

Helpful Resources

Here is a general selection of helpful resources that could be considered with individual children, young people & their families.

If a family member/carer or a professional become concerned about this individual's ability to maintain their own or others safety, then those with such concerns are advised to promptly contact a GP or access an appropriate emergency service (999, A&E or Social Care provision).

ADHD, ASC and other learning, communication or behavioural difficulties

- **ADDISS** provide information and resources about ADHD to anyone who needs assistance, such as parents, sufferers, teachers or health professionals. Please visit their website at: www.addiss.co.uk
- **ADHD Foundation** works in partnership with individuals, families, doctors, teachers and other agencies to improving emotional wellbeing, educational attainment, behaviour and life chances through better understanding and self-management of ADHD. Please visit their website at: www.adhdfoundation.org.uk
- **ADHD North West** provides a free support service to empower and improve the wellbeing of individuals and families affected by an Attention Deficit Disorder and associated conditions. Please visit their website at: www.adhdnorthwest.org.uk
- **Beyond Autism** is a donation funded organisation, the purpose of which is to improve the lives of autistic people and their families living in Cheshire and Chester. They provide a termly newsletter, library of books, information line, autism carers groups (Chester and Northwich) and meetings with statutory agencies for parents. 01606 783 295 cheshirewest@nas.org.uk Website: <http://www.nas-cheshire.org.uk/>
- **B.I.R.D.** is a local charity that work with children (& adults) with learning difficulties and with complex needs due to mild learning or behavioural difficulties – and for those who have not had a formal ASC/ ADHD diagnosis. Contact via: 0800 028 62 56. Please visit their website at: www.birdcharity.org.uk
- **National Autistic Society** are the UK's largest provider of specialist autism services. Please visit their website at: www.autism.org.uk
- Information on Sensory Processing '**Ready to Learn**' can be found at <https://cwc-live.occsites.co.uk/Documents/Download/105/OT-Pack-Ready-to-Learn> There is also an online sensory course at <https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/sensory-differences---online-learning> and in addition there is **Making Sense of Sensory Behaviour** at https://www.nhsggc.org.uk/media/1626/making-sense-of-sensory-behaviour_falkirk-booklet.pdf
- **Brain In Hand** - If you are autistic, awaiting assessment or think you are autistic, Brain in Hand could be for you. It's free and only takes a few minutes to apply. Using Brain in Hand can help you increase your confidence and independence. It makes it easier to manage anxiety, solve problems and do the things that matter to you. Please visit at <https://braininhand.co.uk/cheshire-west-and-chester/>
- Free training for parents and carers about supporting people with learning difficulties and autism are available from **CANDID (Centre for Autism Neurodevelopmental Disorder and Intellectual Disability)** at <https://www.canddid.nhs.uk/training>



- **Daisy Chain** is a National support line aimed at providing support and services to those who display traits associated with an autistic spectrum disorder, sensory processing differences and attention deficit disorder. The service is for those pre, during and post diagnosis. The team can be contacted on 0800 031 5445.
- **PDA Society** provides information, support and training for parents, carers, teachers and individuals with PDA. Please visit their website at: www.pdasociety.org.uk
- **Smart Bright Training** delivers SEND & Sensory Training, workshops and individual support to families and practitioners across Cheshire, North Wales, Shropshire, Staffordshire, Lancashire and Cumbria. www.smartbrighttraining.co.uk
- **Chaps** is a charity offering advice, practical support and services for all families across Cheshire whether you have a diagnosis of Autism or not. They include events, activities, socialising opportunities, and much more. Please visit <https://www.cheshireautism.org.uk/>
- **Cheshire Young Carers** support young carers across Cheshire in three key areas, school holiday respite programmes, individual & group support and working with schools/colleges to provide specialised support. Young carers are defined as a child aged between 6-18 who cares for a family member they live with. Please visit <https://www.cheshireyoungcarers.org/>
- **UKAP** aims to support clinicians and allied professionals to identify and meet the needs of children and young people affected by this disorder. Please visit their website at: www.ukadhd.com
- **Youth Fed** support is targeted towards supporting young people who have autism or other learning difficulties, for example, dyslexia, ADHD, dyspraxia, dyscalculia, dysgraphia, auditory processing disorder, language processing disorder. Email: emma.ward@youthfed.org Website: <https://youthfed.org.uk/>
- **Koala** exists to provide children and their families with tailored practical and emotional support that improves wellbeing, reduces isolation and supports both children and caregivers to thrive. Call: 0151 608 8288 or visit: <https://koalanw.co.uk/contact>. Services for Blacon and Lache include:
Sleep Service- Supporting families who have a child aged 1 to 11 years old, where poor sleep routines are having a significant impact on the whole family, often also resulting in learning and behavioural issues. The Sleep Better Course is offered by 'Koala North West' to parents or carers of a child between the ages of one to eleven years old, including those with complex needs, ASD, or ADHD. To find out more, please call on **0151 608 8288**
- **Autism Incredible Years-** Building parent confidence in supporting their child with social communication difficulties. For parents of a child aged 2-9 years old who is on the Autistic Spectrum Disorder pathway or already has a diagnosis of autism. 'Autism Incredible Years' operates in a group setting, with sessions running on a weekly basis. Parents who want to better understand their child, get an opportunity to share strategies and ideas with others in the same position.
- **Empower Us-** Supporting parents of children with a neurodiverse condition by offering a wide range of support services. Helping families to cope with the emotional rollercoaster of parenting, as well as the practical implications of having a child with additional needs. Supporting those who live in Wirral, Ellesmere Port or Neston, the 'Empower Us' project is for families of children aged 2-11 years old, who have a neurodiverse condition.
- **Cheshire Information and Advice Service** are impartial and knowledgeable, and support families with SEN school related advice. <https://cyp.iassnetwork.org.uk/service/information-advice-and-support-service/> Email: iasservice@cheshirewestandchester.gov.uk Telephone: 0300 123 7001

Anxiety, Low Mood & Depression

- **Anxiety Canada** (formerly Anxiety BC) offer tools and resources to help better manage anxiety. Please visit their website at: www.anxietycanada.com. Additionally, this organisation also offers an app called MindShift™, aimed at helping teens and young adults cope with anxiety.
- **AnxietyUK** provide support and help if you've been diagnosed with or suspect you may have an anxiety condition. Please visit their website at: www.anxietyuk.org.uk
- **Charlie Waller Memorial Trust** provide self-help resources for young people, families/carers and professionals on depression, emphasising that talking about it is the first step. Please visit their website at: www.cwmt.org.uk
- **Moodjuice** is designed to help you think about emotional problems and work towards solving them. Please visit their website at: www.moodjuice.scot.nhs.uk
- **Positive Penguins** offers an educational app developed for children to help them understand why they feel the way they do and help them to challenge their negative thinking. Please visit their website at: www.positivepenguins.com

Apps (from <https://www.nhs.uk/apps-library/>)

- **Beat Panic** – Overcome panic attacks and anxiety wherever you happen to be – Cost £0.99
- **Big White Wall** – Get round the clock support from therapists to help cope with stress and anxiety
- **Blue Ice** – This app helps young people manage their emotions and reduce urges to self-harm
- **Calm Harm** – Reduces urges to self-harm and manage emotions in a more positive way
- **Catch It** – Learn to manage negative thoughts and look at problems differently
- **Chill Panda** – Use breathing techniques to help you relax more, worry less and feel better – Cost Free
- **distrACT** – quick and discreet access to information and advice about self-harm and suicidal thoughts
- **eQuoo: Emotional Fitness Game** – Use adventure games designed by psychologists to help you increase your emotional fitness – Cost Free (with in-app purchases)
- **Feeling Good: positive mind set** – Use audio tracks to help relax your body and mind and build your confidence – Cost Free (with in-app purchases)
- **My Possible Self: The Mental Health App** – Learn how to manage fear, anxiety and stress and tackle unhelpful thinking – Cost Free (with in-app purchases)
- **SilverCloud** – An eight-week course to help you manage stress, anxiety and depression at your own pace - – Cost Free
- **Sleepio** – An online sleep improvement programme, clinically proven to help you fall asleep faster
- **Sleepstation** – Connect with a team of sleep experts to help you fall asleep or stay asleep through the night – Cost Free with GP referral
- **The Baby Buddy App** - Baby Buddy is an app by Best Beginnings for new parents and parents-to-be. It's fun with useful features to help support and guide you through your pregnancy and the first six months of your baby's life. It will support you on your emotional, physical and social journey to becoming a new parent. Baby Buddy can be downloaded for iPhone, iPad and Android. If you don't have a smartphone, you can visit [Best Beginnings - Let's Get Started](#).
- **Thrive** – Use games to track your mood and teach yourself methods to control stress and anxiety
- **WorryTree** – Notice, record and manage your worries using cognitive behavioural therapy techniques.

Bereavement & Loss

- **Amparo** offers support for people affected by suicide in Cheshire and Merseyside, Lancashire, South Yorkshire, Kent and Medway. Amparo is not a counselling service, but it does provide emotional and practical support. Experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters such as: dealing with police and coroners; helping with media enquiries; preparing for and attending inquest and helping you to access other, appropriate, local support services please visit <https://amparo.org.uk/>
- **Care for the Family** is a national charity which aims to promote strong family life and to help those who face family difficulties, offering Marriage Support, Parent Support and Bereavement Support. Contact via: 029 2081 0800. Please visit their website at: www.careforthefamily.org.uk
- **Child Bereavement UK** supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Contact via: 0800 02 888 40. Please visit their website at: www.childbereavementuk.org
- **Elsie Ever After** – Everyone, regardless of location or circumstance can access bereavement support of their choice – local to Cheshire they can be contacted on 07394 070 403, www.elsieeverafter.org.uk
- **Grief Encounter** support bereaved children and their families to help alleviate the pain caused by the death of someone close. Contact via: 020 8371 8455. Please visit their website at: www.griefencounter.org.uk
- **Hope Again** is the youth website of Cruse Bereavement Care. It is somewhere that you can learn from other young people, how to cope with grief, and feel less alone. Contact via: 0808 808 1677. Please visit their website at: www.hopeagain.org.uk
- **Riprap** offers support to teenagers who have a parent with cancer. Please visit their website at: www.riprap.org.uk
- **SANDS** support anyone who has been affected by the death of a baby before, during or shortly after birth – phone 07570 054154 – email chester.sands@aol.co.uk
- **Winston's Wish** offers support to children and young people after the death of a parent or sibling. Please visit their website at: www.winstonswish.org

Bullying

- **Bully Busters** help and support children, young people, parents or professionals who are having difficulties dealing with bullying. Confidential freephone helpline, Tel: 0800 169 6928 or visit their website at www.bullybusters.org.uk
- **Bullying UK** offers support via a helpline and extensive advice on their website. Contact via: 0808 800 2222. Please visit their website at: www.bullying.co.uk
- **Ditch The Label** combat bullying by tackling the root issues, offering support to young people aged 12-25 via a team of digital mentors are trained to help young people also navigate through issues related to bullying, such as improving mental health, body image, coming out and building confidence and self-esteem. Please Visit their website at: www.ditchthelabel.org/about

Crisis & Suicidal Thoughts Support

- **HOPELINEUK** work with you to understand why thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe. For more information please visit: www.papyrus-uk.org/hopelineuk/ or to use this service Call: 0800 068 4141, Text: 07860039967 or Email: pat@papyrus-uk.org
- **Samaritans** is a confidential emotional support service for anyone in the UK. Contact via: 116 123. Please visit their website at: www.samaritans.org
- **Shout: for support in a crisis** is a free, nationwide, text-based, 24/7 service for people experiencing crisis. For more information about using this service please visit: www.giveusashout.org/about-shout/ or to use this service text "Shout" to 85258.

Counselling & Self-Help

- **ChildLine** offers free professional, confidential counselling for children using their 1-2-1 Chats service between 07:30-03:30. You can contact them directly on 0800 1111. Alternatively, please visit their website at: childline.org.uk
- **HealthboxCIC** are a not-for-profit community interest company made up of a team of dedicated individuals from a variety of backgrounds that provide health and wellbeing centred services in our local communities in and around Cheshire. They exist with the mission of promoting health and wellbeing to individuals and groups by empowering them to make healthier choices easier. Professional referrals taken from professionals such as G.P.'s, School and health Services. Phone [0151 355 0205](tel:01513550205)
Email info@healthboxcic.com – Website: <https://www.healthboxcic.com/>
- **IAPT and single point of access for mental health** offers support for individuals aged 16+ with common mental health problems. Please visit their website at: www.cwp.nhs.uk/services-and-locations/services/central-cheshire-wellbeing-hub/ Telephone on 0151 488 8348 or email at cwp.referralsPCMHT@nhs.net
- **Koala** exists to provide children and their families with tailored practical and emotional support that improves wellbeing, reduces isolation and supports both children and caregivers to thrive. Call: 0151 608 8288 or visit: <https://koalanw.co.uk/contact>
- **Kooth** offer "free safe and anonymous" online counselling support for young people. Please visit their website at: www.kooth.com
- **Platform for life** is a Chester based charity that offers free of charge counselling services to families struggling with poor mental health who are unable to afford private therapeutic services if NHS services are not available. Offering services for Counselling, Coaching, Play Therapy & Parent work, to those who live in or have a G.P. based in Blacon and Lache. They accept referrals from GPs, health care professionals, schools and other local organisations working in the community. Parents/carers can also self-refer themselves or another family member directly. Please visit <http://platformforlife.org.uk> or contact **Tel: 07552219806** or info@platformforlife.org.uk
- **The Mix** offers support to anyone under 25 about anything that's troubling them. Email support available via their online contact form. Free 1-2-1 webchat service available. Free short-term counselling service available. **Opening times: 4pm - 11pm, seven days a week 0808 808 4994**

- **Young Minds** is the UK's leading charity fighting for children and young people's mental health. Please visit their website at: www.youngminds.org.uk

Young Minds Textline- Text YM to 85258 Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support. Opening times: 24/7

- There is also **Queensberry Project** which offers a range of interventions aimed at tackling the root causes of risk-taking activities through direct work that aims to change and challenges young people's mind-sets and behaviours. The Hook is a model of early intervention aimed at young people who, through their behaviours and choices, may be at risk of being involved in criminalised behaviour and exclusion from school. The model also allows for the delivery of intervention to young people who are already engaged with gangs, knife crime and other criminal activity. They can be contacted via Telephone 07769 294 311 or 07813 914 881, via Email info@queensberryap.com or at 24 Ash Street, Northwich, Cheshire, CW9 5LL

Eating Disorders and Body Dismorphia

- **Anorexia and Bulimia Care ABC** provide care, emotional support and practical guidance for anyone affected by eating disorders; those struggling personally as well as parents, families and friends. <https://www.anorexiabulimiacare.org.uk/> **03000 111213.**
- **BDD (Body Dismorphic Disorder) Foundation** Awareness, research and support together, we can relieve suffering for people with BDD, while advancing research, treatments and awareness of the condition.
- **Beat** is the UK's eating disorder charity, offering support and guidance on recognising and accessing help for Eating Disorders. Please visit their website at www.beateatingdisorders.org.uk They also offer parental courses for those struggling with ARFID and run Endeavour – which is an ARFID carer support group.
- **ARFID Awareness UK** – They work to provide individuals, parents, carers and medical professionals with up-to-date relevant information, research and support. Please visit their website at <https://www.arfidawarenessuk.org/>
- **The Birmingham Food Refusal Service** - Birmingham Food Refusal Service - Helping families achieve stress free mealtimes. Parents may worry about the child's dietary intake and weight, and fear that they may become ill. Sadly, help and advice from others may make parents feel guilty or inadequate. Birmingham Food Refusal Service may be able to help parents and professionals through its educational and training courses. This is a private service however may have some useful information and guidance on their website at <http://www.foodrefusal.co.uk/who-we-are.html>
- **Eating Disorders Support** is an organisation providing help and support to anyone affected by an eating problem such as anorexia nervosa, bulimia nervosa or binge eating disorder. It also provides help for those who are caring for or supporting someone with an eating disorder. <http://www.eatingdisorderssupport.co.uk/> Email: support@bddfoundation.org Website: <https://bddfoundation.org/>
Support is provided via a confidential phone helpline, email support, or online self-help group meetings. Telephone 01494 793223 at any time, on any day, Support by email www.support@eatingdisorderssupport.co.uk

Hearing Voices

- **Hearing Voices** offer information, support and understanding to people who hear voices and those who support them. Please visit their website at: www.hearing-voices.org
- **Voice Collective** offer advice and support on the experience of 'hearing voices' and 'perceiving stimuli' which are not actually 'real'. Please visit their website at: www.voicecollective.co.uk/about-voices

LGBT+

- **GIDS** offer a highly specialised clinic for young people presenting with difficulties with their gender identity. Please visit their website at: www.gids.nhs.uk
- **Just Ask LGBT+ Helpline** support, help, and advice on any topic for LGBT+ people or their family and friends.- *Lesbian, gay, bisexual, transgender and questioning* - Box 7, Unity Centre, Cuppin Street, Chester, CH1 2BN Website: <https://www.chesterpride.co.uk/just-ask> Telephone: 01244 257 602/07718066684 – justask@chesterpride.co.uk
- **Technicolour** 14+ One-to-one support, Psycho therapeutic counselling, Social and support groups and Sexual health services for LGBT+ people. Contact Chris Flewitt **01270 653150** or email; health@bpcnw.co.uk
- **Mermaids** provides a range of helpline services supporting transgender youth, up to and including the age of 25. They also support families and professionals. The helpline offers emotional support, a gateway to the parents and young people's forums, information about current legislation and protections under the law, plus signposting to training and resources. The helpline is covered by volunteers between 9am and 9pm, Monday to Friday. Visit www.mermaids.co.uk Text Mermaids to 85258 or call **0808 801 0400**
- **Utopia LGBTQ+ Youth Group** is a youth club for lesbian, gay and bi-sexual (LGBTQ+) young people for people aged 13-19 Please visit <https://www.facebook.com/MaccHub.YSS> or Contact Sue Bradshaw **07794437959**.

Mental Health & General Wellbeing

- **Kids Health** offer doctor-reviewed advice on hundreds of physical, emotional, and behavioural topics. Please visit their website at: www.kidshealth.org
- **Mind** offer advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. Please visit their website at: www.mind.org.uk/information-support
- **MyMind** is run by CWP CAMHS, and has been developed for everyone interested in the mental health and well-being of children and young people across Cheshire and Wirral. Please visit their website at: www.mymind.org.uk
- **SANE** runs a national, out of hours mental health helpline offering specialist mental health support to anyone affected by mental illness, including the family, friends and carers. Contact via: 0300 304 7000. Please visit their website at: www.sane.org.uk

- **Young Minds** is the UK's leading charity fighting for children and young people's mental health. Parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow, and to help them learn to be independent, it can also be really hard work. Please visit their website at: www.youngminds.org.uk

Obsessive Compulsive Disorder

- **OCD Action** support for people with OCD. Includes information on treatment and online resources. Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge Website: www.ocdaction.org.uk
- **OCD UK** is a charity run by people with OCD, for people with OCD. Includes facts, news and treatments. Phone: 0333 212 7890 Website: www.ocduk.org

Parenting/ Family Support

- **Koala North West** provide trained Family Support Mentors who can visit you once a week in your own home, offering flexible support that is tailored to your family's needs. All of our volunteers are parents themselves and have an understanding of the challenges family life can bring.

Individuals and their families can be affected by many situations and conditions that would benefit from our support:

Social isolation and loneliness.

Emotional and mental wellbeing.

Family bereavement.

Disability, complex needs and ill health.

New parents.

Multiple births.

- **Gingerbread** charity working with single parent families. Supporting, advising and campaigning with single mums and dads to help them meet their family's needs. Includes a single parent forum & helpline. Please visit www.gingerbread.org.uk
- **MindEd** offer advice and for parents and carers from trusted experts how best to support your family. Please visit their website at: www.minded.org.uk
- **Parentline plus** is a helpline which offers information, advice, guidance and support on any aspect of parenting and family life. Contact via: 0808 800 2222. Please visit their website at: www.familylives.org.uk.
- **Wishing Well** offers a range of different sessions from Parenting Programmes, One to One Advice and Family Drop-In sessions. Contact them on 01270 256919 or visit www.wishingwellproject.com

Sexual Assault, Vulnerability & Domestic Violence

- **Cheshire Without Abuse** is a Cheshire based charity supporting families affected by domestic abuse. They run the Lily Jones Support Centre, where families can access drop-in advice, legal clinics and a range of support groups and recovery programmes. They also offer counselling and specialist children's support programmes. Please visit www.mycwa.org.uk for more information or call their 24-hour domestic abuse hub on **0300 123 5101** at any time (or dial 01270 250390 if you're calling from another area)

- **Eighteen And Under** offer information and support to young people who have been abused in any way. Please visit their website at: www.18u.org.uk
- **Mosac** charity was established to help all non-abusing parents and carers whose children have been sexually abused including national advocacy. Mosac offer a confidential, supportive, non-judgemental and informative national helpline to all non-abusing parents and carers. Lines are open daily from 10am to 2pm (Monday, Thursday and Friday) and 10am to 6pm (Tuesday and Wednesday) **0800 980 1958**
<https://mosac.org.uk/>
- **National domestic violence helpline** – 24 hour freephone 0808 2000 247
- **Open the door Cheshire** are you or someone you know in a relationship which doesn't quite feel right? You can access support at www.openthedoorcheshire.org.uk
- **Survive** is a charity established to relieve the mental, physical and spiritual suffering caused by all types of abuse. Survive specialise in sexual abuse including rape and provide education and training for those working to alleviate the damaging effects of this abuse. <https://survive-abuse.co.uk/> **01270 253179**.
- **The NSPCC** offer support if there is concern about the impact of gangs and what to do to help protect young people. Contact via: 0808 800 5000. Please visit their website at: www.nspcc.org.uk/preventing-abuse/keeping-children-safe/staying-safe-away-from-home/gangs-young-people/
- **The Rape and Sexual Abuse Support Centre** (RASASC Cheshire and Merseyside) provide support for any adult or child affected by sexual violence on: 0330 363 0063 or via www.rapecentre.org.uk
- **Sexual Assault Referral Centre** (SARC), available to the residents of Cheshire, offer forensic and medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted on: 0161 276 6515 or via www.cheshiresarc.org.uk
- **Women's Aid** is the national charity working to end abuse against women and children. Please visit their website at: www.loverespect.co.uk

Self-Harm Behaviours

- **Alumina** offer a free online Self-harm support for 14-19's. Alumina is a free, online 7-week course for young people struggling with self-harm. Each course has up to 8 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. Website: <https://www.selfharm.co.uk/>
- **Harmless** is a user led organisation that provides a range of services about self-harm including support and information to people who self-harm, their friends and families and professionals. Please visit their website at: www.harmless.org.uk
- **LifeSIGNS** provide information about self-injury and while they will never tell anyone to 'stop', they can support people as and when they choose to make changes in their lives. Please visit their website at: www.lifesigns.org.uk
- **NSHN** offers support to individuals who self-harm to reduce emotional distress and improve their quality of life. Please visit their website at: www.nshn.co.uk
- **Rainbow Journal** is a book aimed at helping young people move from self-harm to self-care. It has blank pages for writing about feelings and for drawing. It includes artwork, quotes and poems by young people who

self-injure. It can be used on its own or in conjunction with counselling, as an additional tool. The Rainbow Journal is available for free to under-18s in the UK. <https://www.selfinjurysupport.org.uk/rainbow-journal>

- **SelfharmUK** is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life. Please visit their website at: www.selfharm.co.uk
- **Self-Injury Support** for women of any age or background affected by self-injury, whether their own or that of a friend or family member. Self-Injury Helpline - **0808 800 8088** Text Support - **07537 432444**, to use the email service send an email to tessmail@selfinjurysupport.org.uk (If you don't know how to start talking, just email "hello") They aim to reply to all messages within 48 hours. All services are available Tuesday and Thursday, 7pm – 9.30pm.

Substance or Alcohol Misuse

- **A.D.A.M** is a website for young people who are concerned about or may be affected by another person's drinking. Please visit their website at: www.chatresource.org.uk/adam/
- **Addaction** is a UK mental health, drug and alcohol charities, working with adults and young people, in community settings, in prisons, in residential rehab and through outreach. Please visit their website at: www.addaction.org.uk
- **Adfam** is a national charity working to improve life for families affected by drugs or alcohol. Please visit their website at: www.adfam.org.uk
- **Fixers** is a 'virtual hub' of a joint project between Groundwork UK, The Children's Society and Fixers funded under the Home Office 'Choices' programme, and aimed at young people between 10-19 who are at risk of alcohol and drug misuse, and the crime that is often associated. Please visit their website at: choices.fixers.org.uk
- **FRANK** offers information and advice on substance misuse via their website or a telephone support line. Contact via: 0300 1236600. Please visit their website at: www.talktofrank.com
- **Nacoa** (The National Association for Children of Alcoholics) offers support to meet the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. Contact via: 0800 358 3456. Please visit their website at: www.nacoa.org.uk
- Free and confidential help for young people in Cheshire West and Chester. At **Westminster Drug Project (WDP) - New Beginnings**, supporting young people (up to 18) who want help with their drug and/or alcohol use. If you or the young person you're worried about lives or goes to school/college in Cheshire West and Chester, get in touch for support and advice from one of our team. Please visit <https://www.wdp.org.uk/cheshire-west-and-chester-young-people> alternatively you can email them on: cwac@wdp.org.uk

Self Help and Sleep Hygiene

- **Get Self Help** offers self-help and therapy resources, including worksheets and information sheets and self-help mp3s. Please visit their website at: www.getselfhelp.co.uk

- **MindEd for Families** has advice and information available to help you families to understand what mental health problems can occur and what they can do. Please visit their website at: www.mindedforfamilies.org.uk/young-people
- **NTW Self Help Leaflets** offers a range of Mental Health Self Help Guides. Please visit their website at: web.ntw.nhs.uk/selfhelp
- **The Sleep Council** is an impartial organisation that looks at how you can adopt healthier sleep habits and focuses on raising awareness of a good night's sleep to health and wellbeing. Please visit their website at: www.sleepcouncil.org.uk

Support Lines

- **CYP Wellbeing Hub** offer advice for professionals, parents & carers concerned about the mental health of a child or young person who has a GP in the Chester, Vale Royal & South Cheshire areas: call 01606 555120 between 13:00 and 17:00 Mon-Fri (Excluding BHs).
- **CALM** offers confidential, anonymous and free support information and signposting to **males** anywhere in the UK. Contact via: 0800 58 58 58. Please visit their website at: www.thecalmzone.net
- **ChildLine** offers support to children or young person, asking if they would like to speak to a counsellor or access a range of helpful resources. Contact via: 0800 1111. Please visit their website at: www.childline.org.uk
- **NSPCC Helplines** for adults concerned about a child. Contact via: 0808 800 5000. Please visit their website at: www.nspcc.org.uk/what-you-can-do/report-abuse/dedicated-helplines
- **The Mix** is a free, confidential helpline service for young people under 25 who need help, but don't know where to turn. The Mix provides support for anything you may be going through. Contact via 0808 808 4994. Please visit their website at: www.themix.org.uk
- **CWP's 24/7 Freephone Crisis Line** all access service providing around-the-clock access to mental health support. Tel: 0800 145 6485 (24 hours a day, 7 days a week)

Treatments, Medication & Diagnosis

- **HeadMeds** gives young people in the United Kingdom general information about medication. HeadMeds does not give medical advice. Please visit their website at: www.headmeds.org.uk
- **Royal College of Psychiatrists: Young people's mental health** contains information for young people, parents and carers, about young people's mental health. Please visit their website at: www.rcpsych.ac.uk/mental-health/parents-and-young-people

Statutory Mental Health Support

If a family member/carer or a professional become concerned about this individual's ability to maintain their own or others safety, then those with such concerns are advised to promptly contact a GP or access an appropriate emergency service (999, A&E or Social Services).

Remember all residents in the Cheshire and Wirral areas can contact 0800 145 6485 and access CWP's new 24/7 Freephone Crisis Line 24 hours a day, 7 days a week. This new service aims to provide around-the-clock access to mental health support for our local population, reducing pressures on other areas of the health system, such as A&E, 999 and NHS 111

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