



**waitingwell**

with The Owl Centre **Charity**

## HELPFUL SUPPORT LINKS FOR WELL BEING AND MENTAL HEALTH

**As always, if things are getting worse please visit your GP to discuss this, or if it is an emergency go to A&E or call 999.**

### **Self-harm adults**

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/about-self-harm/>

### **Self-harm YP**

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/coping-with-self-harm/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/>

<https://www.youngminds.org.uk/young-person/my-feelings/self-harm/>

**Yr 7 up**

### **Suicidal ideation adults**

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings/>

### **Suicidal ideation YP**

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/suicidal-thoughts/>

<https://www.youngminds.org.uk/young-person/my-feelings/suicidal-feelings/>

**Yr 7 up**

### **Anger YP**

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-with-anger-issues/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anger/>

<https://www.youngminds.org.uk/young-person/my-feelings/anger/>

**Yr 7 up**

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/challenging-behaviour/>

### **Violence against family support**

<https://www.pegssupport.co.uk/>

### **Anxiety**

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Helpline 0844 477 5774 (Mon – Fri, 9:30am – 5:30pm) Support and information. Provides therapeutic services and can put you in touch with therapists and reduced cost therapy and helplines. Instant messaging service for support.

### **Anxiety YP**

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>

<https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/>

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<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-in-children/>

## **Self-esteem YP**

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/confidence-and-self-esteem/>

## **Sleep for teens**

Sleep Teen Hub [www.teensleephub.org.uk](http://www.teensleephub.org.uk) They offer great hints and tips with downloadable resources in relation to sleep. Email: [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk)

## **General Mental health support**

### **NHS 111 service**

<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

[www.samaritans.org](http://www.samaritans.org)

Alternatively, call 116 123

[www.giveusashout.org](http://www.giveusashout.org)

To start a conversation, text the word 'Shout' to 85258

[www.selfhelp.cntw.nhs.uk/](http://www.selfhelp.cntw.nhs.uk/)

## **General Mental health support YP**

<https://www.youngminds.org.uk/young-person/my-feelings/> **Yr 7 up**

<https://www.youngminds.org.uk/parent/>

<https://www.childline.org.uk/toolbox/mental-health-first-aid-kit/>

<https://www.childline.org.uk/get-support/>

<https://moodspark.org.uk/>

A website with tools and information to support young people to learn about and manage their emotions and feeling. Find information about exam stress, depression, anxiety and more. You can find guidance on breathing techniques, grounding activities, but also access links for other popular resources like Kooth, Mind and The Mix.

<https://www.ticplus.org.uk/> - Glos and general online support

## **Bereavement support for children**

<https://winstonswish.org/>

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

<https://www.childbereavementuk.org/>

## **Autism support**

### **Molehill Mountain**

An app to help autistic people understand and self-manage anxiety. Track your worries / get daily tips to understand more about anxiety / feel more confident to self-manage anxiety. Search Apple Store or Google play for the App.



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## **Autism Apprentice**

[www.autismapprentice.co.uk/index.html](http://www.autismapprentice.co.uk/index.html)

Advice is tailored to your individual family circumstances. We can support you both pre and post diagnosis, and our family support advisors have lived experience.

## **Hampshire services**

Youth counselling – <https://hampshireyouthaccess.org.uk/>

Support for Parents for behaviour that is challenging to manage –

<https://www.hiowsupportforneurodiversefamilies.org.uk/>

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