

Mental Health and Well-Being Information for Parents and Carers

NHS Mental Health Support

- Find your local **CAMHS (Children and Adolescent Mental Health Services)**
- **CAMHS (Children and Adolescent Mental Health Services)** Central and North West London: Information available in a variety of languages including Somali, Tigrinya, Arabic, Polish, Persian (Farsi)
- **Central and North West London Talking Therapies** (for students aged 18 and over): self referral form available
- Find your local adult **NHS IAPT service (Improving Access to Psychological Therapies)**. Click [here](#) for more information about adult IAPT services.

Counselling Services

- **LINK Counselling Service** for 13-25 year olds: Fountains Mill, 81 High Street, Uxbridge, Middlesex, UB8 1JR 01895 277222
- **MIND**: find your local branch of this mental health charity
- **Ealing Abbey Counselling Service (EACS)**: A registered charity offering non-denominational counselling services for adults
- **Communicare Counselling Service**: Uxbridge community-based counselling service for adults
- **BACP (British Association of Counselling and Psychotherapy) directory**: search for an accredited therapist.

Emergency Information

- **NHS**: Information on dealing with a mental health crisis
- **Samaritans 116 123**: 24 hours a day all year round support
- **Papyrus Suicide Prevention Charity**: Confidential helpline advice and support to young people with suicidal thoughts on 0800 068 0141, email pat@papyrus-org.uk or text 07860039967
- **SHOUT 24/7 Text Crisis service**: Text SHOUT to 85258
- **Young Minds Urgent Text Help service**: Text YM to 85258.

Family Support

- **Asian Family Counselling Service:** national charity offering low-cost counselling service
- **West London NHS Family Therapy Service:** Support and therapy for families caring for someone with a mental illness
- **Relate Family Counselling Service:** Online booking facility for family counselling appointments
- **Young Minds:** Help for parents and guardians with information and video support on guiding children and young people through divorce or separation
- **MindEd:** Free, relevant advice and programmes funded by the Department of Education and NHS England for families to support children and young people with their mental health.

Mental Health Support and Information Websites

- **Charlie Waller Memorial Trust:** Guides for parents on depression, self-harm and exam wellbeing guides
- **Charlie Waller Memorial Trust:** Looking after your mental health during the Coronavirus
- **Charlie Waller Memorial Trust:** Resources and signposting for parents and carers
- **Young Minds Parents' and Guardians' Helpline:** free for parents, carers and guardians worried about a young person's mental health
- **Young Minds Parents' Survival Guide** including an A-Z of mental health conditions and sources of support
- **Anna Freud Centre:** Information and resources for families with young children and teenagers. Support for a variety of issues such as helping an adolescent suffering from depression to managing family life following separation and divorce
- **Gingerbread:** Practical and legal information for single-parent families as well as resources on well-being
- **NSPCC (National Society for Prevention of Cruelty for Children):** National Charity providing information on keeping children safe
- **Royal College of Psychiatrists:** information for young people, parents and carers about young people's mental health
- **Students Against Depression:** Support if you are helping your child who is depressed
- **The Mix:** Support for under 25s
- **Elefriends:** Supportive online community for adults over 18 moderated and managed by mental health charity, MIND
- **Kooth:** free, safe and anonymous online support for young people
- **Childline:** 1-1 online counselling advice and general information and advice

- **Mental Health Foundation:** Advice and Information, publications, videos and podcasts on mental health issues
- **Samaritans:** 116 123 24 hours helpline and information on mental health.

Guidance for managing stress around exams

- **Exam Stress Solutions:** Revision tips, resources and information on mindfulness
- **Charlie Waller Memorial Trust:** Guides on well-being around exams to support parents, carers, teaching staff and students
- **BBC Bitesize:** How to deal with Exam Stress.

Bereavement Support

- **Child Bereavement UK:** Support, guidance, information and resources for parents, young people and professionals
- **Hope Again:** Parental advice and support for young people living with loss
- **Bereft Bereavement:** Support for over 16s living in the Ealing borough
- **LINK Counselling Service** for 13-25 year olds: Fountains Mill, 81 High Street, Uxbridge, Middlesex, UB8 1JR 01895 277222.

Sleep Support

- **Sleepio:** NHS-endorsed programme using CBT techniques to promote healthy sleeping patterns
- **NHS Sleep Tips for Teenagers**
- **NHS Sleep Diary:** to complete and monitor sleeping patterns
- **The Sleep Council:** Information on sleep hygiene for teenagers
- **Association for Young People's Health:** general resources on sleep hygiene and help for parents of children and young people with mental health issues [here](#)
- **Pzizz:** NHS recommended Sleep App.

Eating Disorders

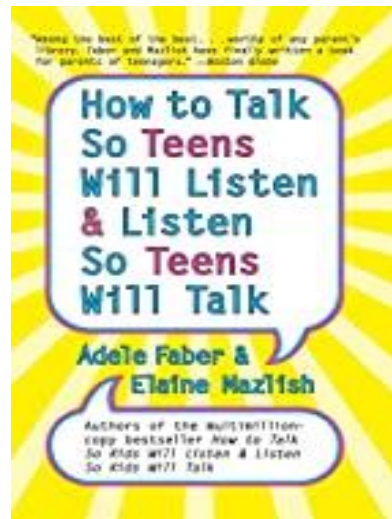
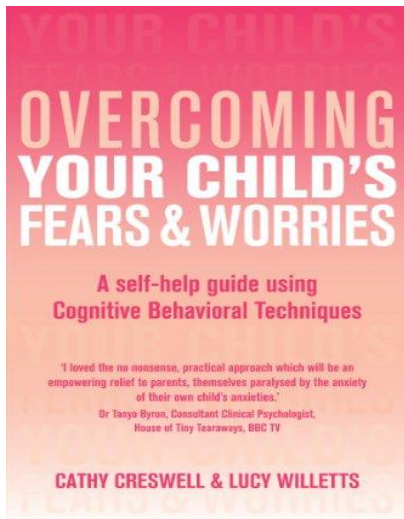
- **BEAT:** Chat room support, identification of eating disorders, information for supporting someone else, resources and sources of support
- **NHS information on Eating Disorders**
- **MIND Mental Health Charity:** types of eating disorders, treatment and contacts.

Support for Learning Difficulties

- **National Autistic Society helpline**
- **Mental Health Foundation:** Information pack to support children and young people with learning difficulties and their mental health
- **MIND:** Contact list for resources
- **Autism Services Directory:** Counsellors with autism experience
- **The Guide to Good Mental Health on the Autistic Spectrum**
- **The Challenging Behaviour Foundation:** charity focusing on children, young people and adults whose behaviour is challenging
- **The Girl with the Curly Hair Project:** social enterprise project to support people on the autistic spectrum and those around them.

Apps

- **Clear Fear:** Clinically developed by teenage mental health charity Stem 4, this app helps to manage anxiety and panic attacks by changing thoughts and behaviour using a variety of techniques
- **Calm Harm:** Clinically developed by teenage mental health charity Stem 4, this app uses evidence-based therapy to manage self-harming urges
- **Combined Minds:** Clinically developed by teenage mental health charity Stem 4, designed for friends and families to support a young person with a diagnosed mental health disorder using a 'strengths-based' recovery programme to develop resourcefulness and resilience. Offers help for anxiety, depression, eating disorders, self-harm, digital addiction and provides a safety plan
- **CBT Thought Diary:** tracks moods and thoughts to manage anxiety using Cognitive Behavioural Therapy techniques
- **Elefriends:** online community app designed by the mental health charity, MIND.
- **Headspace:** Mindfulness and meditation app.



Books to help you support your child's well-being