

# Supporting the positive mental health and wellbeing of our children and young people

(Mental Health Champions Pathways Guidance document)

## Guidance for schools and partner agency professionals



This guidance should be used alongside the support of the South Cumbria Mental Health Champions Network.

If you are not already a member of this network please contact us to join so you receive updated versions of this document and dates of network meetings

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## **Role of the Primary Mental Health Worker**

Primary Mental Health workers (PMHW) offer consultation and advice to professionals about services in the area that can support children and young people's mental health and emotional wellbeing.

Please be aware that we do not need children's details or parent/carer consent to offer consultation to professionals.

We are based at Stricklandgate House, Stricklandgate, Kendal, LA9 4PU and can be contacted via phone on **01539 742 626** - or individually via our mobiles or email addresses.

We endeavour to return calls and emails as quickly as possible.

**Please note that all acute/urgent presentations must be directed to the CAMHS team on 01229 402 696**

**No urgent messages should be left on these answerphones or email accounts.**

## **Vision for the guidance document and the Mental Health**

### **Champion role**

This guidance document is intended to support professionals in general practice and not in crisis situations. It should help you to run through options of support and point professionals, parents and children/young people towards appropriate support both in the local area and online.

The role of the mental health champion is as a point of contact in a team to access a network of support, advice, guidance and local resources. Our vision is that this role will support the use of this guidance document and keep the information up to date and relevant for use.

Our aim is to build a peer supported network of informed, empowered and knowledgeable local professionals who support the mental health and wellbeing of the children and young people in our area.

The MH champion role should complement your role within your team and promote positive mental health and mental health awareness.

The champions network meets three times per year in the local area. These dates are sent out via email to the network. Youth Mental Health First Aid Training is also available to MH champions.

Referral to CAMHS if it will offer further support to the child and family.

CAMHS South Tel No: 01229402696

[camhsouth@nhs.net](mailto:camhsouth@nhs.net)

Encourage the parents to take the child for an appointment with the GP.

Primary mental Health Worker

- Concerns raised by staff, parents/carers or child/young person
- Discuss with SENDCo/ Learning mentor/ MH Champion
- Healthier Young Minds Website
- E-school nurse

Getting Advice

- Consider opening EHA
- Mental Health in schools
  - Social Prescribers
  - Speak to GP
- Referral in to MyTime
- self-referral from parent / YP

Getting Help

THRIVING

Risk Support

- Medical support
- Psychology assessment
- Risk management

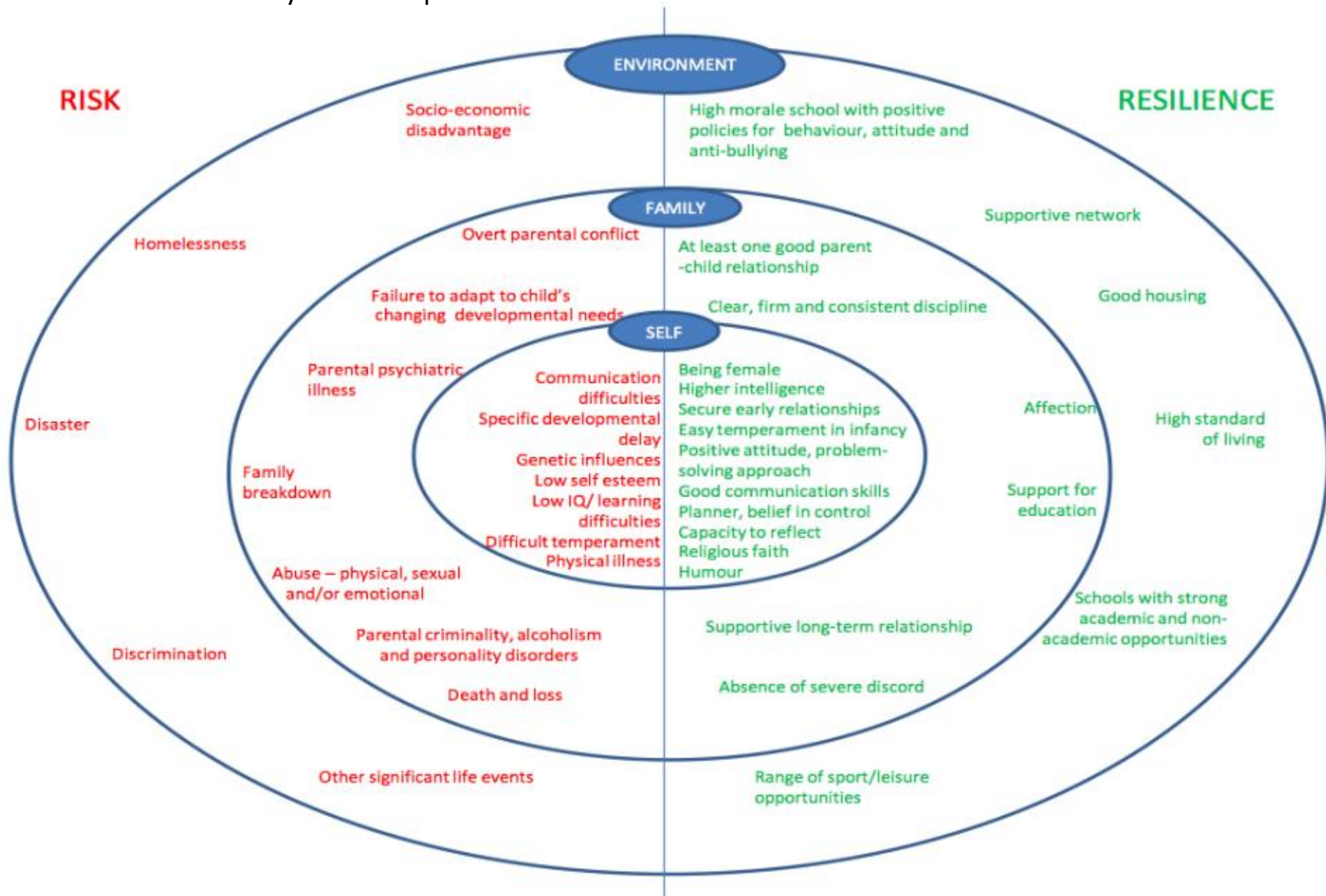
Getting more help

- Referral to CAMHS
- Referral to Paediatrics
- Specialist support services: SAFA, Educational Psychologist, School based services—i.e. counsellor
- EH & family support panel

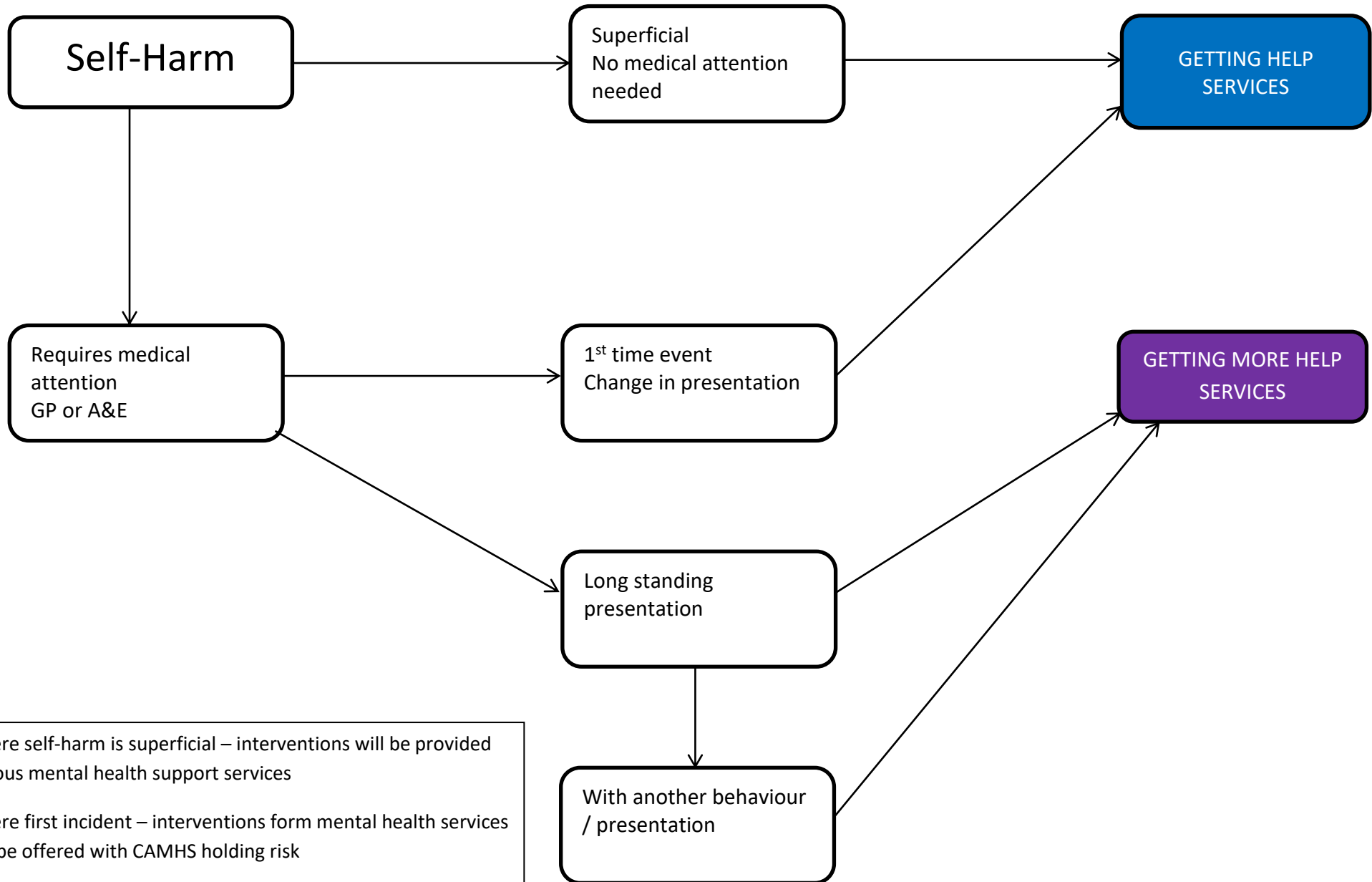
## Sign of wellbeing Assessment Tool

<b>What are we worried about?</b>	<b>What's working well?</b>	<b>What needs to happen?</b>
<b>2. Look at the concerns and risks, harm and impact</b>	<b>1. Start in the middle column</b>	<b>6. finish with the agreed actions</b>
<p><b>Past wellbeing worries</b> What has happened in the past that worries us about the wellbeing of the child/young person? Be specific and factual – give examples. Consider the first, worst and last times this has happened.</p> <p><b>Future worries, what impact does it have on the child/young person?</b> Based on these worries, what are you worried will happen (impact)? What will this mean for the child and their lived experience?</p> <p><b>Complicating factors</b> What do we see or know that makes the situation more difficult to deal with (barriers to wellbeing goals)</p>	<p><b>Current strengths</b> Strengths are the good things that are happening in the family</p> <p><b>Current wellbeing</b> Times when the family has met the child/young person's needs when the problem was present</p>	<p>Agree what needs to happen next – what ideas do the family / young person have?</p> <p>This should include any actions that need to be taken immediately</p> <p>This should also include the next steps to start to build the plan – for example to explore the network, get the network together for a planning meeting, and/or draft a words and pictures explanation</p> <p>Actions need to be clear, descriptive, and solution focused</p>
<p><b>3. Worry Statement(s)</b> Statement that outlines who is worried, what behaviour they are worried about, and what the impact will be on the child</p>		<p><b>4. Wellbeing Goal(s)</b> Statement that outlines who in the network needs to see the change, what behaviours will have changed and what it will look like, the positive impact on the child, and for how long changes need to be maintained</p>
<p><b>5. Create a Worry Statement and Wellbeing Goal and scale this between 0 – 10 based on the information you know</b></p>		
<p>0      ←—————→      10</p>		

Please note this is only one example of risk and resilience factors



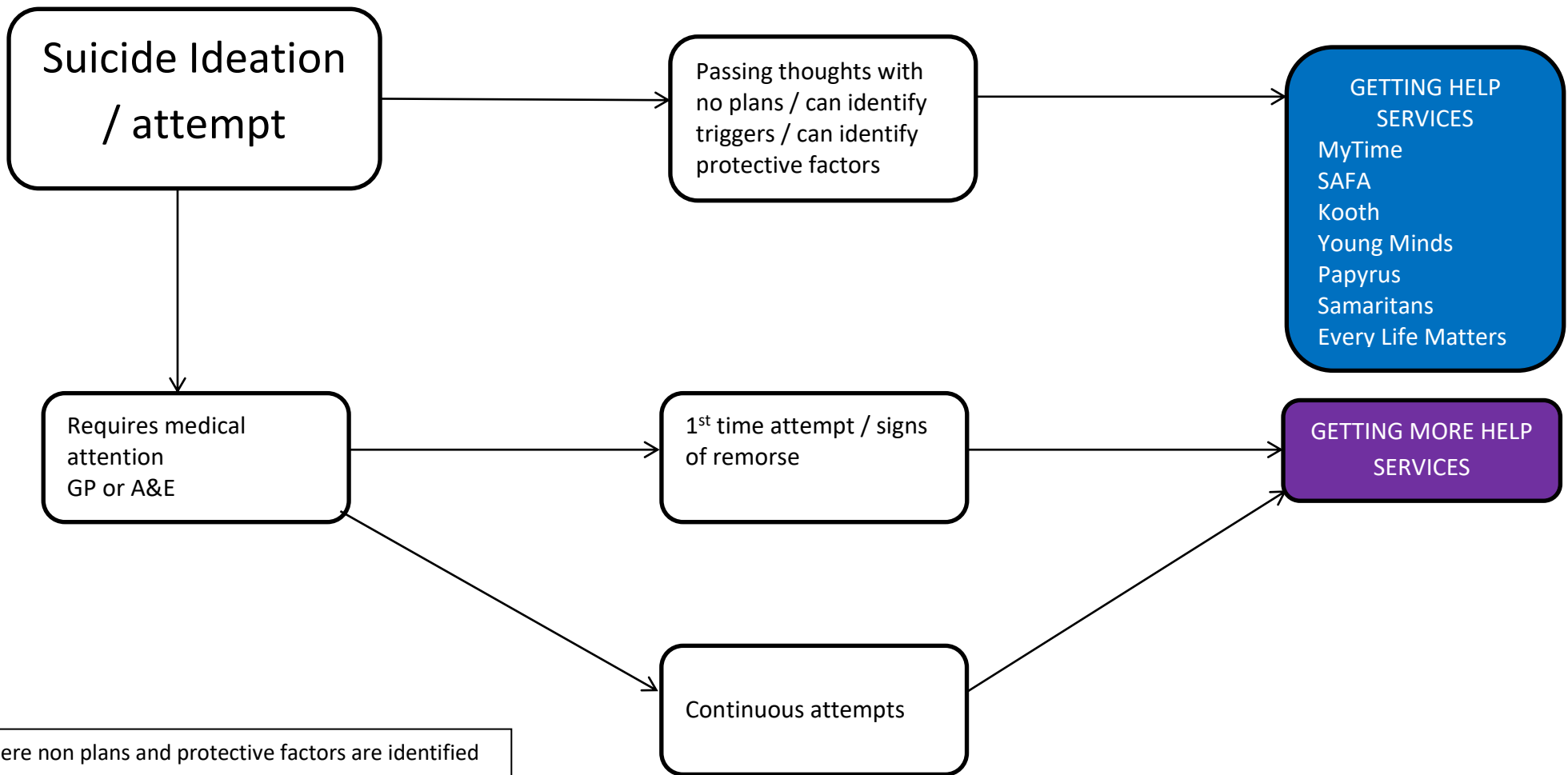




Where self-harm is superficial – interventions will be provided various mental health support services

Where first incident – interventions from mental health services will be offered with CAMHS holding risk

Long standing presentation plus a number of presentations – held and supported through CAMHS at higher level support



Where non plans and protective factors are identified – interventions will be provided various mental health support services

Where first incident or continuous attempts – held and supported through CAMHS at higher level support

**Free, safe and anonymous online counselling and support**

"I don't think I could've spoken to someone face-to-face."

- Chat to our friendly counsellors
- Read articles written by young people
- Join live moderated forums

**kooth**  
www.kooth.com

Kooth.com is a free, safe, confidential and non-stigmatised way for young people aged 11-16 to receive counselling, advice and support on-line., Kooth delivers 1000's of counselling sessions each year across the UK.

**Available until 10pm each night, 365 days per year, it provides a much needed out of hours service for advice and help.** Kooth gives professionals an alternative way of ensuring young people can access free support when they need it, in a medium young people know and use when referrals are deemed inappropriate to meet the CAMHS criteria

They deliver CBT, solution focused and humanistic approaches such as narrative and other relational therapies. They work closely together to ensure the best outcome is achieved for the young person. The counsellors have clear pathways into others services too, ensuring the young person gains information needed and are signposted to the most appropriate provisions.

**Having a mental health crisis?**

Text **YM** to **85258** for free 24/7 support across the UK if you are experiencing a mental health crisis.

**YOUNGMINDS**  
Crisis Messenger

powered by  
**CRISIS TEXT LINE**



## Child Sexual Exploitation – RACE

### *Who are we?*

RACE is a child exploitation prevention service based in Cumbria which is ran by the children's charity, Barnardo's. We offer a variety of services countywide which include one-to-one sessions with young people, prevention education within schools and work with parents and carers to help keep their children safe. We aim at raising awareness of child exploitation through prevention socio-educative work to ensure young people know what exploitation is, how it takes place, how to spot the signs and where to go to for help.

### *What is exploitation?*

Child exploitation is the act of using a child for profit, labour, sexual gratification, or some other personal or financial advantage. Child exploitation often results in cruel or harmful treatment of the child, as the activities he or she may be forced to take part in can cause emotional, physical, and social problems.

- Child Sexual Exploitation (CSE).
- Child Criminal Exploitation (CCE).
- Online grooming.
- County lines.
- Peer-on-peer exploitation.
- Trafficking.



## ADVERSE CHILDHOOD EXPERIENCES INCLUDE:



## ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:





## What are Adverse Childhood Experiences?

Adverse Childhood Experiences (ACEs) are “highly stressful, and potentially traumatic, events or situations that occur during childhood and/or adolescence. They can be a single event, or prolonged threats to, and breaches of, the young person’s safety, security, trust or bodily integrity.” (Young Minds, 2018).

### Examples of ACEs:

- Physical abuse
- Sexual Abuse
- Emotional Abuse
- Living with someone who abused drugs
- Living with someone who abused alcohol
- Exposure to domestic violence
- Living with someone who has gone to prison
- Living with someone with serious mental illness
- Losing a parent through divorce, death or abandonment

### Impact of ACEs

Just like attachment, experiencing ACEs can have an impact on our future physical and mental health, and often ACEs can be barriers to healthy attachment relationships forming for children. Some of the effects of ACEs on our physical and mental health are:

- An increase in the risk of certain health problems in adulthood, such as cancer and heart disease, as well as increasing the risk of mental health difficulties, violence and becoming a victim of violence.
- An increase in the risk of mental health problems, such as anxiety, depression, and post-traumatic stress. 1 in 3 diagnosed mental health conditions in adulthood directly relate to ACEs.
- The longer an individual experiences an ACE and the more ACEs someone experiences, the bigger the impact it will have on their development and their health.

Some of the other things exposure to ACEs can impact, are:

- The ability to recognise and manage different emotions.
- The capacity to make and keep healthy friendships and other relationships.
- The ability to manage behaviour in school settings.

Difficulties coping with emotions safely without causing harm to self or others.

“ CAMHS offer assessment & treatment for families where children & young people have emotional, behavioural or mental health difficulties ”

## Why do children & young people get referred to CAMHS?

### What is CAMHS?

CAMHS stands for **Child and Adolescent Mental Health Services**.

CAMHS offer **assessment and treatment for families where children and young people have emotional, behavioural or mental health difficulties**.

CAMHS are usually **NHS services**. They are sometimes called 'Specialist CAMHS', because there are also other services which can help children and young people with their mental health, such as youth counselling and school counselling. This leaflet is **not** about those other services and in this leaflet we will just say CAMHS.

Children, young people and their families can be offered support by CAMHS if they are experiencing difficulties with their behaviour or emotions, or are finding it hard to cope with life in the family, at school or in the wider world.

The types of problems CAMHS can help with include:

- **Violent or angry behaviour**
- **Depression**
- **Eating difficulties**
- **Low self esteem**
- **Relationship problems**
- **Anxiety and phobias**
- **Obsessions and compulsions**
- **Sleep difficulties**
- **Self-harming**
- **The effects of abuse or traumatic events**

CAMHS can also diagnose and treat serious mental health problems such as:

- **Psychosis**
- **Bipolar disorder**
- **Schizophrenia**
- **Anorexia nervosa**

CAMHS may also diagnose and offer support with developmental disorders such as Autism and ADHD but this differs from area to area so ask your GP for advice about this.

Further information on CAMHS can be found at [What is CAMHS \(cumbria.gov.uk\)](http://cumbria.gov.uk)

CAMHS referral can be found at [MAKING A REQUEST FOR INVOLVEMENT A GUIDE FOR REFERRERS \(healthierlsc.co.uk\)](http://healthierlsc.co.uk)

# Moving Mindsets

## Mental Health Support Teams (MHST's)

We accept requests for support for CYP in school years 1-13.

We support children and young people with mild to moderate emotional and mental health needs.

For example: low mood, anxiety, behavioural and interpersonal challenges, sleep difficulties, self-esteem and confidence. We work with children, young people, their parents/carers and their school to help improve resilience, problem-solving skills and develop coping strategies to support mental health.

### Three core functions:

- 1 To provide **direct support** to children and young people with mild to moderate mental health issues
- 2 To support educational settings to introduce or develop their **whole school** or college **approach** to mental health and wellbeing
- 3 To help **advise staff** in educational settings and liaise with external **specialist services** to help CYP get the right support and stay in education

### What we do?

- **Evidence-based interventions:** one to one and group support, parent led therapy, in school, in the community, online
- **Whole school/college approaches:** support mental health leads & champions, student voice, parent-carer links, staff CPD and wellbeing, environment, and ethos, promoting awareness
- **Consultation:** a space to share things and to problem solve together. **Liaison with external specialist services:** for example, if we cannot intervene directly

### Where we are and how to contact us:

#### 11 Education settings

- **Barrow PRU**
- **Chetwynde School**
- **Dowdales School**
- **Furness Academy**
- **Furness College**
- **George Hastwell**
- **Millom School**
- **Sandside Lodge**
- **St Bernards**
- **Ulverston Victoria**
- **Walney School**

\*Barrow offer is for school years 7 to 13.

[furnessmhst@barnardos.org.uk](mailto:furnessmhst@barnardos.org.uk)

Useful Links and Free Downloadable Resources from these websites:

**ADHD Foundation**

**Anna Freud National Centre for Children and Families**

**CAMHS and My Time Cumbria**

**Carlisle and Eden Mind**

**Child Bereavement UK**

**Childline**

**Cumbria Safeguarding Children Board (LSCB)**

**DocReady - helps you get ready for the first time you visit a doctor to discuss your mental health**

**Headspace - meditation made simple**

**Health anxiety (NHS)**

**Health for Teens**

**Health talk**

**Kooth - free, safe and anonymous online support for young people**

**Mental Health**

**The Healthy Young Minds website**. Here you can find a variety of advice, guidance and support related to children and young people's mental health and emotional wellbeing.

**MIND**

**Minded**

Free educational resource and training on over 300 topics and is aimed at anyone working regularly with children or young people. there is also E-learning for professionals, online support for families and information from trusted sources.

**Moodjuice - self help resources**

**NSPCC**

**PSHE Association's guidance and lesson plans**

Guidance on preparing to teach mental health and emotional wellbeing: includes guidance and lesson plans KS1-4.

**Public Health England Resources**

PSHE curriculum topics for KS3/4 pupils, with flexible lesson plans. Topics include bullying, cyberbullying, smoking, online stress, alcohol and exam stress.

**Rethink - mental illness**

**Rise Above UK**

Rise Above aimed at young people to get them talking about things that matter to them. Uses inspiring and useful stories, videos, games and advice.



## **Royal College of Psychiatrists**

### **Samaritans Developing Emotional Awareness and listening teaching resource**

KS4 free teaching resource aimed at students aged 14 and over and inclusive of all abilities and learning styles. DEAL is a free resource for teachers and other educational professionals designed to help develop resilience in young people. Lesson plans, activities, hand-outs, DEAL digital resources, teachers' notes and staff training materials which can all be accessed and downloaded at any time.

### **Sudden and traumatic death and bereavement**

A guide for schools and educational settings in Cumbria

### **The Children's Society**

### **The Mix - free online support for under 25's**

### **Winston's Wish - charity for bereaved children**

### **Youth Mental Health - NHS Choices**

## **Websites for Young People/ Parents to access**

### ***Self Help***

CBT Online – CBT self-help site [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

Living life to the full - online CBT self-help <http://lltff.com/>

LGGS school website - mental health and well-being resources they have compiled for students and families to access [www.lggs.org.uk/wellbeing-and-mental-health/771861.html](http://www.lggs.org.uk/wellbeing-and-mental-health/771861.html)

Centre for Clinical Interventions (CCI) - For anyone suffering from a condition that is affecting their mental health and are looking for specific information about different types of problems - the 'workbooks' or sets of modules in this section may be relevant. <http://www.cci.health.wa.gov.au/resources/consumers.cfm>

Self Help guides— [www.nrw.nhs.uk/pic/selfhelp/](http://www.nrw.nhs.uk/pic/selfhelp/)

Self help resources—[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk) (professional area too)

Free therapeutic resources— [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

### ***Helplines and online chat***

Kooth - online counselling for 11 - 18 year olds with counsellors available online 12 noon - 10pm [www.kooth.com/](http://www.kooth.com/)

Quell – Online counselling and emotional wellbeing service for adults and those in carers roles\_ <https://xenzone.com/qwell/>

Papyrus - prevention of young suicide [www.papyrus-uk.org](http://www.papyrus-uk.org) HopelineUK—0800 068 4141

Childline— online or telephone counselling service [www.childline.org.uk](http://www.childline.org.uk) 0800 1111

The Mix – Online, social or telephone service for any challenges young people might be facing - from mental health to homelessness or money problems.

[www.themix.org.uk](http://www.themix.org.uk) 0808 808 4994

Anxiety UK – helps those suffering with anxiety disorders [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) 08444 775 775 (weekdays 0930 – 1730) Text service 07537 416 905

No Panic – organisation which helps people who suffer from panic attacks, phobias, OCD, and other related anxiety disorders [www.nopanic.org.uk](http://www.nopanic.org.uk) Youth helpline - 0330 606 1174 (Weekdays 1500 – 1800)

Samaritans 'We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal.'

[www.samaritans.org.uk](http://www.samaritans.org.uk) 116 123 (anytime)

### ***Sleep and lifestyle***

Sleep Council - Advice for better sleep and about the effects of technology - [www.sleepcouncil.org.uk/](http://www.sleepcouncil.org.uk/)

NHS Livewell - Healthy lifestyle advice from NHS - [www.nhs.uk/livewell/](http://www.nhs.uk/livewell/)

Life Babble by CBBC - The team tackles difficult, awkward and serious issues important to young people through short videos online e.g Feeling Good, Bullying, Dealing with Fear

<http://www.bbc.co.uk/cbbc/shows/lifebabble?section=music&page=2>

### ***Depression***

Charlie Waller Trust - Depression - Lets get talking <https://www.cwmt.org.uk/>

Students Against Depression – Information, resources, tips and advice on mental health issues by students for students [www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)

### ***Caring for others***

Young sibs – For children and young people who have a brother or sister who is disabled, has special educational needs or a serious long-term condition.

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

Young carers - <https://carers.org/search/network-partners/cumbria?distance=25>

### ***LGBTQ***

Gender Identity Development Service (GIDS) - information for YP, parents and carers - <http://gids.nhs.uk/referrals>

Be North - Transgender support and development, currently offers online, one to one, peer, and family support with housing and healthcare: [be-north.org.uk](http://be-north.org.uk)

Pride Youth Network document – a guide for Schools about how to provide an LGBT

Friendly School: [PYN A Guide for Schools PDF \(10,259K\)](#)

Mermaids—Supporting Teens, professionals and Parents with LGBTQ issues

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

## Apps

This is a collection of apps that are designed to support young people, adults and families with their mental health and well-being.

**Headspace** - A meditation app that acts as a personal guide to health and happiness

**MoodGym** - An online cognitive behaviour therapy program for depression and anxiety

**Mindshift** - A free app designed to help teens and young adults cope with anxiety.

**Superbetter** - Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles

**Happify** - Turns the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life.

**Smiling Mind** - A meditation program developed by psychologists and educators to help bring mindfulness into your life

**Calm Harm** - An app that helps young people manage the urge to self-harm.

**Calm** - Meditation techniques to aid with stress and sleep.

**What's Up** - Utilising some of the best CBT methods to help you cope with Depression, Anxiety, Anger, Stress and more

**No OCD** - Helps with those suffering from obsessive compulsive disorder.

**SafeSpot** - Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations.

**My 3** - Help yourself and reach out to others if you are having thoughts of suicide.

**MoodKit** - Uses CBT principles to help with low mood and anxiety.

**HappiMe** - Free app that helps to raise self-esteem, self-confidence and happiness levels in children and young people

**Chill Panda** - Chill Panda helps children better understand their stress and shows them ways to feel better using breathing techniques, yoga, exercise and calming games.

**SAM**- SAM is an app to help you understand and manage anxiety.

**Stop Breathe Think** - Check in with how you're feeling, and try short activities tuned to your emotions.

**Virtual Hope Box** - The Virtual Hope Box (VHB) is a app that contains simple tools to help with coping, relaxation, distraction, and positive thinking.

**Clear Fear** - Clear Fear provides you with a range of ways to manage anxiety.

**Combined Minds** - An app developed fto help families and friends support young people with their mental health

**Cove** - Create music to reflect emotions like joy, sadness and anger to help express how you feel.

**Me2** - MeeTwo is a free fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources

**Check In** - The Check-in app helps take the fear out of having a conversation with a friend who might be struggling.

**1 Giant Mind** - This app is for anyone who wants to feel less stressed, calmer and more present and experience greater health and well-being.

**Think Ninja** - This app from Healios, helps young people aged 11 to 17 years old with their mental health, emotional well-being and resilience and is being made available for free during the Coronavirus crisis.

**Feeling Good Teens** - The Feeling Good Teens App uses short audio tracks to help let go of worry, improve sleep, develop self-esteem, resilience and goal focused motivation – access is free using the username: coboost and password: coboost during this period.

**Blue Ice** - BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm.

**Distract** - The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.

**eQuoo** - The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills.  
**Worry Tree** - The WorryTree app aims to help you take control of worry wherever you are.

**not OK** - notOK App is a free digital panic button to get you immediate support via text, phone call, or GPS location when you're struggling to reach out.

**Stay Alive** - This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

**Step 1: Notice** any changes in the Young Person which may be of concern. Concerns raised by professional/parent/carers/young person themselves

This is everyone's responsibility—not just the mental health champion's

**Step 2: Ask** for help / advice from other professionals (PMHW / MHC/Learning mentor/SENDco)

**Step 3:**

**Interested** - Show interest in what the young person has to say

**Listen** - non-judgementally give your full attention. Giving the young person 5 minutes of listening is better than 10 minutes distracted.

Consider the individual, family and environmental factors—including basic health information (i.e. sleep and diet )

**CONSIDER OPENING AN EHA**– See Appendix 1 for help with opening an Early Help Assessment

**Getting help section – where you can get guidance on how to implement and treat the young person**

- Seek advice
- Try a range of strategies
- Refer on to partner agencies where needed
- Seek menu of service for details of services
  
- Parents should be supported to seek advice from services and websites in the correct pathway.

.....  
: **Please note advice and** :  
: **guidance is available** :  
: **from PMHW's if needed** :  
:.....

**'Getting More Help'**

**Referral to CAMHS if it will offer further support to the child and family.**

**CAMHS South** Tel No:  
01229402696  
[camhssouth@nhs.net](mailto:camhssouth@nhs.net)

Encourage the parents to take the child for an appointment with the GP.

Make sure to provide additional information for the GP via letter or phone call in preparation for this.

## Harm to self (self-harm) support pathway

Non suicidal self-injury, often simply called self-harm, is the act of deliberately harm to your own body, such as cutting or burning yourself.

It's typically not meant as a suicide attempt. Rather, this type of self-harm is a harmful way to cope with emotional pain, intense anger and frustration.

<ul style="list-style-type: none"><li>• Cutting yourself</li><li>• Biting skin</li><li>• Pinching skin</li><li>• Having unsafe sex</li><li>• Getting into fights where you know you will get hurt.</li></ul>	<ul style="list-style-type: none"><li>• Nail biting</li><li>• Poisoning yourself</li><li>• Inserting objects into your body</li><li>• Hitting yourself or walls</li><li>• Misusing alcohol, prescription and recreational drugs</li></ul>	<ul style="list-style-type: none"><li>• Over-eating or under-eating</li><li>• Exercising excessively</li><li>• Picking or scratching at your skin</li><li>• Burning your skin</li><li>• Pulling your hair</li></ul>
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## Harm to Self Resources

### Local support —

SAFA— Self Harm Awareness For All—Barrow and Kendal based counselling, advice, training for mild to severe self-harm. Contact: 01229832269 or [info@safa-selfharm.com](mailto:info@safa-selfharm.com) <https://safa-selfharm.com/>

### Helplines -

PAPYRUS (0800 068 41 41) is a voluntary organisation supporting teenagers and young adults who are feeling suicidal.

Samaritans (116 123) operates a 24-hour service available every day of the year.

Childline (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

The Mix (0808 808 499) Support service for young people [www.themix.org.uk](http://www.themix.org.uk)

YoungMinds 24/7 Support for young people and their parents and carers. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Minds Crisis Messenger Support Text YM to 85258

South Cumbria Crisis Line - All age Mental Health Crisis Line is available 24 hours a day, 7 days a week by calling 0800 953 0110.

North Cumbria Crisis Assessment and Intervention Service (CAIS) - 0300 123 9015. This service is available 24/7

### **Online resources—**

Self Injury Support UK - Information to support those who self harm through providing resources and training. Includes lesson plans and teaching resources.

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

Selfharm UK - supports young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest. It also supports parents, carers and professionals involved with young people. <https://selfharm.co.uk/>

National self-harm network - [www.nshn.co.uk](http://www.nshn.co.uk)

Self Harm guide for parents and carers—[www.psych.ox.ac.uk/](http://www.psych.ox.ac.uk/)

Lifesigns - Guides people who hurt themselves towards new ways of coping when they're ready for the journey. Lots of resources and strategies to minimise harm. [www.lifesigns.org.uk](http://www.lifesigns.org.uk)

Alumnia - Helps to find other ways of dealing with the ups and downs of life. Ages 14-18. [www.alumnia.selfharm.co.uk](http://www.alumnia.selfharm.co.uk)

NSPCC -advice to help you understand why children and teenagers self-harm, and what you can do to support them <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/>

Rethink – Self-harm fact sheet <https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/self-harm/>

Mind -Explains self-harm, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family. <https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/about-self-harm/>

### **Apps—**

Calm Harm - Provides tasks that help you resist or manage the urge to self-harm

Self-heal App - Uses dialectical behavioural therapy to help resist the urge to self-harm and promotes recovery.

distract App - Health and wellbeing information, self-care tips and links to support

Blueelce - evidenced-based app to help young people manage their emotions and reduce urges to self-harm.

### **Training courses -**

Harm Ed Training courses - <http://www.harm-ed.com/>

Youth mental Health First Aid - <https://mhfaengland.org/>

For all up to date training courses and dates, please check <https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

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## Anxiety Support Pathway

Anxiety is a feeling of unease, such as worry or fear that can be mild or severe. Everyone has feelings of anxiety at some point in their life. For example, you may feel worried and anxious about sitting an exam or having a medical test. High levels of anxiety can impact on our ability to carry out everyday tasks.

## Anxiety Resources

### Local support —

Action for Children - [actionforchildren.org.uk](http://actionforchildren.org.uk)

[MyTime Cumbria](http://MyTimeCumbria.org.uk) | [Barnardo's](http://Barnardo's.org.uk) ([barnardos.org.uk](http://barnardos.org.uk)) MyTime is part of the CAMHS service provision for children and young people needing emotional health and wellbeing support. MyTime work with mild to moderate emotional health presentations such as anger, anxiety, low mood, self-harm and depression.

### Helplines -

[Samaritans](http://Samaritans.org.uk) (116 123) operates a 24-hour service available every day of the year.

[Childline](http://Childline.org.uk) (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

[The Mix](http://TheMix.org.uk) (0808 808 499) Support service for young people [www.themix.org.uk](http://www.themix.org.uk)

[YoungMinds](http://YoungMinds.org.uk) 24/7 Support for young people and their parents and carers. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Minds Crisis Messenger Support Text YM to 85258

### Online resources—

[Anxiety UK](http://AnxietyUK.org.uk) - Helps all those suffering with anxiety disorders. Self-help leaflets and contact lists. Self-help groups, counselling, phone, email support. Section for young people and anxiety [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

[No Panic](http://NoPanic.org.uk) - No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders. [www.nopanic.org.uk](http://www.nopanic.org.uk)

[Children's Society](http://Children'sSociety.org.uk) - Useful practical self-help strategies for managing anxiety and or panic Disorder. <https://www.childrenssociety.org.uk>

[Clinical partners](http://ClinicalPartners.co.uk) - Anxiety is one of the most common mental health conditions experienced by children and teenagers and can be devastating for the whole family. <https://www.clinical-partners.co.uk/child-adolescents/a-z-of-issues/teenage-and-child-anxiety-support>

Stem4 - Free Resources To Help Teenagers With Anxiety. [https://stem4.org.uk/anxiety/anxiety-for-teenagers/?gclid=Cj0KCQjw0emHBhC1ARIsAL1QGNc4qGrCIWD9lsdsd2CFcop-FLrZsWYyLlOSJA-19QCSWa9LLJXw1IEaAoL\\_EALw\\_wcB](https://stem4.org.uk/anxiety/anxiety-for-teenagers/?gclid=Cj0KCQjw0emHBhC1ARIsAL1QGNc4qGrCIWD9lsdsd2CFcop-FLrZsWYyLlOSJA-19QCSWa9LLJXw1IEaAoL_EALw_wcB)

YoungMinds - [www.youngminds.org.uk](http://www.youngminds.org.uk)

Anna Freud – A practical guide to help children and young people to manage anxiety. <https://www.annafreud.org/schools-and-colleges/resources/helping-children-and-young-people-to-manage-anxiety/>

Red Cross – wellbeing activities to explore loneliness and anxiety through wellbeing activities that help children and young people be kind to themselves.

Raising children - Anxiety: pre-teens and teenagers (9-18) <https://raisingchildren.net.au/pre-teens/mental-health-physical-health/stress-anxiety-depression/anxiety>

I'm Enough - A New Digital Discussion. For Teens & Young Adults. Digital Coping Strategies  
[https://imenough.co/?gclid=Cj0KCQjw0emHBhC1ARIsAL1QGNd8EY7LtCcz03u9QFqi9Anw\\_-1QmeJEEBSa\\_lsvgtY9WEKPF2pcbaEaAnuxEALw\\_wcB](https://imenough.co/?gclid=Cj0KCQjw0emHBhC1ARIsAL1QGNd8EY7LtCcz03u9QFqi9Anw_-1QmeJEEBSa_lsvgtY9WEKPF2pcbaEaAnuxEALw_wcB)

Rethink - information on anxiety disorders <https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/anxiety-disorders/>

#### **Apps—**

Clear fear - free app to help children and young people manage symptoms of anxiety.

Calm App - Mindfulness app proven to experience better sleep, lower stress and lower anxiety through meditation, sleep stories, breathing programs, stretching exercises and relaxing music.

Minddoc App - Log your mental health and mood in real time. Get insights to behaviours, symptoms and general emotional wellbeing

Innerhour: Self-care Therapy App - Therapy-based self-help tools for anxiety - A safe space for self-care, build a personalised self-care plan. Six self-help course  
Age 17+

#### **Training courses -**

Youth mental Health First Aid - <https://mhfaengland.org/>

CPD Online College - <https://cpdonline.co.uk/course/anxiety-awareness/>

Future Learn - [https://www.futurelearn.com/courses/anxiety-depression-and-cbt?utm\\_campaign=fl\\_june2021&utm\\_medium=affiliate&utm\\_source=reed\\_web&utm\\_term=psychology](https://www.futurelearn.com/courses/anxiety-depression-and-cbt?utm_campaign=fl_june2021&utm_medium=affiliate&utm_source=reed_web&utm_term=psychology)

For all up to date training courses and dates, please check <https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

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## Eating Disorder Support Pathway

Eating disorders are serious mental illnesses affecting people of all ages, genders, ethnicities and backgrounds. People with eating disorders use disordered eating behaviour as a way to cope with difficult situations or feelings. This behaviour can include limiting the amount of food eaten, eating very large quantities of food at once, getting rid of food eaten through unhealthy means (e.g. making themselves sick, misusing laxatives, fasting, or excessive exercise), or a combination of these behaviours.

### Eating Disorder Resources

**Local support —**  
S.E.E.D.S

**Helplines -**

Samaritans (116 123) operates a 24-hour service available every day of the year.

Childline (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

The Mix (0808 808 499) Support service for young people [www.themix.org.uk](http://www.themix.org.uk)

YoungMinds 24/7 Support for young people and their parents and carers. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Minds Crisis Messenger Support Text YM to 85258

SAFA - Committed to making a positive difference to the lives of individuals, in Cumbria, who self-harm and to those who support them. non-judgmental counselling and trusting support available [help@safa-selfharm.com](mailto:help@safa-selfharm.com) 01229 832269

**Online resources—**

B-eat - UK Eating Disorder charity - [www.b-eat.co.uk](http://www.b-eat.co.uk) The Beat website features extensive information and links to other organisations, the Helpfinder, message boards, research recommended reading and other resources

Anorexia and Bulimia Care (ABC) - [www.anorexiabulimiare.org.uk/](http://www.anorexiabulimiare.org.uk/)

Centre for Clinical Interventions (CCI) - Module based on Disordered Eating

Overcoming disordered Eating Part A

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=48](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=48)

Overcoming disordered Eating Part B

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=49](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=49)

Other useful modules on the 'workbooks' tab include Building Body Acceptance - overcoming body dysmorphia, Building Self- Compassion - from self- criticism to self- kindness, Improving low self-esteem, Perfectionism in Perspective among others.

The website also holds a large number of information sheet on eating disorders and the effects of eating disorders including information for parents and carers

[http://www.cci.health.wa.gov.au/resources/minipax.cfm?mini\\_ID=19](http://www.cci.health.wa.gov.au/resources/minipax.cfm?mini_ID=19)

Hunger for understanding PDE

<http://www.wales.nhs.uk/sitesplus/documents/866/Hunger%20for%20Understanding%20%20-%20Workbook.pdf>

NICE (National Institute for Health & Clinical Excellence) - Information to inform about treatment which the NHS can provide and you can expect to receive

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

SAFA - Committed to making a positive difference to the lives of individuals, in Cumbria, who self -harm and to those who support them. non-judgmental counselling and trusting support available [www.safa-selfharm.com](http://www.safa-selfharm.com)

Stem 4 - Identification, Intervention & Management Of Common Teenage Mental Health Issues Promotes positive mental health in teenagers and those who support them including their families and carers <https://stem4.org.uk/eating-disorders/>

#### **Apps—**

Recovery Record Eating Disorder management App - Includes meal logging, meal planning, coping skills, rewards for recovery

Rise Up Recovery Warriors - Recovery tools including meal logging, behaviour tracking, emotions and thought tracking. Information around body image, mindfulness and relationships.

Blue Buddy - Information about health, quizzes, CBT strategies, breathing exercises, food diary, and able to set goals and see progress

#### **Training courses -**

Eating Disorder Training programmes and how to book call S.E.E.D Lancashire at 01772 915735

For all up to date training courses and dates, please check <https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

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## ADHD Support Pathway

ADHD is a mental health condition that is defined through analysis of behaviour. People with ADHD show a persistent pattern of inattention and/or hyperactivity–impulsivity that interferes with day-to-day functioning and/or development.

Signs may include:

<p>Inattentiveness:</p> <ul style="list-style-type: none"><li>• Listening difficulties</li><li>• Not following instructions</li><li>• Making careless mistakes</li><li>• Highly distractible</li><li>• Day dreaming</li><li>• Forgetting/Losing things</li><li>• Not finishing tasks</li><li>• Easily bored</li></ul>	<p>Over activity:</p> <ul style="list-style-type: none"><li>• Squirming/fidgety</li><li>• Restless, leaving seat without permission</li><li>• Talking too much</li><li>• Moving quickly and forcefully</li></ul>	<p>Impulsivity:</p> <ul style="list-style-type: none"><li>• Find waiting for things difficult</li><li>• Control/interrupt conversation</li><li>• Have trouble with taking turns</li><li>• Difficulty resisting temptation</li><li>• Blurting out answers before the question is complete</li><li>• Risk taking/little or no sense of danger</li></ul>
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## ADHD Resources

### Local support —

FIND\_A newsletter packed full of useful information and details of local support groups. Email copies / subscription can be obtained by emailing: [find@lancashire.gov.uk](mailto:find@lancashire.gov.uk)

ADHD North West - [www.adhdnorthwest.org.uk](http://www.adhdnorthwest.org.uk) Helpline, information, Family Support

### Helplines -

Samaritans (116 123) operates a 24-hour service available every day of the year.

Childline (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

The Mix (0808 808 499) Support service for young people [www.themix.org.uk](http://www.themix.org.uk)

YoungMinds 24/7 Support for young people and their parents and carers. Young Minds Crisis Messenger Support Text YM to 85258

<https://youngminds.org.uk/find-help/conditions/adhd-and-mental-health/>

### Online resources—

ADHD UK - have made a series of videos to help explain ADHD <https://adhduk.co.uk/videos/>

Living with ADHD - Useful resources, hints and tips for those living with ADHD, parents and professionals. <http://livingwithadhd.co.uk>

ADHD & YOU - Information, support and resources for children, young people, parents, carers and professionals <http://www.adhdandyou.co.uk/>

ADHD Foundation - Support, advice and self-management of ADHD [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/adhdhyperkineticdisorder.aspx> (factsheet)

Sleep and ADHD resources - <https://www.psychology-services.uk.com/adhd.htm>

ADDISS - ADHD information services - <http://www.addiss.co.uk/>

Nip in the Bud - works with mental health professionals to produce short films and fact sheets to help parents, primary school teachers and others caring for and working with children to recognise potential mental health conditions. [https://nipinthebud.org/child-mental-health-conditions/recognising-adhd/?gclid=CjwKCAjwr56IBhAvEiwA1fuqGr6kmDQ1aLhokwJhWE-rtXsC7kspVHSqLqJiHVnipGwLmVC9ZgqPQBoCCPIQAvD\\_BwE](https://nipinthebud.org/child-mental-health-conditions/recognising-adhd/?gclid=CjwKCAjwr56IBhAvEiwA1fuqGr6kmDQ1aLhokwJhWE-rtXsC7kspVHSqLqJiHVnipGwLmVC9ZgqPQBoCCPIQAvD_BwE)

Shift your Thinking - planning tools and ADHD blogs

[https://www.shiftyourthinkingld.com/adhd?gclid=CjwKCAjwr56IBhAvEiwA1fuqGmCTtN5vlt4GjDIbEkQ2yPSZtK96JzEcgdPf4RCOpew57VMQQE4\\_xRoCPPEQAvD\\_BwE](https://www.shiftyourthinkingld.com/adhd?gclid=CjwKCAjwr56IBhAvEiwA1fuqGmCTtN5vlt4GjDIbEkQ2yPSZtK96JzEcgdPf4RCOpew57VMQQE4_xRoCPPEQAvD_BwE)

Mind - information and support on ADHD <https://www.mind.org.uk/information-support/tips-for-everyday-living/adhd-and-mental-health/>

NHS - <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

### Apps—

MoodMapper - user-friendly digital diary prompts users to rate their thoughts and feelings several times a day and is designed to be easy to use and give an accurate picture of mood and any mood swings in a real-life context

Due – Reminders & Timers – Distractibility plays a big part in ADHD, but Due can set you back on track with reminders to do the important things.

Khan Academy Kids - educational activities books, songs and games

Reading Eggs - It is an alternative to traditional reading books which kids with ADHD are sometimes reluctant to read

Visual Schedule and Social Story - Social Stories are designed to help children who struggle with expressive language and social skills.

Stop, Breathe, and Think Kids - Mindfulness can be a good tool to help kids manage ADHD symptoms. Offers 15 free mindfulness activities. Kids can “check in” with how they are feeling, and then choose an activity based on that feeling.

Conversation Planner - ADHD can impact kids socially, including making it hard to follow a conversation. Conversation Planner can help your child practice and prepare for interactions with other people.

**Training courses –**

For all up to date training courses and dates, please check <https://www.healthyyoungmindspsc.co.uk/information/children-and-young-people>

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**\*\* Please note that ADHD referrals should contain information from both school and GP – the intention being a holistic overview of the child / young person’s presentation\*\***

## OCD Support Pathway

Obsessive compulsive disorder is a mental health condition where you have recurring thoughts and repetitive behaviours that you cannot control.

- 1) An obsession is an unwanted and unpleasant thought, image or urge that repeatedly enters your mind, causing feelings of anxiety, disgust or unease.
- 2) A compulsion is a repetitive behaviour or mental act that you feel you need to do to temporarily relieve the unpleasant feelings brought on by the obsessive thought.

## OCD Resources

### Local support —

[MyTime Cumbria | Barnardo's \(barnardos.org.uk\)](#) MyTime is part of the CAMHS service provision for children and young people needing emotional health and wellbeing support. MyTime work with mild to moderate emotional health presentations such as anger, anxiety, low mood, self-harm and depression.

### Helplines -

[Samaritans](#) (116 123) operates a 24-hour service available every day of the year.

[Childline](#) (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

[The Mix](#) (0808 808 499) Support service for young people [www.themix.org.uk](http://www.themix.org.uk)

[YoungMinds](#) 24/7 Support for young people and their parents and carers. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Minds Crisis Messenger Support Text YM to 85258

### Online resources—

[Anxiety UK](#) - Helping your Child with Obsessive Compulsive Disorder [OCD 12pp A5 Booklet Layout 1 \(anxietyuk.org.uk\)](#)

[No Panic](#) - No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders. [www.nopanic.org.uk](http://www.nopanic.org.uk)

[OCD-UK](#) - A recovery focused charity. We provide evidence-based information, advice and support to those affected by Obsessive-Compulsive Disorder. [Our new pocket sized guide for young people | OCD-UK \(ocduk.org\)](#)

[OCD Action](#) - [Young People | OCD Action](#)



[OCD Youth - OCD Youth - For and by young people with OCD | Support and Info](#)

[Mind – overcoming OCD as a teenager Overcoming OCD as a teenager | Mind, the mental health charity - help for mental health problems](#)

[Royal College of Psychiatrists - OCD - for young people | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#)

[YoungMinds - www.youngminds.org.uk](#)

[Rethink - information on OCD behaviour What are the signs and symptoms of Obsessive compulsive disorder \(OCD\) \(rethink.org\)](#)

[Sky Badger - Obsessive Compulsive Disorder – Sky Badger](#)

#### **Apps—**

[GGOC](#) – increase awareness of unhelpful thinking habits and increase access to helpful and positive thoughts.

[OCD help](#) – track your recovery process and reduce rumination.

[OCD therapy](#) – help the change the way you think, understand intrusive and unwanted thoughts, learn how to overcome fears and learn to control compulsions.

[No OCD](#) - Helps with those suffering from obsessive compulsive disorder.

#### **Training courses –**

For all up to date training courses and dates, please check <https://www.healthyyoungmindslsc.co.uk/information/children-and-young-people>

**Please note, the information provided in this document was correct at the time of publication and is intended as advisory guidance only.**

## Behaviour including Anger Support Pathway

Behaviour is how someone acts. It is what a person does to make something happen, to make something change or to keep things the same. Behaviour is a response to things that are happening:

- internally - thoughts and feelings
- externally - the environment, including other people.

Observing behaviour is the easy part. It is understanding why someone does what they do that is much more complicated.

Behaviour serves a purpose and has a reason, including:

- communication - through use of body language, facial expressions, gestures and silence
- function - to help meet a need, attract attention, gain an internal or sensory sensation, access an item or activity, or get away from something.

The key to understanding behaviour is to understand why it is occurring, what is being communicated or what is needed.

Anger is a basic human emotion that is experienced by all people. Typically triggered by an emotional hurt, anger is usually experienced as an unpleasant feeling that occurs when we think we have been injured, mistreated, opposed in our long-held views, or when we are faced with obstacles that keep us from attaining personal goals. Anger can cause many different symptoms. It might affect how you feel physically or mentally, or how you behave.

Some people become aggressive towards others when they're angry. Other people hide their anger and may take it out on themselves. It's not always easy to recognise when anger is the reason why you're behaving differently.

<b>Physical symptoms may include:</b>	<b>Mental symptoms may include:</b>	<b>Changes in behaviour may include:</b>
<ul style="list-style-type: none"><li>• faster heartbeat</li><li>• tense muscles</li><li>• clenching your fists</li><li>• tightness in your chest</li><li>• feeling hot</li></ul>	<ul style="list-style-type: none"><li>• feeling tense or nervous</li><li>• being unable to relax</li><li>• being easily irritated</li><li>• feeling humiliated</li><li>• resenting other people</li></ul>	<ul style="list-style-type: none"><li>• shouting</li><li>• ignoring people or sulking</li><li>• starting fights</li><li>• breaking things</li><li>• self-harming</li></ul>

## Behaviour including Anger Resources

### Local support —

[Public Health 5-19 : Cumbria County Council](#)

Community Learning Disability and Behaviour Support service- <https://www.cumbriapartnership.nhs.uk/childrens-ld>

Action for Children - [Action For Children | Children's charity | For safe and happy childhoods](#)

Family Action - [0-19 Child and Family Support Service - Family Action \(family-action.org.uk\)](#)

### Helplines -

[Samaritans](#) (116 123) operates a 24-hour service available every day of the year.

[Childline](#) (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

[The Mix](#) (0808 808 499) Support service for young people [www.themix.org.uk](http://www.themix.org.uk)

[YoungMinds](#) 24/7 Support for young people and their parents and carers. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Minds Crisis Messenger Support Text YM to 85258

### Online resources—

[DDP Network](#) - Information about DDP therapy, online resources and links for parents/carers of children with emotional and behavioural difficulties

<http://ddpnetwork.org/about-ddp/meant-pace/>

[Zones of regulation](#) - (book and CD) [www.zonesofregulation.com](http://www.zonesofregulation.com)

[Youth zone](#) - <http://www.lancashire.gov.uk/youthzone>

[Bullying advice](#) - [www.bullying.co.uk](http://www.bullying.co.uk) , [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk) , [www.childline.org.uk](http://www.childline.org.uk) , [www.ditchthelabel.org](http://www.ditchthelabel.org) , [www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk) ,

Vodafone Bullying Support

[Solihull Approach](#) - a team of registered professionals within the National Health Service in the UK, working with practitioners and parents to develop new resources to support emotional health and well-being in children, families and adults. [Solihull Approach | Understanding your child \(solihullapproachparenting.com\)](#)

- understanding trauma [Online course: Understanding trauma \(solihullapproachparenting.com\)](#)
- understanding attachment [Online course: Understanding attachment \(solihullapproachparenting.com\)](#)
- understanding brain development [Online course: Understanding brain development \(solihullapproachparenting.com\)](#)
- understanding your wellbeing in high pressure environments [Online course: Understanding your wellbeing in high pressure environments \(solihullapproachparenting.com\)](#)

[Family Links](#) - Free downloads for parents <https://www.familylinks.org.uk/parents#free-downloads-for-parents>

[Online parent talk hub \(Action for Children\)](#) - [Parent Talk - Support for Parents from Action For Children](#)

[Relate](#) - [Help with Family Life and Parenting – Counselling and Advice](#) | [Relate](#)

[Home Start](#) - [Home-Start UK](#)

[NSPCC](#) - [Support for parents](#) | [NSPCC](#)

[Behaviour in School](#) - [Mental Health and Behaviour - Information and Tools for Schools \[PDF 3.6MB\]](#)

#### **Apps—**

#### **Training courses –**

For all up to date training courses and dates, please check <https://www.healthyyoungmindspsc.co.uk/information/children-and-young-people>

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## Emotional Resilience Support Pathway

Emotional resilience is your ability to respond to stressful or unexpected situations and crisis.

The amount of emotional resilience you have is determined by a number of different things, including your age, identity and what you've experienced in your life.

### Emotional Resilience Resources

#### **Local support —**

[Public Health 5-19 : Cumbria County Council](#)

Action for Children - [Action For Children | Children's charity | For safe and happy childhoods](#)

Family Action - [0-19 Child and Family Support Service - Family Action \(family-action.org.uk\)](#)

[MyTime Cumbria | Barnardo's \(barnardos.org.uk\)](#) MyTime is part of the CAMHS service provision for children and young people needing emotional health and wellbeing support. MyTime work with mild to moderate emotional health presentations such as anger, anxiety, low mood, self-harm and depression.

#### **Helplines -**

[Samaritans](#) (116 123) operates a 24-hour service available every day of the year.

[Childline](#) (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

[The Mix](#) (0808 808 499) Support service for young people [www.themix.org.uk](http://www.themix.org.uk)

[YoungMinds](#) 24/7 Support for young people and their parents and carers. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Minds Crisis Messenger Support Text YM to 85258

#### **Online resources—**

Anxiety Training Resources from PH 5—19 Website

[PH5-19 The worry toolkit contents \(PDF 69K\)](#)

[PH5-19 All about me activity \(PDF 40K\)](#)

[PH5-19 What is worry? activity \(PDF 531K\)](#)

[PH5-19 How I feel worry activity \(PDF 51K\)](#)

[PH5-19 The calm down kit \(PDF 24K\)](#)

[PH5-19 Relaxation card description \(PDF 80k\)](#)

[PH5-19 Relaxation cards picture version \(PDF 24k\)](#)

[PH5-19 Relaxation cards 1 \(PDF 12K\)](#)

[PH5-19 Relaxation cards 2 \(PDF 12K\)](#)

[PH5-19 Strength cards activity \(PDF 66K\)](#)

[PH5-19 Breathing star activity \(PDF 155K\)](#)

Kooth - online counselling for 11 - 18 year olds with counsellors available online 12 noon - 10pm [www.kooth.com/](http://www.kooth.com/)

Boing boing - <http://www.boingboing.org.uk/>

Canadian website about anxiety with a good Youth section <https://www.anxietybc.com/>

Seasons for growth (website) <http://seasonsforgrowth.co.uk/>

Circle of Friends (Approach) <http://www.antibullyingworks.co.uk/resources/intervention-strategies/circle-of-friends/>

Talking to parents when a child is struggling Advice for teachers who need to talk to parents/carers about a child who is struggling.

[www.responsiveclassroom.org/talking-with-parents-about-problems/](http://www.responsiveclassroom.org/talking-with-parents-about-problems/)

Black Dog Video—a very good analogy to understand Depression:

<https://www.youtube.com/watch?v=XiCrniLQGYc>

The Anna Freud National Centre for Children and Families - provides lots of parents, carers, children and young people <https://www.annafreud.org/schools-and-colleges/>

[PH5-19 Happy wheel activity \(PDF 219KB\)](#)

[PH5-19 Glitter jar act activity \(PDF 201KB\)](#)

[PH5-19 Mindfulness exercises \(PDF 203KB\)](#)

[PH5-19 Happy box activity \(PDF 188KB\)](#)

[PH5-19 Five stage problem solving activity \(PDF 414KB\)](#)

[PH5-19 Resilience tips for parents/carers primary \(PDF 183KB\)](#)

[PH5-19 Resilience tips for parents/carers secondary \(PDF 108KB\)](#)

#### **Apps—**

SuperBetter – SuperBetter is a free web and app-based programme created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. Resilience has a powerful effect on health - by boosting physical and emotional well-being. SuperBetter is for young people over the age of 13 who want to feel happier, healthier, and more able to reach their goals.

One moment meditation – change your state of mind, reduce stress and boost motivation and health

Kid Coach – have meaningful conversations between parent and child

**Training courses –**

For all up to date training courses and dates, please check <https://www.healthyyoungmindspsc.co.uk/information/children-and-young-people>

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## Questioning Gender and Sexuality Support Pathway

The questioning of one's sexual orientation, sexual identity, gender, or all three is a process of exploration by people who may be unsure, still exploring, or concerned about applying a social label to themselves for various reasons. LGBTQ is an acronym for lesbian, gay, bisexual, transgender and queer or questioning. These terms are used to describe a person's sexual orientation or gender identity.

- **L (Lesbian):** A lesbian is a woman/woman-aligned person who is attracted to only people of the same/similar gender.
- **G (Gay):** Gay is usually a term used to refer to men/men-aligned individuals who are only attracted to people of the same/similar gender. However, lesbians can also be referred to as gay. Bisexual and pansexual people sometimes use gay to casually refer to themselves when they talk about their similar gender attraction.
- **B (Bisexual):** Bisexual indicates an attraction to all genders. The recognition of bisexual individuals is important, since there have been periods when people who identify as bi have been misunderstood as being gay. Bisexuality has included transgender, binary and nonbinary individuals.
- **T (Transgender):** Transgender is a term that indicates that a person's gender identity is different from the gender associated with the sex they were assigned at birth.
- **Q (Queer or Questioning):** Though queer may be used by people as a specific identity, it is often considered an umbrella term for anyone who is non-cisgender or heterosexual. It should not be placed on all members of the community and should only be used by cisgender and heterosexual individuals when referring to a person who explicitly identifies with it. Questioning refers to people who may be unsure of their sexual orientation and/or gender identity.
- **+ (Plus):** The 'plus' is used to signify all the gender identities and sexual orientations that are not specifically covered by the other five initials.

## Questioning Gender and Sexuality Resources

### Local support —

Furness LGBT Youth Group – Furness LGBTQ+ youth group brings together people to celebrate diversity and give young people a voice in our community.

Furness LGBTQ+ support (dzyp.co.uk) 01229 812888 or email [drop\\_zone@btconnect.com](mailto:drop_zone@btconnect.com)

Consortium - Friends & Supporters of the Furness LGBT Community (consortium.lgbt)

Cumbria Pride - Facebook page <https://en-gb.facebook.com/CumbriaPride/>

LGBThq Cumbria - Support & Social Centre for the LGBT+ Community

Outreach Cumbria - offers talking therapy for individuals struggling with their sexuality and identity, they have an information line that you can contact free 0800 345 7440 on a Thursday evening to get information you need. They have a monthly online magazine written by volunteers, and provide monthly social



events for people to meet up and talk. [OutREACH New \(outreachcumbria.org.uk\)](http://outreachcumbria.org.uk)

### **Helplines -**

[Samaritans](http://www.samaritans.org) (116 123) operates a 24-hour service available every day of the year.

[Childline](http://www.childline.gov.uk) (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

[The Mix](http://www.themix.org.uk) (0808 808 499) Support service for young people [www.themix.org.uk](http://www.themix.org.uk)

[YoungMinds 24/7](http://www.youngminds.org.uk) Support for young people and their parents and carers. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Minds Crisis Messenger Support Text YM to 85258

[Outreach Cumbria](http://www.outreachcumbria.co.uk) - contact free 0800 345 7440 on a Thursday evening or email: [info@outreachcumbria.co.uk](mailto:info@outreachcumbria.co.uk)

### **Online resources—**

[Beaumont Society](http://www.beaumontsociety.org.uk) - offer help and support for the transgender community. [The Beaumont Society | Help and support for the transgendered community](http://www.beaumontsociety.org.uk)

[Gender Trust](http://www.gendertrust.org.uk) - [GenderTrust.org.uk](http://www.gendertrust.org.uk)

[Gires](http://www.gires.org.uk) - [Gender Identity Research & Education Society – Improving the Lives of Trans People \(gires.org.uk\)](http://www.gires.org.uk)

[Stonewall](http://www.stonewall.org.uk) - empowers individuals in the UK and abroad by providing them with support and advice to help tackle discrimination and hate crimes. As well as campaigning for greater equality, it has a range of research and resources to support you. [Stonewall](http://www.stonewall.org.uk)

[Cumbria Pride](http://www.cumbriapride.org.uk) - [Cumbria Pride | Carlisle | LGBT | Charity](http://www.cumbriapride.org.uk)

[Just like us](http://www.justlikeus.org) - [Support for LGBT+ young people \(justlikeus.org\)](http://www.justlikeus.org)

[The Be You Project](http://www.thebeyouproject.co.uk) - [Resources for LGBT+ young people, their families and friends \(thebeyouproject.co.uk\)](http://www.thebeyouproject.co.uk)

[Galop](http://www.galop.org.uk) - is an LGBT anti-violence charity that offers support and advice to individuals who have experienced hate crime, sexual violence and domestic abuse.

[Galop - the LGBT+ anti-abuse charity - Galop has provided advice, support, research and lobbying around the issues of LGBT+ policing for over 30 years.](http://www.galop.org.uk)

[Mermaids](http://www.mermaidsuk.org.uk) - provides support for families, teens and children with gender identity issues. [Homepage - Mermaids \(mermaidsuk.org.uk\)](http://www.mermaidsuk.org.uk)

[Kooth](http://www.kooth.com/) - online counselling for 11 - 18 year olds with counsellors available online 12 noon - 10pm [www.kooth.com/](http://www.kooth.com/)

[Gendered Intelligence](http://www.genderedintelligence.org.uk) - exist to increase understandings of gender diversity through creative ways. They work with the trans community and those who impact on trans lives; and they particularly specialise in supporting young trans people aged 8-25. [Home | Gendered Intelligence](http://www.genderedintelligence.org.uk)

[CSCP](http://www.cumbriasafeguardingchildren.co.uk) – Supporting transgender young people. [Supporting Transgender Young People : Cumbria County Council \(cumbriasafeguardingchildren.co.uk\)](http://www.cumbriasafeguardingchildren.co.uk)

### **Apps—**

[LGBT+ Amino](http://www.lgbtmino.com) – chat platform for young LGBT+ people and allies. Meet new friends, express yourself and share your opinions in a safe a welcoming environment.

**Training courses –**

For all up to date training courses and dates, please check <https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

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## Suicide Support Pathway

Suicide is the act of intentionally taking your own life.

Suicidal feelings can mean having abstract thoughts about ending your life or feeling that people would be better off without you. Or it can mean thinking about methods of suicide or making clear plans to take your own life.

## Suicide Resources

### **Local support –**

South Cumbria NHS Urgent Mental Health Support Line 24/7, all ages North Cumbria NHS Universal Mental Health Crisis Line 0800 652 2865 / 0800 953 0110

MindLine Cumbria 0300 561 0000 text Mind to 81066. Information, guidance and support. Midday-11pm Mon-Fri. 5-11pm Weekends.

Lancs and South Cumbria Mental Health Helpline 0800 915 4640 24/7 Mental Health & Wellbeing helpline for Lancashire and South Cumbria

Lancs and South Cumbria Mental Health Textline Text HELLO to 07860 022846 Mental Health & Wellbeing textline for Lancs and South Cumbria Mon-Fri 7pm-11pm, Sat/Sun 12pm-12am

### **Helplines -**

PAPYRUS (0800 068 41 41) is a voluntary organisation supporting teenagers and young adults who are feeling suicidal.

Samaritans (116 123) operates a 24-hour service available every day of the year.

Childline (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

The Mix (0808 808 499) Support service for young people [www.themix.org.uk](http://www.themix.org.uk)

YoungMinds 24/7 Support Young Minds is committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Minds Crisis Messenger Support Text YM to 85258

### **Online resources—**

Thinking about suicide? - Every Life Matters ([every-life-matters.org.uk](http://every-life-matters.org.uk)) ELM is a Cumbria wide organisation with a comprehensive wealth of resources, support-links, free short courses – a great place to start looking in to this difficult topic.

Worried About Someone? | Papyrus UK | Suicide Prevention Charity ([papyrus-uk.org](http://papyrus-uk.org))

### **Apps:**

**Distract App-** Health and wellbeing information, self-care tips and links to support

**Stay Alive App** Stay alive is a free suicide prevention app that helps its users to stay safe from acting on their thoughts of suicide. Downloading this app means that the help and information someone may need when managing thoughts of suicide is easily accessible, helping them to stay safe.

**Self-help Anxiety Management App** Easily accessible, helping them to stay safe. This app is helpful for helping the user manage their anxiety. The anxiety tracker can help the user better understand things that make them feel anxious, whilst the self-help toolkit allows them to learn new skills around anxiety management. Some people have found this app helpful to use whilst waiting to access further long-term support or to build on their existing anxiety management skills. Self-help Anxiety Management

**Moodometer App** This NHS app allows the user to track and understand influences behind their mood. Acting like a mood diary, this app can be helpful in identifying triggers that can impact on low mood and also suggest ways to lift your mood.

**Grief: Support for Young People App** This app was created by Child Bereavement UK and bereaved young people. It targets young people aged between 11-25 years old who have been bereaved and are in need of support. It provides the user with information and real life experiences about feelings such as grief that people may experience following a bereavement. It also offers information about where users can access further support if needed.

#### **Training courses -**

[Training - Every Life Matters \(every-life-matters.org.uk\)](http://every-life-matters.org.uk)

[Education and Training | Papyrus UK | Suicide Prevention Charity \(papyrus-uk.org\)](http://papyrus-uk.org)

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## Depression / Low Mood Support Pathway

Depression is a mood disorder that affects the way you feel about life in general. Having a hopeless or helpless outlook on your life is the most common symptom of depression. Common, recurring thoughts of depression may be vocalized as, “It’s all my fault,” or “What’s the point?”.

Children, like adults also suffer from depression, although their symptoms may not be the same. Additionally, children respond well to treatment. Depression is defined as an illness when the feelings of depression persist and interfere with a child or adolescent’s ability to function.

About 5 percent of children and adolescents in the general population suffer from depression at any given point in time. Children under stress, who experience loss, or who have attention problems, learning, conduct or anxiety disorders are at a higher risk for depression. The behavior of depressed children and teenagers may differ from the behavior of depressed adults. Child and adolescent psychiatrists advise parents to be aware of signs of depression in youngsters.

Symptoms may include:		
<ul style="list-style-type: none"><li>• Frequent sadness, tearfulness, crying.</li><li>• Decreased interest in activities; or inability to enjoy previously favourite activities.</li><li>• Persistent boredom; low energy</li><li>• Frequent complaints of physical illnesses such as headaches and stomach-aches.</li></ul>	<ul style="list-style-type: none"><li>• Frequent absences from school or poor performance in school.</li><li>• Poor concentration.</li><li>• A major change in eating and/or sleeping patterns.</li><li>• Thoughts or expressions of suicide or self-destructive behaviour</li><li>• Hopelessness.</li></ul>	<ul style="list-style-type: none"><li>• Social isolation, poor communication.</li><li>• Low self esteem and guilt.</li><li>• Extreme sensitivity to rejection or failure.</li><li>• Increased irritability, anger, or hostility.</li><li>• Difficulty with relationships.</li></ul>

## Depression / Low Mood Resources

### Local support -

[South Cumbria NHS Urgent Mental Health Support Line](#) 24/7, all ages

[North Cumbria NHS Universal Mental Health Crisis Line](#) 0800 652 2865 / 0800 953 0110

[MindLine Cumbria](#) 0300 561 0000 text Mind to 81066. Information, guidance and support. Midday-11pm Mon-Fri. 5-11pm Weekends.

[Lancs and South Cumbria Mental Health Helpline](#) 0800 915 4640 24/7 Mental Health & Wellbeing helpline for Lancashire and South Cumbria

[Lancs and South Cumbria Mental Health Textline](#) Text HELLO to 07860 022846 Mental Health & Wellbeing textline for Lancs and South Cumbria Mon-Fri 7pm-11pm, Sat/Sun 12pm-12am

[MyTime Cumbria | Barnardo's \(barnardos.org.uk\)](#) MyTime is part of the CAMHS service provision for children and young people needing emotional health and wellbeing support. MyTime work with mild to moderate emotional health presentations such as anger, anxiety, low mood, self-harm and depression.

### Helplines -

[Samaritans](#) (116 123) operates a 24-hour service available every day of the year.

[Childline](#) (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

[The Mix](#) (0808 808 499) Support service for young people [www.themix.org.uk](http://www.themix.org.uk)

[YoungMinds 24/7 Support](#) Young Minds is committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Minds Crisis Messenger Support Text YM to 85258

### Online Resources:

[9 Depression Symptoms to Look Out For \(healthline.com\)](#)

[Campaign Against Living Miserably](#) - A campaign and charity targeting young men with a helpline, magazine and online community, but CALM listens to **anyone** who needs help or support.

[Search | YoungMinds](#) - Information and advice on child mental health issues. YoungMinds have also developed [HeadMeds](#) which gives young people in England **general** information about medication. HeadMeds does **not** give you medical advice. Please talk to your Doctor or anyone else who is supporting you about your own situation because everyone is different

[Rethink Mental Illness](#) - Mental health charity helping people with mental health problems and have a section for young people.

[How Dealing With Anger Helped My Recovery From Depression | YoungMinds](#) – anger is often a symptom of depression.

u know, not coping with life? For confidential suicide prevention advice contact HOPELI

### Apps:

**Distract App-** Health and wellbeing information, self-care tips and links to support

**Moodometer App** This NHS app allows the user to track and understand influences behind their mood. Acting like a mood diary, this app can be helpful in identifying triggers that can impact on low mood and also suggests ways to lift your mood.

**Cove App** Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.

**Catch It App** - Learn how to manage feelings like [anxiety](#) and [depression](#) with Catch It. This NHS recommended app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

### Training courses

[Depression Awareness Course | CPD Approved Online Training \(cpdonline.co.uk\)](#)

[Understanding Depression \(CPD Certified\) - The Skills Network](#)

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## Phobia Support Pathway

A phobia is an overwhelming and debilitating fear of an object, place, situation, feeling or animal. Phobias are more pronounced than fears. They develop when a person has an exaggerated or unrealistic sense of danger about a situation or object. If a phobia becomes very severe, a person may organise their life around avoiding the thing that's causing them anxiety e.g social phobia (aka social anxiety disorder). As well as restricting their day-to-day life, it can also cause a lot of distress. A phobia is a type of anxiety disorder. You may not experience any symptoms until you encounter the source of your phobia. But in some cases, even thinking about the source of a phobia can make a person feel anxious or panicky. This is known as anticipatory anxiety. If, though you do not encounter the source of your phobia very often, it may not affect your everyday life. Symptoms may include: unsteadiness, dizziness and lightheadedness; nausea; sweating; increased heart rate or palpitations; shortness of breath; trembling or shaking; an upset stomach

## Phobia Resources

### **Local support —**

MyTime - [MyTimeCumbria@barnardos.org.uk](mailto:MyTimeCumbria@barnardos.org.uk) Part of the CAMHS service provision for children and young people needing emotional health and wellbeing support. MyTime work with mild to moderate emotional health presentations such as anger, anxiety, low mood, self-harm and depression Call 01539742626. CAMHS South (South Lakes & Furness), [camhssouth@nhs.net](mailto:camhssouth@nhs.net) Tel No: 01229 402696 Specialist Tier 3 Child and Adolescent Mental Health Service (CAMHS) are available in Cumbria and can be referred to if difficulties with mental health are escalating. Tier 3 CAMHS is a service for children, young people and families with significant, severe, complex or persistent emotional, mental health, psychological and/or relationship difficulties. This could include: Anxiety/Mood disorders; ADHD/ADD; Self-Harm; Eating disorders; Obsessive Compulsive Disorder; Post Traumatic Stress Disorder; Somatic Disorder; Psychotic Disorders; More than one mental health condition; Severe behavioural problems (as part of any of the above).



### Helplines -

Childline - (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

YoungMinds - 24/7 Support Young Minds is committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Minds Crisis Messenger Support Text YM to 85258

### Online resources—

Helping someone with a phobia | Mind, the mental health charity - help for mental health problems – how to help someone with a phobia

Reading Well (reading-well.org.uk) - Reading Well supports people to understand and manage their health and wellbeing using helpful reading.

What To Do If You Think You have Phobia | YoungMinds – explanations & advice re young people of various common phobias.

No Panic - Supports people struggling with panic attacks, phobias, obsessive compulsive disorder (OCD) and other anxiety-related issues - and provides support and information for their carers. Offers a specialist youth helpline for people aged 13-20. The opening hours are 3pm - 6pm, Monday - Friday; 6pm - 8pm, Thursdays and Saturdays. Call 01952 680835 for a recorded breathing exercise to help you through a panic attack (available 24/7). 10am - 10pm, 365 days a year [0300 772 9844](tel:03007729844) (adults) [0330 606 1174](tel:03306061174) (Youth helpline) or contact [sarah@nopenic.org.uk](mailto:sarah@nopenic.org.uk)

### Apps—

Distract App- Health and wellbeing information, self-care tips and links to support

Moodometer App - This NHS app allows the user to track and understand influences behind their mood. Acting like a mood diary, this app can be helpful in identifying triggers that can impact on low mood and also suggests ways to lift your mood.

### Training courses –

Phobias Awareness Online Course | CPD Approved Training (cpdonline.co.uk)

For all up to date training courses and dates, please check <https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

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## ASC Support Pathway

ASD - autism spectrum disorder:

Autism, or Autistic Spectrum Disorder (ASD), or Autistic Spectrum Condition (ASC) - is a lifelong condition affecting how people communicate and interact with others and how they relate to the world about them.

Pathological Demand Avoidance (PDA):

Pathological Demand Avoidance (PDA) is characterised by an extreme avoidance of everyday demands and an anxiety-driven need to be in control. PDA is recognised as a sub-type of autism by the National Autistic Society and is sometimes known as Extreme Demand Avoidance.

## ASC Resources

### **Local support —**

The Cumbria Autism Family Advisors Project provides advice and support to families with Autistic children aged up to 18 throughout the county. Getting support for a child on the autism spectrum and their family is often far from straightforward. This is because not all people on the autism spectrum fit the traditional idea of disability. As many parents know this causes frustration. The Cumbria Autism Family Support Project aims to support families to get the best out of existing services and identify gaps in provision to inform future service developments. The project covers five district council areas within Cumbria. These are Carlisle, Eden, Allerdale, Copeland and Furness. The Family Support Workers will work with families of children under the age of 18 who have a diagnosis of autism. Families can refer themselves to the service by contacting Carlisle Mencap. Simply download and fill in a self-referral form which can then be sent in to one of the workers/the main office. <https://www.carlismencap.co.uk/how-we-can-help/parents-and-carers/cumbria-autism-family-support-project/>

### Helplines -

Childline - (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

YoungMinds - 24/7 Support Young Minds is committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Minds Crisis Messenger Support Text YM to 85258

### Online resources—

[Top 5 autism tips: inclusion in education](#)

[www.autism.org.uk/what-we-do/help-and-support](http://www.autism.org.uk/what-we-do/help-and-support)

[Teaching secondary school autistic students \(autism.org.uk\)](http://autism.org.uk)

[\[ARCHIVED CONTENT\] Teachernet, ASD strategies for accessing the curriculum KS3&4 \(nationalarchives.gov.uk\)](#) – old but still relevant information.

### Apps—

For younger children, one of the most attractive apps is **SmartyPants** (Apple and Android) from Inclusive Technology, which lets children explore and talk about feelings.

**Smile at Me**, an app developed for the iPhone, iPad or iPod Touch, is designed to help children with autism interpret social cues to determine when smiling is a good response.

**Book Creator** lets children make up their own stories, put in photos, add voices, write text and export them to iBooks. Families with young children might make books about home or nursery, for teenagers the same app is an ideal vehicle for social stories.

Children want to play games and have fun, but many children with autism like something a little more strategic than the shoot 'em up type games. Two of the most popular are **Subway Surfers** (Apple and Android), an adventure with fast and furious action but with no blood or gore, and **Minecraft**, where children create a game world that possesses a similar logic to the real world but can be edited and manipulated quite easily.

Some autistic children like art apps where they can paint and create illustrations without getting their hands dirty. Use **Shadow Puppet** to create a photo story and add an audio track or commentary. Choose a picture of a famous person and use the **Morfo App** to transform the image into a talking 3D character.

For young children who like music try **Music Box Free**. It is easy to use, ideal for those with low frustration levels, and has lots of instruments to play. GarageBand is the proper professional package. With a variety of instruments, recording and editing facilities, it's like having a recording studio...

**Brain in Hand App** designed to increase independence. It lets users plan out their week, identify with help the possible stress moments, and plan strategies to help them cope.

**Training courses –**

[Autism Awareness Online Course | \(cpdonline.co.uk\)](http://cpdonline.co.uk)

[Understanding stress and anxiety in autism](http://autism.org.uk) – autism.org.uk

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## **Bereavement Support Pathway**

Bereavement is the experience of losing someone important to us. It is characterised by grief, which is the process and the range of emotions we go through as we gradually adjust to the loss.

Losing someone important to us can be emotionally devastating - whether that be a partner, family member, friend or pet. It is natural to go through a range of physical and emotional processes as we gradually come to terms with the loss.

Bereavement affects everyone in different ways, and it's possible to experience any range of emotions. There is no right or wrong way to feel. Feelings of grief can also happen because of other types of loss or changes in circumstances, for example:

- the end of a relationship
- the loss of a job
- moving away to a new location
- a decline in the physical or mental health of someone we care about.

## **Bereavement Resources**

### **Local support —**

**CancerCare** - <http://www.cancercare.org.uk/> CancerCare is a unique independent charity dedicated to helping families affected by cancer and other life limiting conditions living in South Cumbria. Our service for children also works with children bereaved for any reason. For more information contact the CancerCare Therapy Coordination Team on 01524 381 820 or email [tct@cancercare.org.uk](mailto:tct@cancercare.org.uk)

**Child bereavement UK** - Support and help for children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies. We also provide training to professionals, equipping them to provide the best possible care to bereaved families. [enquiries@childbereavementuk.org](mailto:enquiries@childbereavementuk.org) National Helpline: 0800 02 888 40 Live chat: via the website Email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

**Cruise Bereavement care** - Cruse provides support to individuals and families, helping them to come to terms with the loss of someone important in their lives and to understand their grief. 0300 600 3434 [cumbria@cruse.org.uk](mailto:cumbria@cruse.org.uk)

**Bluebell** - Bluebell works in the South Cumbria area to provide free support for people experiencing grief associated with loss during pregnancy, the death of a baby, child or young person, those with fertility issues and families where a child has a life-limiting or life-threatening illness. We also provide support for children and young people up to the age of 18 who are grieving through the death or anticipated death of someone important to them. 07516556081 [info@bluebell.org.uk](mailto:info@bluebell.org.uk)

### Helplines -

Winston's Wish – Tel: 08088 020 021 between 9am-5pm, Monday-Friday. Calls are free and confidential. Email: [ask@winstonswish.org](mailto:ask@winstonswish.org) online chat available between 1-5pm on Tuesdays and 9am-1pm on Fridays.

Cruise Bereavement Support - You can call us for free on 0808 808 1677 opening Hours:

- Monday: 9.30am-5pm
- Tuesday: 9.30am-8pm (on Tuesday 19th October the Helpline will close at 17:00pm)
- Wednesday: 9.30am-8pm
- Thursday: 9.30am-8pm
- Friday: 9.30am-5pm
- Saturday and Sunday: 10am -2pm

YoungMinds - 24/7 Support Young Minds is committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Minds Crisis Messenger Support Text YM to 85258

### Online resources—

Winston's Wish— a charity for bereaved children. Freephone helpline 08088 020 021. Mon– Friday 9am –5pm [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

Rainbow Trust— supporting families with a seriously ill child—<https://rainbowtrust.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. 0800 0288840 [www.childbereavement.org.uk](http://www.childbereavement.org.uk)

[www.compassionbooks.com](http://www.compassionbooks.com)

<http://seasonsforgrowth.co.uk/>

### Apps—

**Lilies** - Lilies is a user-friendly mobile grief app for young people which gives virtual hugs. Developed by six school girls, the app provides a safe community to share thoughts and memories, as well as grief tips. Supported by Winston's Wish.

**Grief: Support for Young People App** - This app was created by Child Bereavement UK and bereaved young people. It targets young people aged between 11-25 years old who have been bereaved and are in need of support. It provides the user with information and real life experiences about feelings such as grief that people may experience following a bereavement. It also offers information about where users can access further support if needed.

**Apart of Me** - Apart of Me is a mobile gaming app developed to provide children with strength and resilience when someone is dying or has died. Set in a colourful virtual world, the bereavement app was developed by Bounce Works, and allows children to curate memories of their loved ones in a beautiful and engaging way.

**Nino's Mourning Toolbox** - Targeted at children aged four to 12 years old, Nino's Mourning Toolbox tells the story of a dinosaur whose sister has died. The interactive story journeys through steps in the grieving process to help children overcome their loss and help families to support each other.

**My Grief Angels** - My Grief Angels is a smartphone grief app with the objective of creating a global community, for people to be there for one another during their difficult times.

**Training courses –**

For all up to date training courses and dates, please check <https://www.healthyyoungmindspsc.co.uk/information/children-and-young-people>

**Please note, the information provided in this document was correct at the time of publication and is intended as advisory guidance only.**

Abbreviation used	Glossary of abbreviations used
ACE	Achieve. Change. Engagement
ADHD	Attention Deficit Hyperactivity Disorder
ASD	Autism Spectrum Disorder
ASIST	Applied Suicide Intervention Skills Training
EHA	Early Help Assessment
CAMHS	Child and Adolescent Mental Health Service
CANW	Child Action North West
CART	Contact and Referral Team
CAYP	Children, Adults and Young People
CSC	Children’s Social Care
CSE	Child Sexual Exploitation
ED	Eating Disorder
FIND	Family Information Network Directory
MH	Mental Health
NAS	National Autistic Society
PCSO	Police Community Support Officer
PEIS	Prevention Early Intervention in Schools
PMHW	Primary Mental Health Worker
PRU	Pupil Referral Unit
SALT	Speech and Language Therapy
SEND	Special Educational Needs and Disability
SENDCo	Special Educational Needs and Disability Co-ordinator
YP	Young Person
PH 5—19	Public Health 5-19 Service