to parents on a range of subjects including mental health and well-being, behavior and family issues. This resource also offers a helpline and live chat.

**NHS advice for parents:** An NHS website offering advice and support to parents who have children with mental health problems. Updated daily.

**Family Lives** offers a confidential and free\* helpline service for families in England and Wales (previously known as Parentline). They can be contacted on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life. Their website is also a rich source of useful support and advice.

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

