Designed for:
Young People
Parents/Carers

Young People's Mental Health Resource Pack

National and Local (Plymouth) Resources and Agencies

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Version 3

the ZONE
Progeny Project

Welcome

We are aware that there are a lot of resources out there but finding them (and having time to find them) can be difficult. Therefore, this document will hold links to some websites, resources, documents etc. that may be of use to you.

If you have your own resources or come across something which you feel would useful to others, please drop me us an email and we will be happy to add it to this list and circulate and/or add it to the Zone website. Additionally, if you are aware that a service is no longer operating please let us know so this resource can be updated. Thank you.

enquiries@thezoneplymouth.co.uk

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KEY:

- Suitable for parents/carers
- CYP Suitable for children & young people
- Crisis Support Offer crisis support

KEY:

- Drop-In service for young people
- Referral

What is Mental Health?

What is mental health?

* Emotional, psychological and social well being
* Affects how we think, feel and behave
* Important and present at every stage of life—childhood through to old age
* Affected by social, psychological and biological factors

What to look our for:

⇒ Being more anxious, irritable or angry than usual
⇒ Not being able to concentrate or make decisions
⇒ Isolating yourself – not seeing friends, dropping out of school/activities usually enjoyed
⇒ Appearing suspicious of friends and family
⇒ Being overly focused on certain things or being a perfectionist
⇒ Not eating or looking after yourself
⇒ Having disrupted sleep – which can mean not being able to sleep, or the opposite, sleeping too much.
⇒ Risk taking behaviour
⇒ Any change in usual behaviour

Getting help soon can...

⇒ Prevent problems becoming serious & reduce chance it reaches crisis point
⇒ Improve time it takes to become well again
⇒ Reduce relapse
⇒ Minimise absence from school/work/activities

Resilience

/rɪˈzɪlɪəns/
noun

1. the capacity to recover quickly from difficulties; toughness; ability to 'bounce back'.

* Resilience can be learnt and developed and increases as we develop a range of strategies for difficult times in our lives
* Resilience is important! With better coping strategies we have better academic/ health/future outcomes; it protects us against overwhelming experiences; helps us maintain balance during stressful times in our lives; protects us from poor mental health.

It is important to look after yourself! … but everyone is different, so it's important to find coping strategies that work for you and keep you mentally well.

Tips to help build resilience:

⇒ Talk to someone & 'share the load'
⇒ Don't be too hard on yourself
⇒ Create space for 'me-time' and take care of yourself physically, mentally and spiritually
⇒ Have a plan/routine and stick to it in a time of distress – make you feel safe and in control
⇒ Take control – make decisive actions (even if these are small)
⇒ Remember your strengths!
⇒ Set small, achievable goals and take things one step at a time
⇒ Explore ways to relax
⇒ Express yourself in whichever way works
⇒ Help someone else
⇒ Put things in perspective – how did you cope with a previous difficult situation
⇒ Know where you can access help and support (hopefully this document can help)

Resources/Info/Advice

Note: If viewing in PDF format, clicking on the web address will link you directly to that page.

General / Non-Specific Mental Health

Time to Change

- Information on types of mental health problems, myths & facts
- Guide for parents/carers

https://www.time-to-change.org.uk/

CYP

Charlie Waller Memorial Trust

- Resources: Booklets, leaflets, posters on mental health issues including depression, self-harm, wellbeing (suitable for staff, pupils and parents/carers.)
- Weekly webinars & Podcasts

https://www.cwmt.org.uk/free-stuff-1

CYP

Mental Health Foundation

- Promote good mental health for all—information, advice, publications
- Self help publications for mental health, anxiety, self-harm, sleep, stress, exercise, mindfulness
- Run mental health week and mental health days

https://www.mentalhealth.org.uk/

CYP

MindEd

- Free online e-learning resource providing practical knowledge that gives adults confidence to identify a mental health issue and act swiftly, meaning better outcomes for the young person.

www.minded.org.uk

YoungMinds

- Toolkits, publications, reports and policy information about children and young people's mental health (use the search bar to find anything of specific interest)

https://youngminds.org.uk/resources/

Resilience for the digital world reports may be of particular interest:

https://youngminds.org.uk/resources/policy/resilience-for-the-digital-world/

Association for Young People's Health

- AYPH is the UK's leading charity working to improve the health and wellbeing of 10-24 year olds.
- Information, reports, briefings, resources

http://www.youngpeopleshealth.org.uk/resources

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Depression & Self-Harm

Blurt

- Plymouth based organisation that focuses on helping people with depression.
- 'Buddy box' - containing products (gender neutral and ageless) hand-picked to nourish, inspire and encourage self-care (for everyone, not just those with depression).
- Many free resources, information and support.

https://www.blurtitout.org/resources/

- 22 Apps that help our mental health:
  - https://www.blurtitout.org/2017/06/08/apps-help-mental-health/

CYP

Self Injury Support

- A free paper A5 journal ('Rainbow Journal') aimed at helping young people move from self-harm to self-care; Resource hub for family and teachers

www.selfinjurysupport.org.uk

'Rainbow Journal' available from: www.selfinjurysupport.org.uk/what-is-self-injury-and-who-does-it/publications-about-self-injury/

CYP

Bullying

Anti-Bullying Alliance

- Information and advice; Free CPD online training
- Interactive anti-bullying tool for parents/carers

www.anti-bullyingalliance.org.uk/tools-information

CYP

Self Help

HeadSpace

- Meditation and mindfulness self-help with scientifically proven techniques. App available (personal trainer).

www.headspace.com

CYP

Get Self Help

- Cognitive Behavioural Therapy (CBT) self help info & resources (worksheets, mp3s)

www.getselfhelp.co.uk

CYP

MoodJuice

- Information and self-help for a variety of presenting needs.

www.moodjuice.scot.nhs.uk

CYP

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Internet Safety

UK Safer Internet Centre

- Advice and resources to help children and young people stay safe online.

www.saferinternet.org.uk

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Childnet

- Tips, games and internet safety information for young people
- Advice for parents and carers to help support children and young people in their safe and responsible use of the internet.

www.childnet.com

CYP

ADHD & Autistic Spectrum

ADHD Foundation

- Resources , and advice for young people, parents and schools

https://www.adhdfoundation.org.uk/

CYP

The National Autistic Society

- Advice, information for Autistic Spectrum Condition

www.autism.org.uk

CYP

Child Sexual Exploitation

Child Sexual Exploitation

- 20-30 minute e-learning training course a valuable source of information to find out more about child sexual exploitation, learn the signs and indicators of when a child might be being exploited, understand the impact child sexual exploitation can have on families and to know what to do if you suspect a child might be at risk of this abuse.

http://paceuk.info/about-cse/keep-them-safe/

Note: If viewing in PDF format, clicking on the web address will link you directly to that page.

Phone/Online Support

Suicide

PAPYRUS

Confidential support for young people (under the age of 35) at risk of suicide, or anyone worried about a young person at risk of suicide. Calls and texts are free and do not appear on phone bills.

0800 068 4141 (call) or **07786 209 697** (text)

(lines open weekdays 10am—10pm, weekends 2pm—10pm, bank holidays 2pm—5pm)

www.papyrus-uk.org/ or email: **pat@papyrus-uk.org**

Crisis Support

CYP

Samaritans

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide.

116 123 (lines open 24 hours a day, free to call)

www.samaritans.org

Crisis Support

CYP

CALM (Campaign Against Living Miserably)

Confidential, anonymous and free support, information and signposting for men. Helpline and webchat.

0800 58 58 58 (lines open 5pm - midnight)

www.thecalmzone.net

Crisis Support

CYP

General / Non-Specific Mental Health Advice and Support

Health Services

If you are already accessing mental health services then contact your care co-ordinator, or out of hours/ crisis team after office hours and let them know what's going on.

If you are not accessing mental health services see your GP as soon as possible to discuss your circumstances and mental health needs or call the NHS 111 service to get the most appropriate out of hours support.

In an emergency call 999.

Crisis Support

CYP

The Site.org

Advice, information and support on sex, relationships, drugs, drink, health and wellbeing

www.thesite.org

CYP

Get Connected

Help under 25's with range of issues and can put you in touch with appropriate help/service no matter what the worry.

0808 808 4994

www.getconnected.org.uk

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Childline

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

0800 1111

www.childline.org.uk or email: www.childline.org.uk/Talk/Page/Email.aspx

CYP

Mind Infoline

Confidential mental health information services. Information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy, details of local Minds. Language Line is available for talking in a language other than English.

0300 123 3393 (lines open 9am-6pm Monday to Friday)

www.mind.org.uk/help/advice_lines or email: **info@mind.org.uk**

CYP

Rethink Mental Illness Advice Line

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

0300 5000 927 (lines open 10am-2pm Monday to Friday)

www.rethink.org/about-us/our-mental-health-advice

CYP

The Mix

The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via webchat, phone, email, peer to peer and counselling services.

0808 808 4994 (lines open 11am-11pm, free to call)

www.themix.org.uk/get-support

CYP

SANEline

National mental health helpline providing information and support to people with mental health problems and those who support them.

0300 304 7000 (lines open 6pm-11pm)

www.sane.org.uk/what_we_do/support/helpline

CYP

Elefriends

Elefriends is a supportive online community where you can be yourself. Elefriends is run by Mind.

www.elefriends.org.uk/

CYP

Young Minds

Information for parents/carers and young people about mental health and wellbeing. Free to call

0808 802 5544 (parents/carers helpline; lines open weekdays 9.30am – 4pm)

www.youngminds.org.uk

CYP

Specific Phone/Online Support

Autism

National Autistic Society

For impartial, confidential advice and support on autism for anyone affected by autism.

0808 800 4104

www.autism.org.uk

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Bereavement

CRUSE Bereavement

Offering support to those in crisis following a bereavement.

0844 477 9400 (lines open weekdays 9:30am—5pm/until 8pm Tues, Wed & Thurs)

www.cruse.org.uk/

CYP

Pete's Dragons

Comfort and support to anyone bereaved/affected by suicide.

01395 277 780

www.petesdragons.org.uk/

CYP

Bullying

Bullying UK

Free and confidential helpline for children /adults affected by bullying.

0800 800 2222 (lines open weekdays 9am—9pm, weekends 10am—3pm)

http://www.bullying.co.uk/

CYP

LGBTQI

Switchboard—LGBT+ Helpline

Confidential support to the LGBT+ community from LGBT+ volunteers. Help with whatever you want to talk about. Phone or webchat available.

0300 330 0630 (10am—10pm everyday)

www.switchboard.lgbt or email: **chris@switchboard.lgbt**

CYP

Self-Harm

National Self Harm Network

Survivor-led organisation for people who self harm, and the people around those who self harm.

0800 622 6000

www.nshn.co.uk

CYP

Harmless

User-led organisation for people who self harm, and the people around those who self harm.

www.harmless.org.uk

CYP

Self Injury Support

Supports females affected by self-injury or self-harm. Self help ideas, helpline, resources.

0808 800 8088

www.selfinjurysupport.org.uk

CYP

Specific Phone/Online Support

Armed Forces

At Ease

AT EASE offers information, advice, advocacy and counselling services to Members of the Armed Forces and their families. At Ease has no connection with the Ministry Of Defence. The service is completely confidential.

020 7490 5223 (Sundays only, 5pm - 7pm)

www.atease.org.uk

CYP

Young Carers

Carers Direct (part of NHS Choices)

Advice and support with caring issues

0300 123 1053

Time4U Partnership

Plymouth Young Carer offer to children and young people, provided by Plymouth City Council, Barnardo's and Hamoaze.

01752 668 000

www.plymouthonlinedirectory.com/plymouthlocaloffer/supportforyoungcarers/time4u

CYP

Local Agencies for C&YP

Note: If viewing in PDF format, clicking on the web address will link you directly to that page.

KEY:

Drop-In service for young people

Referral

General mental health support, varied support & signposting

Plymouth Mind

Plymouth & District Mind staff work closely with all levels of mental health professionals, community organisations and networks to improve the quality of life for those with mental health problems, and also to promote positive mental well being.

www.plymouthmind.com

CYP

Plymouth Mental Health Network

Plymouth Mental Health Network helps people suffering from mental illness by providing a local network of providers of mental health support to discuss, share ideas and information, work in partnership, uncover and fill gaps in service provision and influence meaningful change, website includes; resources, information and signposting.

CYP

www.plymouthmentalhealthnetwork.com

Family Matters

Support for various issues including:

bereavement or loss; difficult behaviour; communication breakdown; couple issues; effects of drugs/alcohol/addictions; mental health problems; disengagement from school; trauma; domestic abuse; parenting; young carers; separation/divorce.

http://www.familymatters-plymouth.co.uk/wp-site/

CYP

Child and Adolescent Mental Health Service (CAMHS)

Promote the mental health and psychological wellbeing of children and young people. It provides high quality, multi-disciplinary mental health services to all children and young people with mental health difficulties and disorders to ensure effective assessment, treatment and therapeutic support for them and their families. Number of different teams/services.

Drop in available at most schools

https://www.livewellsouthwest.co.uk/services/child-adolescent-mental-health-services-camhs

CYP

The Zone

Offer a wide range of information, advice, counselling and support services to young people. Drop in service, available 6 days a week (Mon-Sat), supported by a dedicated team of volunteers, offers young people emotional support & information around many issues including housing, sexual health & mental health.

14-16 Union Street, Plymouth, PL1 2SR

01752 206626

https://www.thezoneplymouth.co.uk/

CYP

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General mental health support, varied support & signposting

Young Devon

Various advice and support offered by Young Devon:

e.g. counselling , advocacy , housing, skills & qualifications, mental health, etc. Also offer participation groups where young people join together to understand issues that affect them and find ways to make a change.

Self help tools online.

www.youngdevon.org

CYP

School Nursing Service

Confidential health advice and support on all aspects of children's development, including emotional wellbeing, sexual health, bullying, online safety, drug/alcohol use. Referrals (available on website below) can be made to the school nursing service by the young person themselves, parents, carers or professionals.

www.livewellsouthwest.co.uk/services/school-nursing

CYP

In Other Words

Supporting Children and Young People's aged 8-18 years mental health, In Other Words offers a supported self-governing group with fun activities and ongoing development opportunities to help build confidence, self-esteem and belief in a non-judgemental, confidential, safe and non-clinical environment.

Children's Minds—Families Matter

Support, practical tips and activities for parents/carers who care for children/young people with mental health worries

Rose Taylor **01752 500496**

www.routeways.org.uk/index.php/in-other-words

or email: rtaylor@routeways.org.uk

CYP

Psychology Associates (Saltash)

A leading independent practice comprised of Educational, Clinical and Neuro Psychologists and other clinicians/therapists. Offer assessment, therapy, family support and more.

Note: there may be a cost implication in some services provided.

0845 026 7260

www.psychologyassociates.org.uk or email: **enquiry@psychologyassociates.org.uk**

CYP

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Specific Support

Bereavement

Jeremiah's Journey

A local charity supporting children and young people who have lost or are expecting to loose someone special to them. A range of support is available through Jeremiahs Journey.

www.jeremiahsjourney.org.uk CYP

Family Matters

See Page 12

www.familymatters-plymouth.co.uk/wp-site/ CYP

LGBTQI

Intercom Trust

Intercom Trust is a lesbian, gay, bisexual and trans community resource offering advice, Guidance and Support .

01752 21 04 54 (Helpline: **0800 612 3010**)

www.intercomtrust.org.uk CYP

OUT Youth Group

Safe, friendly and welcoming environment for LGBTQ people (13-25) to socialise, gain support, build networks and celebrate their sexuality.

07774336616

www.plymouthonlinedirectory.com/kb5/plymouth/directory/service.page?id=4YT1yjc97Qk or email: **outyouth@plymouth.gov.uk** CYP

Sexual Abuse / Exploitation

NSPCC Plymouth

- 'Letting the future in' - therapy and support for those who have been sexually abused
- 'Protect and respect' - supports children and young people who have been, or are at risk of being, sexually exploited.
- 'Turn the page' - support in overcoming harmful sexual behaviour

01752 422577

https://www.nspcc.org.uk/services-and-resources/services-for-children-and-families/nspcc-service-centres/ CYP

BASE (Barnado's)

Barnado's Against Sexual Exploitation service.

Prevention of and supporting recovery from episodes of exploitation and trafficking. Support and advocacy for trafficking victims. Help with keeping safe, dealing with relationships and issues affecting individual lives.

01752 875934 CYP

Substance Use (Drugs/Aclocol)

Harbour

Harbour Young People's Service offers help and support to people up to age 18 who may be experiencing, or are at risk of experiencing, harm because of their substance use – Information, Advice and Guidance

01752 434295

www.harbour.org.uk CYP

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Young Carers

Barnados Plymouth (young carers)

Supporting those who look after an adult family member who has a serious illness or disability. Engages with educational services to reduce the risk of social exclusion or underachieving.

01752 770321

www.barnardos.org.uk/young-carers-plymouth/service-view.htm?

CYP

Family Matters

See Page 12

www.familymatters-plymouth.co.uk/wp-site/

CYP

Victims of Crime

Plymouth ASB Project

Advocacy and support (emotional/practical) for people experiencing persistent and ongoing anti-social behaviour. Support available beyond the crime. Can help even if the police aren't involved.

01752 424944

www.victimsupport.org or email ASBplymouth@victimsupport.org.uk

CYP

The Zone

Offer a counselling service for victims of ANY crime. See page 17.

14-16 Union Street, Plymouth, PL1 2SR

01752 206626

www.thezoneplymouth.co.uk/

CYP

Specific Mental Health Condition

Eating Disorder Service

Advice, support and therapy for eating disorders.

01752 228027

Email: **edsplym@btinternet.com**

CYP

Youth Services / Youth Groups

Targeted Youth Support

Provides support to vulnerable young people in the city by professionally qualified and highly experienced youth workers.

This could involve one to one work with young people to address a range of issues .

https://www.plymouth.gov.uk/youngpeople/youthservices/targetedyouthservices

Targeted Youth Projects & Youth Centres

https://www.plymouth.gov.uk/youngpeople/youthcentres

CYP

Youth Groups

There are various youth services, centres and groups working in the city. Follow the link below (Plymouth Online Directory) to see what is available to you.

www.plymouthonlinedirectory.com/kb5/plymouth/directory/results.action?directorychannel=3_3&sr=0&nh=10

CYP

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Disability (inc. Autistic Spectrum)

Friends and Families of Special Children

The A Team Project

Provides support and regular drop-ins for parents of children on the autistic spectrum and activities for these families to enjoy.

www.friendsandfamilies.org.uk/projects/

Plymouth Information, Advice and Support for SEND

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND

Plymouth Information, Advice and Support for SEND (PIAS) provides information, advice and support relating to Special Educational Needs and Disabilities (SEND) for parents, carers, children and young people within the Plymouth Local Authority area. See Activities & Events Page.

www.plymouthias.org.uk/ CYP

Communication Interaction Team

Work with children and young people up to age 18 with social communication needs (inc. autistic spectrum condition). Can provide advice, support, training and assessment. Referral via The Gateway - school SENCo can assist with this. Referral form available on website below.

01752 668000

www.plymouthonlinedirectory.com/kb5/plymouth/directory/service.page?id=68V_71h7Tro

or email: **gateway@plymouth.gov.uk** CYP

No Limits Youth Group

A youth club that is open for young people aged 11-25 who identify as having an additional need. Range of activities and topics covered. Based at the Southway Youth Centre on a Wednesday night 6pm to 8pm.

07585404012 **01752308607**

www.plymouthonlinedirectory.com/kb5/plymouth/directory/service.page?id=XcTAUtH8HtM Or email: **Kirsty.harris@plymouth.gov.uk** CYP

Me & My Friends Youth Club

A group for young people (age 11+) who predominantly have ASC and ADHD. Access via referral—contact youth services for this.

www.plymouth.gov.uk/youngpeople/youthcentres CYP

Disability and Carers Advice and Support (DIAC)

DIAC provides a free, specialist disability advice, information and support service. The service is for disabled people and carers as well as local statutory and voluntary organisations. DIAC helps disabled people and carers with information about other service providers and supports them to access these services and receive the help needed to lead an independent life.

01752 201065

www.plymouthguild.org.uk

or email: diac@plymouthguild.org.uk

CYP

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Counselling Support

Kooth (Xenzone)

Online counselling for 11—18 year olds. Self-help tools, moderated live chat and online counsellors.

08082 810 155 or **01752 691511**

www.xenzone.com

www.kooth.com

CYP

Eklipse Counselling

Low cost 1-1 counselling for any age. Situated at local libraries.

07891028960

www.eklipseprojects.co.uk

CYP

Plymouth Options (age 16+)

Offer a range of free services to help people manage common mental health problems (e.g. depression, anxiety, emotional distress, panic attacks, OCD, phobias, sexual/relationship concerns).

Can self-refer.

01752 435419

www.plymouthoptions.com

CYP

Simply Counselling

Offers a range of counselling for children, young people, parents and carers. Can self-refer.

01752 560900

www.simplycounselling.org

CYP

The Zone

Offer a counselling service for victims of ANY crime. Support to deal with the immediate impact from any crime and provide ongoing support to help recover from long term harm.

14-16 Union Street, Plymouth, PL1 2SR

01752 206626

https://www.thezoneplymouth.co.uk/

CYP

Notes—Schools offer:

- *Please also note that, as well as the resources and services within this booklet, every secondary school and special school (secondary) has an allocated mental health lead professional that is accessible for information, advice and support. If you are unsure who this allocated individual is please ask your head of year, head of department or a member of senior management.*
- *Young Devon Counsellors are available to each secondary school across the city and most schools have access to a 'Kooth Booth' where young people can access online counselling support. Special schools (secondary) also have access to a counselling provision, although this may not be Young Devon. These provisions can be accessed via the individual schools pastoral procedure.*
- *Each secondary school (including special) can also access a CAMHS Community Worker. This worker can be accessed via the individual schools pastoral procedure.*

CYP

Plymouth University Student?

If you're a Plymouth University Student you can access mental health assessment, referrals, advice and support at the university. The mental health support team can also act as a point of contact for young people while they are waiting for support from other services and provide a counselling service.

The mental health drop-in is held at the Learning Gateway (in Roland Levinsky building) daily between 12:30-1:30.

CYP

Studying at Plymouth Marjon University?

If you are a Marjon student you can also access support with well-being and mental ill health through our Student Support services.

Simply e-mail studentsupport@marjon.ac.uk or 'phone 01752 636891 for an appointment.

You can also self-refer to our campus counselling service – counselling@marjon.ac.uk

CYP

Company Registration No: 3140076
Registered Charity No: 1051757