














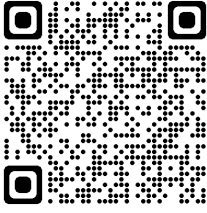



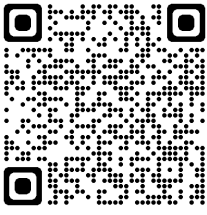





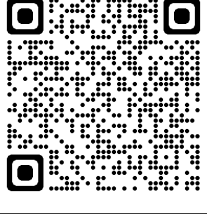



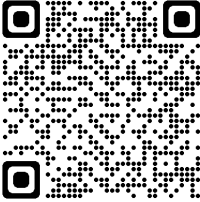

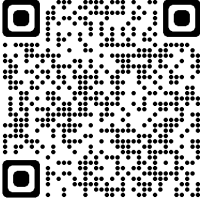





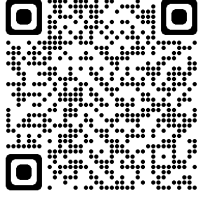



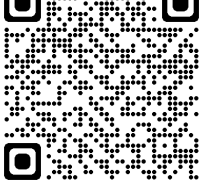


USEFUL RESOURCES: WEBSITE LINKS		QR CODES: SCAN ME
<p>Mental Health Toolkit Somerset children & young people https://www.cypsomersethealth.org/mental_health_toolkit</p>		
<p>Child and Adolescent Mental Health Services (CAMHS) Single Point of Access (SPA) Team and CAMHS Eligibility criteria: CAMHS Single Point of Access (SPA) - CAMHS (somersetft.nhs.uk)</p>		
<p>Mental Health Support Team (MHST): MHST and Community Wellbeing services, and what practitioners do: Mental Health Support Team (MHST) - CAMHS (somersetft.nhs.uk)</p>		
<p>Safeguarding: Children's social care: https://www.somerset.gov.uk/children-families-and-education/report-a-child-at-risk/: 0300 123 2224 Mon-Fri 8am-6pm</p>		
<p>Mental Health Tellmi App: Anonymous, age-banded, pre-moderated chat for young people aged 11+. Pre-emptive counsellor intervention for high risk. Integrated directory with links to local and specialist support. NHS commissioned. Evidenced to improve mental health. https://www.tellmi.help/</p>		
<p>Connect Somerset: online Solihull Approach courses - for adults and teenagers - Pick and Mix topics include: Mental health and wellbeing, additional needs, the teenage brain, relationships, Impact of the pandemic. Usually £100 but fully funded: <u>free with code 'Dragon'</u> https://inourplace.heiapply.com/online-learning/</p>		
<p>Young Somerset: To find out more about what our LI CBT practitioners do, you can look at the Young Somerset website: https://www.youngsomerset.org.uk/Pages/Category/wellbeing-support</p>		

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<p>Autism Somerset's Online Course for Anxiety</p> <p>https://www.autismsomerset.org/12-step-anxiety-program</p>	 <p>http://autismsomerset.org</p>	
<p>Workshops for Information, Support and Education</p> <p>Parent/Carer/Educator 'WISE Up' Workshops for Children with Additional Needs (e.g. SEND, ASC, undiagnosed neurodevelopmental need) :</p> <p>https://somerseparentcarerforum.org.uk/home/wise-up-workshops/</p>		
<p>SEND Local Offer for Special Educational Needs and/or Disability (including EHCP information and advice) :</p> <p>https://www.somerset.gov.uk/children-families-and-education/the-local-offer/education/</p>		
<p>SENDIASS: Special Educational Needs and Disability Information Advice and Support Services (SENDIASS)</p> <p>https://www.kids.org.uk/sendiaass</p>		
<p>Neurodevelopment: Autism and ADHD Pathway:</p> <p>https://www.somerset.gov.uk/children-families-and-education/the-local-offer/education/autism-and-adhd-pathway/</p>		
<p>Sensory Processing – Somerset Referral Pathway, Handbook and Resources:</p> <p>https://www.somerset.gov.uk/children-families-and-education/the-local-offer/health/accessing-occupational-therapy-in-somerset/</p>		
<p>Sensory Processing – Somerset Information and guidance – Written and Video</p> <p>https://www.somerset.gov.uk/children-families-and-education/the-local-offer/sensory-processing-handbook/sensory-processing-differences-or-difficulties/</p>		

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<p>Apps - Happy Maps: - Recommended Mental Health Phone Apps</p> <p>Happy Maps: – https://happymaps.co.uk/age-group/self-help-for-young-people2/best-apps-for-mental-health/</p>		
<p>Anxiety:</p> <p>www.anxietyuk.org.uk</p>		
<p>Aggression/anger: NHS Livewell:</p> <p>http://www.nhs.uk/Livewell/family-health/Pages/teen-aggression-and-arguments.aspx</p>		
<p>Behaviour and Aggression/anger: Family Lives:</p> <p>http://www.familylives.org.uk/advice/teenagers/behaviour/teen-violence-at-home/</p> <p>https://www.familylives.org.uk/browse/30119/boundaries-and-discipline</p>		
<p>Barnardos: Mental Health information and support</p> <p>https://mymentalhealth.barnardos.org.uk/advice</p>		
<p>Bullying:</p> <p>https://www.childline.org.uk/info-advice/bullying-abuse-safety/</p>		
<p>Bullying and other Victim/Trauma Support: Bullying, Antisocial Behaviour, Domestic Abuse, Child exploitation, harmful sexual behaviours, Crime.</p> <p>https://www.youngvictims.org.uk/</p>		
<p>Bullying:</p> <p>https://www.youngminds.org.uk/young-person/coping-with-life/bullying</p>		

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<p>Counselling and psychological support – including play therapy for younger children. Means tested/Low cost- see also In Charlies Memory below:</p> <p>https://www.familycounsellingtrust.org/somerset</p>		
<p>Domestic Abuse: SIDAS Somerset Integrated Domestic Abuse Service. Safety, Advice and Support.</p> <p>Somerset Survivors: https://somensetsurvivors.org.uk/</p>		
<p>Eating Disorder and Disordered Eating:</p> <p>SWEDA: Somerset and Wessex Eating Disorders:</p> <p>https://www.swedauk.org/</p>		
<p>Eating Disorder and Disordered Eating:</p> <p>Eating disorder help & support for young people & carers FREED</p> <p>https://freedfromed.co.uk/freed-for-all</p>		
<p>Emotionally Based School Avoidance:</p> <p>Somerset Support Services:</p> <p>https://www.supportservicesforeducation.co.uk/Page/20029</p>		
<p>Emotionally Based School Avoidance:</p> <p>Not Fine in School: https://notfineinschool.co.uk/home</p>		
<p>Family Support - Professional Choices Website.</p> <p>EHA Early Help Assessment and other Tools</p> <p>https://professionalchoices.org.uk/</p>		

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<p>Gambling Support: (including 'lootboxes'/gaming)</p> <p>– GamCare https://www.gamcare.org.uk/</p>		
<p>Sexuality and Gender Identity Development</p> <p>Gender Identify Development Service (Tavistock and Portman): http://gids.nhs.uk/young-people</p>		
<p>Sexuality and Gender Identity Development</p> <p>Mermaids: http://www.mermaidsuk.org.uk/</p>		
<p>Sexuality and Gender Identity Development</p> <p>2BU: https://www.2bu-somerset.co.uk/</p>		
<p>Grief: Bereavement Support</p> <p>Grief encounters: https://www.griefencounter.org.uk/</p>		
<p>Grief:</p> <p>Sue Ryder: https://www.sueryder.org/how-we-can-help/bereavement-information/supporting-a-child/supporting-young-people-with-grief</p>		
<p>Grief:</p> <p>Winston's Wish: https://www.winstonswish.org/</p>		




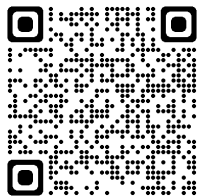










<p>Drugs and Alcohol Service: SDAS</p> <p>https://www.turning-point.co.uk/services/sdas#event-slides2</p>		
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<p>Drugs and Alcohol:</p> <p>Talk to Frank: http://www.talktofrank.com/</p>		
<p>Alcohol:</p> <p>Drink aware: https://www.drinkaware.co.uk/</p>		
<p>Health:</p> <p>Change for life: http://www.nhs.uk/Change4Life/Pages/drink-less-alcohol.aspx</p>		
<p>Healthy Minds – Meditation Activities:</p> <p>www.mindful.org</p>		
<p>JAAQ – Just Ask A Question</p> <p>Get answers on mental health from world leading experts and those with lived experience. Offers audio interviews: https://jaaq.org/</p>		
<p>Long Term Support – Mentoring</p> <p>PROMISEworks: https://www.promiseworks.org.uk/</p>		
<p>Mind – Somerset</p> <p>Somerset Mind: https://www.mindinsomerset.org.uk</p>		

<p>Obsessive compulsive disorder:</p> <p>OCD UK – Children: https://www.ocduk.org/features/an-introduction-to-ocd-in-children/</p>		
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<p>Online counselling websites:</p> <p>http://www.moodjuice.scot.nhs.uk/</p>		
<p>Online counselling websites:</p> <p>www.kooth.com</p>		
<p>Online counselling websites:</p> <p>The Mix: offer free and confidential support for the under 25s. Email and Webchat support are at their website. http://www.themix.org.uk/</p>		
<p>Online counselling websites:</p> <p>Young minds: https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/</p>		
<p>Online safety:</p> <p>NSPCC: https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/parental-controls/</p>		
<p>Online safety:</p> <p>Thinkuknow: https://www.thinkuknow.co.uk/14_plus/Need-advice/Sexual-exploitation/</p>		
<p>OCD Action</p> <p>Information and support from the UK's biggest OCD charity https://ocdaction.org.uk/</p>		

<p>Online safety: GOV: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/490001/Social_Media_Guidance_UKCCIS_Final_18122015.pdf.pdf</p>		
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<p>Self Help – The Reading Agency – Free Booklists for Children’s Mental Health and Wellbeing: https://readingagency.org.uk/young-people/001-news/new-reading-well-for-teens-book-list.html</p>		
<p>Somerset Parent and Carer Forum – Policy Steering Group https://somerseparentcarerforum.org.uk/</p>		
<p>Tics and Tourette’s Syndrome: Tourette’s Action: UK’s biggest TS charity: Information and Support in School: (tourettes-action.org.uk)</p>		
<p>Tics and Tourette’s Syndrome: Child Mind Institute: Information on Tics and TS, plus many other good resources across CMI site: https://childmind.org/article/tics-and-tourettes/</p>		
<p>Relationship Support – Relate: https://www.relate.org.uk/</p>		
<p>School Nurses Support Information, assessment and support around a wide range of ‘Heath and Lifestyle’ matters and accessing other relevant services. https://www.somerset.gov.uk/children-families-and-education/school-life/school-nurses/</p>		
<p>Self Help – The Reading Agency – Free Booklists for Children’s Mental Health and Wellbeing: https://readingagency.org.uk/young-people/001-news/new-reading-well-for-teens-book-list.html</p>		

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<p>Self harm and low cost counselling:</p> <p>In Charley's memory: https://www.incharleymemory.com/</p>		
<p>Self harm:</p> <p>National Self Harm Network: www.nshn.co.uk/</p>		
<p>Mental Health</p> <p>Young minds: Self harm and other topics for young people, adults and professionals https://www.youngminds.org.uk/young-person/my-feelings/self-harm/</p>		
<p>Sexual abuse:</p> <p>The Bridge: https://www.thebridgecanhelp.org.uk/</p>		
<p>Sexual abuse:</p> <p>Survivor Pathway: http://www.survivorpathway.org.uk/</p>		
<p>Sexual abuse:</p> <p>Somerset and Avon Rape and Sexual Abuse Support: https://www.sarsas.org.uk/</p>		
<p>Sleep:</p> <p>Teen sleep: http://www.teensleephub.org.uk/</p>		

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<p>Sleep:</p> <p>NHS: http://www.nhs.uk/Livewell/insomnia/Pages/insomniatips.aspx</p>		
<p>Sleep:</p> <p>Cerebra: http://w3.cerebra.org.uk/</p>		
<p>Sport and Activity: Somerset Activity and Sports Partnership:</p> <p>SASP: https://www.sasp.co.uk</p>		
<p>Sexual Health -</p> <p>SWISH - Somerset Wide Integrated Sexual Health Service</p> <p>https://www.swishservices.co.uk</p>		
<p>Suicide prevention:</p> <p>https://www.papyrus-uk.org</p>		
<p>Voice Hearing and Visual Hallucination:</p> <p>https://www.voicecollective.co.uk/</p>		
<p>Somerset Works</p> <p>An independent service for those at risk of or finding themselves Not in Education, Employment or Training (NEET): https://www.somerset.gov.uk/children-families-and-education/school-life/somersetworks/</p>		
<p>Work/volunteering:</p> <p>Princes Trust: https://www.princes-trust.org.uk/help-for-young-people/programmes</p>		