

Parent and Young People Health & Wellbeing – Self referral

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Introduction

No health without mental health. No education without health education.

Welcome to the Feb 23 Parent/Young person Health Education Directory - Quick guide

This directory is designed to support parents/guardians and young people when looking for advice, guidance and support around health topics

The directory aims to provide a simple outline of what support can be provided along with the details of how to refer into each service

Tara Lewis

School Health Education Specialist



	For who:	Referral methods	Links to any online resources	Contact us
<p>Weight management, healthy eating and physical activity family programmes We offer a free weight management service in Luton from multiple locations, including daytime and evening sessions.</p> <p>Our programmes include a family and child programme and an adult programme. Both programmes focus on healthy eating and physical activity, delivered by a trained nutritionist and personal trainer in a group based environment. The overall aim of the programmes are to support you to eat more healthily and get more active.</p> <p>We also offer free cook and eat sessions within schools, for pupils and parents, supporting healthy eating at home on a budget.</p>	<p>Child and family programme ages 5-15 years.</p> <p>Adults years 16+</p>	<p>Self-referral via telephone (0300 555 4152) or via the Total Wellbeing website.</p> <p>Or you can also be referred by your GP and schools.</p>		<p>For further information or questions please contact: Lydia Gordon-Head Lydia.gordon-head@activeluton.co.uk</p> <p>Lead of Weight Management and healthy eating and nutrition</p>

	For who:	Referral methods	Links to any online resources	Contact us
<p>The Child and Adolescent Mental Health Service (CAMHS) provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems.</p> <p>The service works to provide them with a greater knowledge of their condition and improve coping techniques.</p> <p>We provide help to children and to the wider family, including those with living with foster parents, adopted children and young people living in children's homes. The service may see children and adolescents on their own, with their parents or with their family, and may also see parents on their own.</p> <p>Children, adolescents and their families referred to the service may be experiencing different kinds of problems. These may include:</p> <ul style="list-style-type: none"> • Eating difficulties • Emotional feelings such as those of unhappiness, loneliness • Fears and anxieties • Parents having problems managing their children or feeling that their own difficulties are affecting their children • Relationship problems • Traumatic experiences <p>The service is also available to help children, adolescents and their families with mental health issues related to physical or learning disabilities.</p>	<p>Parents Children Young People</p>	<p>Self-referrals</p> <p>Children and Young People's Mental Health Service (CAMHS) 01582 748140</p> <p>Referrals to CAMHS can be made by contacting your GP or a teacher who can make a referral on your behalf if you are over 16 or with the consent of an adult you trust. Professionals can make a referral to CAMHS by completing the "Professionals" form below. Professionals include the following: GPs, Social Workers, Teachers or other Health Professionals. By contacting your GP or other professional to make the referral they will be able to collect all the details required on your behalf to make sure that the CAMHS team can deal with your referral as swiftly as possible.</p>	<p>Website</p> <p>AMHS (South Bedfordshire and Luton) This is a short film describing how anyone can make a referral to CAMHS - young people and children, parents, carers, people that work in schools or other concerned adults:</p> <p>How to refer into service</p>	<p>Crisis Support Need help now? Mental Health Crisis Care is available 24 hours a day, seven days a week.</p> <p>We have fully trained professionals ready to support young people experiencing a mental health crisis. This is available 24 hours a day all year round by calling the following numbers. All numbers are free to call, you won't be charged:</p> <p>If you live in Luton call NHS 111 & ask for 'Option 2'</p>

CHUMS



	For who:	Referral methods	Links to any online resources	Contact us
<p>Anxiety This intervention provides parents with anxiety management skills and strategies to support their child. It uses literature from “Helping Your Child with Fears and Worries” by Cathy Creswell and Lucy Willetts and incorporates Cognitive Behavioural Therapy techniques. Up to 8 Sessions</p>	<p>For Parents of children aged 11 years or under</p>	<p>Email or telephone. Please see Contact us section.</p>		<p>Team email address: southfw@chums.uk.com</p> <p>01525 863924 Service manager – Oonagh Fowler Oonagh.fowler@chums.uk.com</p>
<p>Challenging Behaviour This intervention provides parents with techniques designed to promote positive behaviour in children and overcome challenging behaviour. Up to 7 Sessions.</p>	<p>For Parents of children Under 7 Years of Age</p>	<p>.Please see Contact us section</p>		<p>Team email address: southfw@chums.uk.com</p> <p>01525 863924 Service manager – Oonagh Fowler Oonagh.fowler@chums.uk.com</p>




<p>Sleep One off, 2-hour workshop for parents of children between 4-12 years of age, which focuses on why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to overcome sleep problems.</p>	Parents under 12	Please see Contact us section		<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/ Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/ If you have any questions, please email: fwteam@chums.uk.com</p>
<p>Resiliency primary One off, 2-hour workshop for parents of children in primary school. Explores the following topics: mental health vs. mental health problems, emotional regulation, psychoeducation on anxiety and low mood, strategies for relaxation.</p>	Primary School Parents	Please see Contact us section		<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/ Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/ If you have any questions, please email: fwteam@chums.uk.com</p>




<p>Resiliency secondary One off, 2-hour workshop for parents and children in secondary school. Explores the following topics: mental health vs. mental health problems, emotional regulation, psychoeducation on anxiety and low mood, strategies for relaxation</p>	Secondary School Parents	Please see Contact us section		<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/</p> <p>Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/</p> <p>If you have any questions, please email: fwteam@chums.uk.com</p>
<p>Self-esteem primary One off, 2-hour workshop for parents of children between 5-12 years of age, which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person</p>	Parents for under 13years	Please see Contact us section		<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/</p> <p>Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/</p> <p>If you have any questions, please email: fwteam@chums.uk.com</p>



<p>Self-esteem secondary One off, 2-hour workshop for parents and young people aged 13+, which equips teenagers with an understanding of self-esteem and tools to build confidence through thought challenging, relaxation and activities to celebrate strengths and successes. This workshop also offers parental tips for building self-esteem in adolescence.</p>	Parents of 13yrs+	Please see Contact us section		<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/</p> <p>Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/</p> <p>If you have any questions, please email: fwteam@chums.uk.com</p>
<p>Transition primary Available during the Summer Holidays. One off, 2-hour psychoeducation workshop for parents that provides anxiety and behavioural strategies based on guided self-help to help children with transitions to new schools / reintegration back to school.</p>	Primary	Please see Contact us section		<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/</p> <p>Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/</p> <p>If you have any questions, please email: fwteam@chums.uk.com</p>

<p>Transition secondary Available during the Summer Holidays. One off, 2-hour psychoeducation workshop for children and parents, that provides anxiety strategies based on guided self-help to help children with transitions to new schools / reintegration back to school.</p>	Secondary	Please see Contact us section		<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/</p> <p>Please visit our website for workshop dates and times: https://chums.uk.com/fwt_workshops/</p> <p>If you have any questions, please email: fwteam@chums.uk.com</p>
<p>Anxiety Workshop One off, 2-hour workshop for parents of children under 12 years of age, exploring emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.</p>	Parents under 12yrs	Please see Contact us section		<p>Individuals can self-refer to this workshop. Please complete our online registration form: https://chums.uk.com/fwt_workshops_form/</p>
<p>Luton All Women's Centre (LAWC)</p> <div style="text-align: center;">  <p>LUTON ALL WOMEN'S CENTRE</p> </div>				
	For who:	Referral methods	Links to any online resources	Contact us
<p>Domestic abuse, honour based violence, forced marriage Support any woman affected by trauma such as domestic abuse, forced marriage, honour based abuse, FGM, childhood sexual abuse</p>	<p>Female parents/guardians only (Aged 18+)</p>	<p>Call 01582 416783; email support@lawc.org.uk or send an enquiry via our website: www.lutonallwomenscentre.org.uk/contact</p>	<p>Lots of information available @ www.lutonallwomenscentre.org.uk</p>	<p>Sarah Loftus – Services Manager</p>



Luton Sexual Health Services				
				
	For who:	Referral methods	Links to any online resources	Contact us
<p>We offer free, confidential, non-judgemental advice and support for young people. People of any age are welcome to access Luton Sexual Health clinic sessions, at any time or location.</p> <p>If you have any concerns or questions about sexual health, no matter what age you are, we can help.</p> <p>We offer free, friendly and confidential access to:</p> <ul style="list-style-type: none"> • information and advice on any sexual health issue or concern • one-to-one support • self-esteem, sex, relationships and sexual health choices support • advice on safer sex and reducing risks • a full range of contraception methods, including emergency contraception ('the morning after pill') • pregnancy testing • non-judgemental support and advice around pregnancy options • referrals for abortion • signposting to maternity services • testing and treatment for sexually transmitted infections (STIs) and genital symptoms • information and advice about HIV • HIV testing • testing and treatment for chlamydia • free condoms for clients attending Luton Sexual Health • the C-Card scheme 	Young people under the age of 24 yrs.	Online booking here	LSHS Website	<p>1st Floor Arndale House, The Mall, Luton, LU1 2LJ</p> <p>Switchboard 01582 497070</p>

PREVENT

Luton

		For who:	Referral methods	Links to any online resources	Contact us
Prevent Radicalisation and Extremism	Act Early – Action Counters Terrorism	Parents/guardians	https://actearly.uk/ Helpline – 0800 011 3764		Stephanie Golby - LBC
Prevent Radicalisation and Extremism	Educate Against Hate	Parents/guardians	https://educateagainsthate.com/category/parents	Yes	Stephanie Golby - LBC

Reflect




	For who:	Referral methods	Links to any online resources	Contact us
<p>What is reflect? Reflect is a free, confidential and 24/7 text support service for anyone in the UK who needs advice or help. It is delivered by trained volunteers and clinicians who are available around the clock to listen and support anyone who is feeling anxious, lonely, overwhelmed or not quite themselves. It is part of the wider network of Shout services across the UK.</p> <p>How does reflect work?</p>	<p>Who is reflect for? The service is focused on supporting young people aged 11-25. However, there is no age limit on who can use reflect across Bedford Borough, Central Bedfordshire, Luton and Milton Keynes</p>	<p>How does reflect work? To start a conversation, anyone can text (please don't WhatsApp!) the word reflect (upper or lower case) to 85258. The service is free, anonymous and does not show up on phone bills.</p> <p><u>After sending the first message</u>, texters receive</p>	<p>SHOUT</p>	<p>To start a conversation, anyone can text (please don't WhatsApp!) the word reflect (upper or lower case) to 85258. The service is free, anonymous and does not show up on phone bills.</p>

<p>To start a conversation, anyone can text (please don't WhatsApp!) the word reflect (upper or lower case) to 85258. The service is free, anonymous and does not show up on phone bills.</p> <p><u>After sending the first message</u>, texters receive four automated text messages before being connected to a trained volunteer. There is an aim to connect young people in greatest need within five minutes all others within 30 minutes. At busy times it can take longer.</p> <p><u>By text message</u>, the volunteer will introduce themselves and ask the texter to share a bit more about how they are feeling. They will only need to share what they feel comfortable sharing – the volunteer will listen without judgement. Conversations tend to last up to one hour.</p> <p><i>Will I be charged to use reflect?</i> No. It is free to text from all major UK networks: EE, O2, Three and Vodafone. These also include BT Mobile, Tesco Mobile, Virgin Mobile, iD Mobile, Sky, Telecom Plus, Lebara and GiffGaff. Some <u>Android phones</u>, including the Samsung Galaxy, may issue a warning that you will be charged for sending a message. Provided you are on one of the networks listed above, this warning is incorrect, and you will not be charged.</p> <p><i>Why use reflect?</i> The goal of a conversation through reflect is to help texters reach a place of calm, with a plan of how to support themselves going forwards. As well as listening, volunteers may provide further resources or tools to help the texter access further expert support. The conversation will only end when the volunteer is sure the texter is calm and feeling better.</p> <p>Reflect can help with issues such as:</p> <ul style="list-style-type: none"> • Anxiety • Bullying • Depression • Loneliness or isolation • Money worries 		<p>four automated text messages before being connected to a trained volunteer. There is an aim to connect young people in greatest need within five minutes all others within 30 minutes. At busy times it can take longer.</p> <p><u>By text message</u>, the volunteer will introduce themselves and ask the texter to share a bit more about how they are feeling. They will only need to share what they feel comfortable sharing – the volunteer will listen without judgement. Conversations tend to last up to one hour.</p> <p><i>Will I be charged to use reflect?</i> No. It is free to text from all major UK networks: EE, O2, Three and Vodafone. These also include BT Mobile, Tesco Mobile, and Virgin Mobile, ID Mobile, Sky, Telecom Plus, Lebara and GiffGaff. Some <u>Android phones</u>, including the Samsung Galaxy, may issue a warning that you will be charged for sending a message. Provided you are on one of the networks listed above, this warning is incorrect, and you will not be charged.</p>		
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<ul style="list-style-type: none">• Relationship problems• Self-harm• Stress• Suicidal thoughts or feelings				
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Resolutions YP Hub				
				
	For who:	Referral methods	Links to any online resources	Contact us
<p>Substance misuse Young Persons drug and alcohol support – one to one support to make healthier choices for mental and physical health</p>	<p>Children and young people 7 years old up to 25 years of age.</p>	<p>https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/yp</p> <p>This is the YP Hub Resolutions website where links to support and also referrals are available.</p> <p><u>Alcohol help line for all members if the public:</u></p> <p>https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/alcohol-helpline</p> <p>Freephone helpline: 08081753063</p> <p>Support is available over the phone on:</p> <ul style="list-style-type: none"> Monday and Thursday, 5pm – 8pm Wednesday and Saturday, 10am – 3pm 	<p>Family and Friends</p> <p>Young People</p>	<p>0800 0546 603</p> <p>Switch board number</p> <p>Ask for the YP and Family Hub Service</p>



<p>Support for those affected by others substance use- under 18</p>	<p>Children up to 18 years of age</p>	<p>https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/yp</p> <p>This is the YP Hub Resolutions website where links to support and also referrals are available.</p> <p>Direct referral link</p> <p>https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/referrals</p>		<p>0800 0546 603</p> <p>Switch board number</p> <p>Ask for the YP and Family Hub Service</p>
<p>Family Support Service, for those affected by others substance use- over 18</p>	<p>Adults aged 18 and above</p>	<p>https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/family-friends-carers</p> <p>This is the YP Hub Resolutions website where links to support and also referrals are available.</p> <p>Direct referral link</p> <p>https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/referrals</p>		<p>0800 0546 603</p> <p>Switch board number</p> <p>Ask for the YP and Family Hub Service</p>

Strong soul Fitness CIC

	For who:	Referral methods	Links to any online resources	Contact us
School led collaborative partnerships through boxing and fitness to improve young people's attitude, tackle bullying and discrimination among peers, prevent criminality and improve mental health in schools and in the community. Empower the younger generation to make the right choices by encouraging team work and mutual respect, increase confidence and self-worth. 1:1 personal sessions also offered	Children, Young people and adults. To include primary and secondary.	Email: strongsoulfitness1@gmail.com		Des Dennis strongsoulfitness1@gmail.com

Solihull Approach Parenting Course



	For who:	Referral methods	Links to any online resources	Contact us
<p>Solihull approach - free online learning FREE online learning for ALL parents, carers and grandparents living in Luton who care for children and teenagers. Designed to help you recognise emotions in yourself and your child that bring changes in behaviour, the learning is split into five sections:</p> <p>Solihull - Understanding your Pregnancy Solihull - Understanding your Baby Solihull - Understanding your Child Solihull - understanding your child with additional needs Solihull - Understanding your Teenager</p>	All parents, Carers	<p>Log on via: www.inourplace.co.uk</p> <p>Sign up and when prompted apply the access code: HATTERS</p> <p>The programme is being introduced in the borough by Luton Council's Flying Start and Luton 0-19 Children's Community Health Services with a particular emphasis on fathers, and is available in English and Polish with audio options also available in English and Urdu.</p>	www.inourplace.co.uk	

TOKKO Youth Space



	For who:	Referral methods	Links to any online resources	Contact us
Just Like Me SEND project OK2B Project Young Parents Project Ladies With (positive) Attitude (LWA) Lifewise Programme (restorative wellbeing, 1:1) Interact (Youth Social Action) Counselling Youth Drop-in Freedom Programme: Freedom for Children (ages 4-14) Freedom (ages 14-19 up to 25 w/SEND) Freedom for Perpetrators (ages 14-19 up to 25 w/SEND)	Young people aged 13-25yrs with SEND LGBTQI+ Young people aged 13- 19yrs Young parents aged up to 24yrs. Children up to 5yrs Female Young people aged 13-19yrs Young people aged 13-19yrs Young people aged 13-19yrs Young people aged 10-18yrs Young people aged 13-19yrs Young people, various ages	<ul style="list-style-type: none"> Website referral form https://tokko.co.uk/tokko-project-referral-form/ Call in 01582 544990 	https://tokko.co.uk/our-projects/support-projects/	W: www.tokko.co.uk E: info@tokko.co.uk T: 01582 544990



	For who:	Referral methods	Links to any online resources	Contact us
<p>Wellbeing Online Workshops</p> <p>Register to our online workshops</p> <p>The Talking Therapies team are running a series of webinars to support you with a range of wellbeing and emotional health issues including;</p> <ul style="list-style-type: none"> Managing Anxiety and Worry Wellbeing Whilst Working Mindfulness Sleep <p>In addition to these we have a number of other topics such as Body Image, Low Mood, Assertiveness, Loneliness & Isolation and many more.</p> <p>Click on the button below to check current topics, dates and book yourself for any of our workshops. Scroll on down to read more about each workshop.</p> <p>About the sessions</p> <p>You can watch all of the workshops on a computer, laptop or your mobile phone.</p> <p>The workshops will take the form of presentations with slides.</p> <p>You only need to watch and listen and no-one will be able to see you.</p>	<p>All of our workshops are FREE and open to anyone aged 16 years or older who is registered with a GP surgery in the Luton area.</p>	<p>Self-referral through website</p> <p>Book here</p>	<p>Total wellbeing website</p> <p>https://www.totalwellbeingluton.org/home</p>	<p>How you can get in touch</p> <p>Call us on 0300 555 4152 for general enquiries</p> <p>Refer yourself via our online assessment form</p> <p>Email us at info@totalwellbeingluton.org</p> <p>We're available 8am to 8pm Monday to Friday and 9am - 4pm on Saturday (see address further down this page)</p>

Women's Aid in Luton



	For who:	Referral methods	Links to any online resources	Contact us
<p>Domestic Abuse support Women's Aid in Luton is a voluntary organisation supporting women and children who fall victim to domestic abuse. They offer support and guidance to women and children from all backgrounds and circumstances, this could be just being someone to listen or to offer complete support in breaking away and starting again. They offer a helpline and drop-in support groups.</p> <p>They provide support, information, guidance, and safe accommodation for women and children who have suffered from or are exposed to gender-based violence. They offer practical help, emotional support and/or a temporary safe place to be, enabling women to have thinking time and an opportunity to prepare for a new life. They are also committed to raising awareness of domestic abuse and its effects within the community.</p> <p>Their refuges allow women access to peer support groups, education, one to one sessions with trained staff and access to legal advice. The children's service is a vital part of Women's Aid in Luton, with trained and skilled support workers able to work with the children that come into refuge to allow them to come to terms with their experiences.</p> <p>We also deliver awareness training to external stakeholders</p>	<p>Parents Providing Domestic Abuse Advice and Support</p> <p>Providing access to refuge provision in Luton and nationally for single women and women with children</p> <p>Young People</p> <p>Age: 10-18</p> <p>Offer of awareness presentation/ workshop to staff or students in secondary schools to promote Healthy Relationships and recognise the signs of Domestic Abuse.</p>	<p>Self-referral or via a professional</p> <p>Phone: 01582 391856 Email: info@womensaidinluton.org</p> <p>www.womensaidinluton.org www.womensaid.org.uk</p>	<p>www.loverespect.co.uk</p> <p>https://enough.campaign.gov.uk</p> <p>Quizzes to start discussions about what healthy relationships look like, real life stories, advice and signposting to get help.</p> <p>Suitable for secondary school age and above.</p>	<p>Donna Matthews – Children's Development Worker Email: donna@womensaidinluton.org</p>

Mental health resources for children, students, parents and carers

General information relevant to children and young people's wellbeing and mental health

These resources are dedicated to children and young people's general mental health and wellbeing, with a particular focus on mindfulness with developing coping skills in young people.

- **[Student Space](#)** is here for students through coronavirus. However you're feeling, help and guidance is available. Explore a range of trusted information, services and tools to help you with the challenges of student life. You can use their [search tool](#) to find the services available at your university.
- **[NHS Apps library](#)** helps people find apps and online tools to help manage their health and wellbeing. For example:
 - **[Calm Harm](#)*** is designed to help people resist or manage the urge to self-harm.
 - **[Catch it](#)*** helps people manage feelings like anxiety and depression and improve mental wellbeing.
 - **[The Student health app](#)** is designed to reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student.
 - **[Thrive](#)** * helps you prevent and manage stress, anxiety and related conditions.
 - **[Students Against Depression](#)*** is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.
 - **[Togetherall](#)*** is available for students at eligible universities and colleges who are feeling stressed, anxious, low or not coping. It provides an anonymous online community who share troubles and support each other. It is a safe space as it is moderated by trained professionals who are available 24/7.
- Mind Ed advice and resources for families on supporting children's mental health. and low mood) and the **[Coronavirus Staff Resilience Hub](#)**.*
- **[BBC's wellbeing resources](#)** for families.
- Young Minds: **[a letter about how I'm feeling](#)**: worksheet to help pupils express their feelings and understand what may have triggered them. For use with pupils in school or at home.
- **[NHS](#)**:*Mental Health Helplines for Urgent Help - NHS 24-hour advice and support for you, your child, your parent or someone you care for. Help is available to speak to a mental health professional.
- **[NHS IAPT](#)**:* free online NHS adult psychological therapies, such as cognitive behavioural therapy (CBT), for common problems involving stress, anxiety and depression. IAPT services can be accessed either through a self-referral by contacting your **[Local IAPT](#)** or via your GP.
- **[Cruse Bereavement Care](#)**:* Coronavirus, Bereavement and Grief online information, advice and support. Helpline: 0808 808 1677.
- **[Headspace](#)**:* Headspace for Educators offers educators access to free mindfulness and meditation exercises and resources for every age group, and a free Headspace Meditation App.
- The Mix: Visit **www.themix.org.uk/** or call 0808 808 4994

Advice and information to help with any issue affecting young people under 25, including access to counselling.

- Childline: Visit **www.childline.org.uk** or call 0800 1111

Online advice through an app or desktop site, help with coping strategies, message boards, "ask Sam" feature, 24/7 online 1-2-1 Counselling and Freephone helpline for young people up to the age of 19

- Papyrus:

Visit **www.papyrus-uk.org** or Tel: 0800 068 41 41 / Text: 07786 209 697 / Email: pat@papyrus-uk.org

Advice and guidance for young people through 'Hopeline' who are overwhelmed, not coping with life and thinking of suicide