Staff and Parent Mental Health and Advice Toolkit

"Self-compassion is simply giving the same kindness to ourselves that we would give to others." – Christopher Germer

Everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional support. It is extremely important that those who need support are able to access it. Whether you're concerned about yourself or a loved one, the following helplines and support groups can offer expert advice.

General Mental Health and Anxiety

The Family Action Helpline
The Family Action Helpline offers emotional support and practical guidance for individuals and families. You can get in touch via text, phone call, live chat or email. Telephone: 0808 802 6666. Text message: 07537 404 282. Email: familyline@family-action.org.uk.

Mental Health at Work
Frontline support for key and essential workers including resources to support key workers, stress busters and coping with going to work during coronavirus.
https://www.mentalhealthatwork.org.uk/toolkit/ourfrontline-keywork/

Impact on Teesside

Impact on Teesside offer a free psychological therapy and wellbeing service for adults 18+.

https://www.impactonteesside.com/

Kooth

Kooth is a service for 11-18 year olds. It provides children and young people (CYPs) immediate access to an online community of peers and a team of experienced, accredited counsellors. Access is free of the typical barriers to support - no waiting times, no referrals, no thresholds to meet and complete anonymity.

https://www.kooth.com/

Support Line

Confidential emotional support with all issues from domestic violence, loneliness, self-esteem and sexuality.
https://www.supportline.org.uk/problems/a-z/

Anxiety UK
Charity providing support if you have been diagnosed with an anxiety condition.
www.anxietyuk.org.uk
Advice line: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

Mind
This is a charity which offers advice and support, especially around the '5 ways to wellbeing
www.mind.org.uk
Advice line: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Samaritans
Confidential support for people experiencing feelings of distress or despair.
www.samaritans.org.uk
Advice Line: 116 123 (free 24-hour helpline)

Young Minds
Information on child and adolescent mental health. Services for parents and professionals.
www.youngminds.org.uk
Advice line: 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

NSPCC
Support for children who may be experiencing depression, anxiety, suicidal thoughts or self-harm.
https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/
Adviceline: 0808 800 5000 or help@nspcc.org.uk

CAMHS
A really helpful website which includes, downloadable self-help activities, information guides, information and more.
https://www.camhs-resources.co.uk

Childline
Comforts, advises and protects children 24 hours a day and offers free confidential counselling.
Advice line: 0800 1111 (24 hours)

Anna Freud

This charity is dedicated to providing training and support for child mental health services.
https://www.annafreud.org/

Public Health England and the NHS

Offer advice on how to take simple steps to look after mental health, improve mental wellbeing and support wellbeing.
https://www.nhs.uk/oneyou/every-mind-matters/

Time to Change

A growing movement of people changing how we all think and act about mental health.
https://www.time-to-change.org.uk/

The Great Dream – Ten Keys to Happier Living

Is a movement of people from all over the world taking action to build a happier and more caring society. Through extensive research, the charity have identified **10 Keys to Happier Living** that consistently tend to make life happier and more fulfilling. Together they spell "GREAT DREAM". We use this philosophy in school to improve MHWB in pupils and staff.
https://www.actionforhappiness.org/10-keys-to-happier-living

Calming Activities, Mindfulness, Breathing, Yoga Videos and More…

GoNoodle

This site has hundreds of 'brainercise', dancing, strength and mindfulness videos – as well as videos for fun!
https://app.gonoodle.com

Childline Calm-Zone

https://www.childline.org.uk/toolbox/calm-zone

Cosmic Yoga

https://www.youtube.com/user/CosmicKidsYoga

An activity for grounding and calming

https://kristinamarcelli.wordpress.com/2015/07/14/hold-a-sense-of-inner-peace-with-you-wherever-you-go/

Just Breathe

A video aimed at children to help them feel calmer.

https://www.youtube.com/watch?v=RVA2N6tX2cg

150 Sensory Learning Ideas

https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas

'100 positive things every kid needs to hear'

https://raising-independent-kids.com/100-positive-things-every-kid-needs-hear

Apps for Wellbeing and Mental Health

A list of apps complied by Dorset Young Minds.

http://dorsetmindyourhead.co.uk/minding-my-head/apps-for-wellbeing-and-mental-health

Stop, Breathe and Think App

check in with how you're feeling and try short activities tuned to your emotions.

https://www.stopbreathethink.com

Smiling Mind App

A great app with age specific mindfulness resources, including a new resource, 'Thrive Inside'. Thrive Inside is a special program to help you stay psychologically healthy while you're spending extended periods of time at home.

https://www.smilingmind.com.au

Cosmic Kids Yoga and Mindfulness App

This app often has a two-week trial available.

https://www.cosmickids.com

Financial Difficulties

More than eight million people in the UK have financial difficulties. We know that this can be tough to deal with, particularly in the current climate which has had a massive impact on lots of people's financial security. It can sometimes feel overwhelming, but there are solutions.

Money Helper
Houses information to support the high number families who continue to be affected by the cost-of-living crisis.

https://www.moneyhelper.org.uk/en

Step Change

Their expert advice helps you deal with your debts and get the support you need. You can get advice online or over the phone, and they'll recommend a range of practical debt solutions based on your situation.

https://www.stepchange.org/how-we-help/debt-advice.aspx

Advice line: 0800 138 1111 - Monday to Friday 8am to 8pm, Saturday 8am to 4pm

National Debt Helpline

Free debt advice

https://www.nationaldebtline.org/

Advice line: 0808 808 4000

Debt Advice Foundation

Free debt advice

https://www.debtadvicefoundation.org/ Advice line: 0800 043 4050

Eating Disorders

Eating disorders can have a huge impact on an individual's physical and mental wellbeing. This can be a result of both over-eating or under-eating and it is important to know how to support yourself or your child if you notice signs of an eating disorder or a difficult relationship with food.

Young Minds

A guide for parents on eating disorders in children and young adults.

Eating Disorders & Problems | Guide For Parents | YoungMinds

NHS

Whether your child is diagnosed with an eating disorder or showing early signs, here are some suggestions to help.

Advice for parents – Eating disorders - NHS (www.nhs.uk)

Relationships

Relationships can be challenging, and it is important to know that there are services which are designed to support families and individuals during difficult periods.

Relate

You can arrange counselling sessions whenever it's convenient for you. They can provide specialist counselling for a wide range of relationship issues - not just couple relationships.

https://www.relate.org.uk/about-us/contact-us

0300 0030396 – Telephone Counselling **(**Monday-Thursday: 8am to 8pm, Friday 8am-6pm, Saturday 9am–1pm)

Supportline

https://www.supportline.org.uk/problems/relationships-and-family/

Advice Line: 01708 765200

The Spark

Sometimes we all need some professional support to work through our relationship difficulties. The Relationship Helpline is a free phone line for anyone struggling with a relationship issue or its impact on their mental health. It offers immediate support and is completely confidential.

https://www.thespark.org.uk/

Advice line: 0808 802 2088

Domestic Abuse

Harbour

This charity provides assistance to families and individuals affected by domestic abuse.

https://www.myharbour.org.uk/

National Domestic Abuse Helpline

Free, confidential, 24 hour helpline.

https://www.starsdorset.org

Advice line: 0808 2000 247

Family Break up

Family support

Relate

Relate has increased the availability of our highly trained counsellors to support everyone's relationships.

https://www.relate.org.uk/relationship-help/help-separation-and-divorce

Young Minds

If you're worried about how your relationship break-up might affect your child, here is our advice and information on where you can get help.

https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-az/parents-guide-to-support-divorce-or-separation/

Supporting Families

Have you reached a point where you are questioning where your relationship might be going, or have things changed and you aren't sure how to get your relationship back on track? It is natural for relationships to change over time, but it can very easy to slip into complacency and to start taking each other for granted

https://www.familylives.org.uk/advice/your-family/relationship-advice/relationshipproblems/

Substance abuse

https://www.familylives.org.uk/advice/your-family/relationship-advice/relationshipproblems/

In Stockton:

You can access drug and alcohol support through the councils Change, Grow, Live website. They offer crisis information, a chat service and advice for those supporting a child or young adult.

Change Grow Live | Charity | We can help you change your life

Physical illnesses and disabilities

Coping with a child who has a long-term illness or a physical disability can be a lifechanging experience. And parents who are dealing with their own or their partner's medical condition can find life a real challenge. There is support out there.

Community Integrated Care

Provides a wide range for of care and support for people with physical disabilities, meeting their health, personal and social needs. Our focus is on maximising independence and enabling people to live full lives.

https://www.c-i-c.co.uk/specialisms/physical-disabilities

Enquiry Hotline: 0845 543 9911

Home Start

Their volunteers may be able to support you. If you have just received a diagnosis, are attending hospital appointments, or are looking for financial help for medical equipment or to adapt your home - you work out with them how they can help you best.

https://www.home-start.org.uk/disability-and-illness

Scope – Equality for Disabled People

They provide practical information and emotional support when it's most needed.

https://www.scope.org.uk/

Advice Line: 0808 800 3333 – Mon-Fri, 8am-8pm, Sat-Sun, 10am-6pm

Citizens Advice

Providing advice on issues such as debt management and welfare benefits, housing, immigration and asylum, employment, consumer complaints and landlord-tenant disputes.

https://www.citizensadvicebcp.org.uk

Advice Line: 0344 411 1444

Terminal Illness web links

Marie Curie

Our trained Helper volunteers and advisers are here for you with practical information and support when you don't know what to do next or just need to talk.

https://www.mariecurie.org.uk/who

NHS

There's no right or wrong way to feel when you're told you have a terminal illness. This website gives practical advice.

https://www.nhs.uk/conditions/end-of-life-care/coping-with-a-terminal-illness/

Cancer Research

Information about the services and support that is out there.

https://www.cancerresearchuk.org/about-cancer/coping/dying-with-cancer/copingwith-the-news/finding-out-you-are-dying

Financial help if you are dealing with terminal illness

https://www.cancerresearchuk.org/about-cancer/coping/dying-with-cancer/copingwith-the-news/finding-out-you-are-dying

Cancer Support

Macmillan.org

Talking about cancer can be tough. Cancer information and support specialists offer a listening ear and can talk about whatever matters to you. They can also offer guidance and help you find the right information and support in your area.

https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotionalhelp/macmillan-support-line

Advice line: 0808 808 00 00 - available 7 days a week, 8am-8pm

Cancer Support UK

Provides practical and emotional support to people with cancer, during and after the treatment period.

https://cancersupportuk.org/ Advice

line: 020 3983 7616

Cancer Support Groups

South Tees (James Cook) Hospital offer a wide range of cancer support groups. Local support groups - South Tees Hospitals NHS Foundation Trust

Bereavement

Grief is a natural process, but it can be devastating. There are many agencies and charities who are here to support you after the death of someone close, including how to cope with grief and where you can find support close to home. ***Cruse Bereavement Care***

https://www.cruse.org.uk/

Helpline: 0808 808 1677

The Compassionate Friends Bereavement Support

https://www.tcf.org.uk/

Helpline: 0345 123 2304 - Daily from 10am – 4pm and 7pm – 10pm

Winston's Wish

A childhood bereavement charity that focuses on giving practical support and guidance bereaved children, their families and professionals.

Winston's Wish - giving hope to grieving children (winstonswish.org)

NHS Bereavement Support Officer

The Bereavement Support Officer can help you with many of the practical issues and arrangements following the death of a loved one.

The bereavement support officers can be contacted on the following numbers from Monday to Friday between 8am and 4pm (except bank holidays).

University Hospital of North Tees
01642 383286

South Tees (James Cook) Hospital
01642 835638

University Hospital of Hartlepool
01429 522042

Helpful Articles

The discomfort you're feeling is grief

https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief