

North Somerset emotional health Directory of Services

for Children & young people



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March 2019

What to do in an emergency

In emergency situations, a child or young person must attend the nearest 24 hour A&E unit or call 999.

On arrival at A&E, a health professional will make an assessment.

If a child or young person needs ongoing mental health input, a referral to the appropriate team will be made by the assessing professional.

Worried about a child or young person?

Bristol Crisis Service will help you get the right support faster Tel: 0300 555 0334 or www.bristolmentalhealth.org/services/crisis-service

If you're worried about the welfare or safety of a child or young person, it is important to contact the child protection team on 01275 888 808.

You can also report your concerns on the [Avon and Somerset Police website](#)

Introduction

This directory aims to be the single 'go to' place for information about children and young people's emotional health in North Somerset.

It provides a place for children and young people, their families and professionals to get quick, easy access to up-to-date, accurate information about information, support and services available to residents in North Somerset.

If you have any comments/feedback about the directory, particularly if there are services that are missing, please contact shaun.cheesman@n-somerset.gov.uk Unfortunately, we are unable to respond to queries about individual situations or give advice.

Please note, this publication is designed to offer a broad overview of the main emotional health and wellbeing services available to young people aged 0-25 and their families. Whilst every effort has been made to ensure the quality of services and resources listed here, we advise young people, their families and carers to make their own assessments of quality and suitability for their specific purposes.

This information is correct at the time of publication and will be updated annually.

March 2019

Directory of Local Services

Universal Services

Children and young people may experience anxiety or difficulties in response to life events or changes in circumstances which are generally temporary episodes between otherwise good emotional health and wellbeing. Many can find appropriate support and advice through:

- existing networks (e.g. family and friends)
- services that are open to all children and young people like health services and schools/college
- open-access services for children & young people with specific needs

Services available to all children and young people and their families in North Somerset are listed below:

Pregnancy & Birth	0-5 Years	Primary Years	Secondary Years	Transition to Adulthood
<u>Bluebell</u> (parental anxiety & depression)				
<u>Children's Centres</u>				
		<u>GPs & practice nurses</u>		
<u>Health Visitors</u>				
<u>Homestart North Somerset</u>				
			<u>Kooth</u> (online counselling and information)	
<u>Mothers for Mothers postnatal depression support group</u>				

[North Somerset LGBT+ Forum](#)

[North Somerset Libraries](#)

[North Somerset Young Carers Service](#)

[School-Based Interventions](#)

[School Health Nursing](#)

[Substance Advice Service](#)

[Unity Sexual Health](#)

Targeted Services

There are a range of services that offer early support to children and young people with emotional / mental health difficulties to prevent escalation of need and risk. Some of them offer support for those who have experienced traumatic life events and many offer a range of skills and therapies to engage and support children and young people.

Below are services that support children and young people who are experiencing more challenging difficulties:

Pregnancy & Birth	0-5 Years	Primary Years	Secondary Years	Transition to Adulthood
	<u>Addaction – Breaking the Cycle</u> <i>(Supporting families who experience substance misuse)</i>			
	<u>Adoption West</u>			
			<u>Barnardos Against Sexual Exploitation (BASE)</u>	
			<u>Bristol and Weston Super Mare Bipolar UK Support Groups</u>	
	<u>Cruse Bereavement Care</u>			
			<u>Children & Young People’s Resource Service</u> <i>(inc. services for Children Looked After and Care Leavers)</i>	
	<u>Early Help</u>			
			<u>In Charley’s Memory</u> <i>(counselling for children and young people)</i>	
		<u>Maps Family CIC</u> <i>(supporting children with a variety of difficulties)</i>		
	<u>MusicSpace</u> <i>(music therapy)</i>			

NSCP Children Looked After and Care Leavers Team

PAPYRUS *(Prevention of young suicide)*

Positive Step (16+) *(Supporting various Mental Health difficulties)*

Samaritans *(supporting individuals and settings with intended, actual or attempted suicide)*

School Health Nursing

Self-Injury Support *(for women and girls)*

Somerset and Avon Rape and Sexual Abuse Support (SARSAS)

Somerset & Wessex Eating Disorders Association (SWEDA)

Substance Advice Service

Support Services for Education *(inc. Educational Psychology)*

The Green House *(sexual abuse)*

The High Impact Families Programme

The Jack Hazeldine Foundation *(1-2-1 Mentoring)*

The Rainbow Centre *(bereavement)*

Turning the Tide *(Support for vulnerable families)*

[Wanted Not Wasted](#) *(counselling and mentoring in the south of Weston)*

[Wellspring Counselling Service](#)

[Young Victims Service](#)

[Youth Inclusion Support Project \(YISP\)](#)

Specialist Services

There may be occasions where some children and young people need support from specialist mental health services where there are significant concerns related to their mental / emotional health or psychological wellbeing, or the concerns are of a high risk / urgent nature. CAMHS is the main Child and Adolescent Mental Health Service for children and young people aged 0-18 and is provided by the NHS in North Somerset. For referral to CAMHS, the difficulties must have a significant impact on the child's development and cause distress to the child and/or carers.

Pregnancy & Birth	0-5 years	Primary Years	Secondary Years	Transition to Adulthood
	<u>Child & Adolescent Mental Health Service (CaMHS) and Learning Disabilities (LD)</u>			
	<u>The disabled children's Team</u>			
<u>Specialist Community Perinatal Mental Health Team</u>				

Addaction - Breaking the cycle-North Somerset

Support available	<p>Breaking the Cycle (BtC) supports and empowers whole families where parents or carers experience substance misuse and have responsibility for children under the age of 18 years. Families engage voluntarily with BtC to focus on:</p> <ul style="list-style-type: none"> • Reducing harmful behaviours • Prioritising children's healthy development to ensure they are able to thrive • Building family resilience <p>Using a holistic approach to support sustained recovery from substance misuse and family stability are key focuses for the service, with an overarching aim to successfully break the transgenerational cycle of substance misuse. All interventions are collaborative and generally take place within family homes.</p>
Age Range	Families with children under 18
Referral route	Phone Addaction North Somerset for details
Address	35 Boulevard, Weston Super Mare, BS23 1PE
Telephone	01934 427940
Website	https://www.addaction.org.uk/services/breaking-cycle-north-somerset

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Adoption West

Support available	<p>Adoption support for children who are adopted from North Somerset, Bristol, BANES, Gloucs South Gloucs and Wiltshire. Children are eligible who were placed by one of the areas in Adoption West, or who have been living in one of the areas for more than 3 years post placement order.</p> <p>Support includes adoption support needs assessments and if appropriate, access to therapeutic support through the Adoption Support Fund. Can also link with other adoptive families and peer support groups and training.</p>
Age Range	0-18 years
Referral route	Call Adoption West
Address	Bristol Hub 6th Floor, B-Bond, Smeaton Road BS1 6XN
Telephone	03303 550 333
Website	https://adoptionwest.co.uk

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Barnardos Against Sexual Exploitation (BASE)

Support available	<p>BASE works with young people of all genders who are being, or are at high risk of being, sexually exploited. A plan of work is decided between the young person and their BASE worker which is individually tailored to their needs. This may be talking about problems faced, doing activities with their worker or receiving practical help before they feel ready to address the difficult experiences they have faced. BASE workers are qualified in social work, youth work or mental health nursing.</p> <p>The BASE hub in central Bristol offers drop in support 9.00pm-5.00pm (Mon-Thurs) and 9.00pm-4.30pm (Fri). There is a sexual health nursing service and a mental health nurse on 3 afternoons a week. Practical services and advocacy are provided.</p>
Age Range	11-19 (although some 9 and 10 year-olds have been supported in the past)
Referral route	Phone 0117 934 9726 for advice on making a referral
Telephone	0117 934 9726
Email	ella.reames@barnardos.org.uk
Website	http://www.barnardos.org.uk/basebristol.htm

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Bluebell

Support available	Bluebell provides services for parents experiencing anxiety and depression during pregnancy and up to 2 years after birth. Formal 1 to 1 and group support is not available locally, but North Somerset residents can attend supportive, informal drop-ins at Bluebell Place where there are a range of sessions on offer including coffee mornings, antenatal yoga and knitting. Please check <i>Facebook</i> page:Bluebellsupportingfamilies for up to date days and times.
Age Range	Parents of any age with children under 2
Referral route	Any parents with a Bristol (BS) post code can drop in to informal sessions at Bluebell Place
Address	Bluebell Place, 2 Quay Street, BS1 2JL
Telephone	0117 9220746
Email	info@bluebellcare.org
Website	http://www.bluebellcare.org/
Twitter	@bluebellcare

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Bristol and Weston Super Mare Bipolar UK Support Groups

Support available	Support groups are free to attend and are open to anyone affected by bipolar, including family, friends and carers. Each group is run by Bipolar UK and volunteer co-facilitators affected by bipolar themselves. People can drop-in at any time without making a commitment.
Age Range	Over 18s only (16-18 year olds with parents/carers)
Referral route	People can turn up to the groups without referral or prior notice being given.
Address	Support groups meet between 7.30-9.30 at: <ul style="list-style-type: none"> • Victoria Methodist Church, 38 Station Road Weston Super Mare, BS23 1XY 7.30-9.30 (2nd Tuesday of every month) • faithSPACE, Prewett Street, Bristol, BS1 6PB (1st Thursday of every month)
Telephone	0333 323 3885
Email	supportgroups@bipolaruk.org
Website	https://www.bipolaruk.org/find-a-support-group

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Children and Adolescents Mental Health Service (CaMHS) and Learning Disabilities (LD)

Support available	<p>Specialist CAMHS/Learning Disabilities provides evidence-based services for children and adolescents suffering from severe and complex mental health issues which have a significant impact on the child's development and causes distress to the child and/or carers. Services are provided in clinics, schools, early years settings and in families' homes.</p> <p>CAMHS staff often work as part of a multi-agency team and provide consultation and training to staff from other agencies who work with children.</p>
Age Range	0-18 (up to 19 in special circumstances eg ADHD, ASD, Complex disability, Special Educational Needs)
Referral route	Referral is via the single point of entry form available at the web address below and must be completed by an appropriate professional.
Address	<p>Children's Services - The Barn Great Western Road Clevedon BS21 6HB</p> <p>Children's Services - Drove Road Drove House Drove Road Weston-super-Mare BS23 3NT</p>
Telephone	<p>The Barn - 01934 426622 Drove Road - 01934 881262</p>
Email	<p>The Barn - wnt-tr.childservicesthebarn@nhs.net Drove Road - wnt-tr.childservicesdroveroad@nhs.net</p>
Website	http://www.waht.nhs.uk/en-GB/Childrens-Services/Childrens-Services1/Welcome-to-Community-Childrens-Service/Child-and-Adolescent-Mental-Health-Services-CAMHS-and-Learning-Disabilities-LD/

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Children & Young People's Resource Service

Support available	<p>The Resource Service provides a range of services including:</p> <ul style="list-style-type: none"> • The Looked After Team for 1 to 18 year olds • The Leaving Care Aftercare team (from 16) <p>The Leaving Care Aftercare Team provide social work service to looked after young people over 16 years of age in North Somerset and practical and personal support services to young people once they have ceased being looked after, up to the age of 21 (24 in higher education). They offer:</p> <ul style="list-style-type: none"> • Support with accommodation issues • Training and education support • Financial support and benefits advice • Personal and emotional support
Age Range	16-25
Referral route	The Resource Service is available for all Children Looked After and their families and care leavers.
Address	Town Hall, Walliscote Grove Road, Weston-super-Mare, BS23 1UJ.
Telephone	01934 421 900 0800 923 0323 01934 421 901
Email	cyps-resourceservices@n-somerset.gov.uk
Website	http://nsod.n-somerset.gov.uk/kb5/northsomerset/directory/service.page?id=_PihLD8Uidk

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Children's Centres

Support available	Children's Centres host drop-in advice clinics, parenting workshops, parent and toddler groups and speech and language services. Many also host regular activities for children under five.
Age range	Parents with children under 5
Referral route	Children's Centres are available to all parents with children under 5
Address Telephone Email	Addresses, phone numbers and email addresses of different Children's Centres can be found here

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Cruse Bereavement Care

Support available	In addition to a national helpline, (<i>see national resources section</i>) Cruse Bereavement Care Offer a local support service for children, young people or adults. This might include face-to-face or group support.
Age Range	Any age
Referral route	Self-referral
Address	Cruse Bereavement Care Bristol 23 – 25 St. Augustine’s Parade, Bristol BS1 4UL.
Telephone	0117 9264045
Email	bristol@cruse.org.uk
Website	http://crusebristol.org.uk

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The Disabled Children's Team

Support available	<p>The North Somerset Disabled Children's Family Support Workers can offer help with early intervention of children and young people with special needs and disabilities and can signpost to inclusive services and support for their families.</p> <p>They can:</p> <ul style="list-style-type: none"> • deliver support services to children with complex additional needs and their families within the home and community settings • run Family Fun afternoons at Kingston Seymour Specialist Playground or Kingston Seymour Village Hall during October and February half term • provide family support services during school holidays to children and young people assessed as having the highest level of need • deliver parenting courses during term times • undertake Early Help Assessment
Age Range	0-18
Referral route	Self-referral
Address	The Firs Resource Centre, 89a Drove Road, Weston-Super-Mare, BS23 3NX
Telephone	01934 427 615
Website	http://nsod.n-somerset.gov.uk/kb5/northsomerset/directory/service.page?id=ECDp3AXa3Ys

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Early Help

Support available	<p>Sometimes, families may need extra support. This may be before children are born, when they are very young, or throughout their school years. Early Help is a multi-agency approach which supports vulnerable families to recognise what's going well for them, where they may benefit from extra help and who is the best person to work with the family to make this happen. Early Help is thus an umbrella for all partner agencies to work together in a coordinated way.</p> <p>Early Help is entirely voluntary, so if parents don't think it is right for their child, then they don't have to consent.</p>
Age Range	Families with children up to the age of 18
Referral route	Services under Early Help can be accessed directly via universal services, without a referral. Families needing additional support should talk to a professional who knows the family already.
Telephone	01934 426 329
Email	EarlyHelp.AssessmentFeedback@n-somerset.gov.uk
Website	http://nsod.n-somerset.gov.uk/kb5/northsomerset/directory/advice.page?id=SRceLbpx9nw

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GP and Practice nurses

Support available	Health care advice and support, signposting and prescriptions
Age Range	Pre-birth +
Referral route	To access a practice you need to be registered with them.
Address Telephone Email Website	To find information about local practices: https://www.nhs.uk/service-search/GP/LocationSearch/4

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The Green house

Support available	<p>The Children and Young People's team at the Green House offer free, specialist therapy for children and young people who have experienced sexual abuse. Their therapists often use play, drama and art therapies to help children and young people explore their thoughts and feelings.</p> <p>A Family Support Practitioner liaises with families and professionals when a child or young person is referred to the service. They offer advice and emotional support to help parents and carers support their child.</p> <p>The team are mainly based at in St Werburghs, Bristol but also offer sessions in Horfield, Easton and Knowle West.</p>
Age Range	Under 18 Year olds
Referral route	Professional and self-referrals can be made by phoning or emailing using the details below, but only if the abuse has been disclosed to statutory services, the young person is in a stable environment and are aware of the referral (if possible).
Address	The Green House, 44 Mina Road, St Werburghs, Bristol, BS2 9XH
Telephone	0117 935 1707
Email	info@the-green-house.org.uk
Website	https://the-green-house.org.uk

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Health Visitors

<p>Support available</p>	<p>Pregnant women are allocated a named health visitor who will be qualified nurses or midwives who have undertaken further training and qualifications in child health, health promotion and public health.</p> <p>Health visitors work with families using a plan of care developed together to give all children the best possible start in life. As part of the plan, families and health visitors may work closely with other healthcare professionals including: midwives, GPs, hospital staff, children's centres and social care.</p> <p>Health visitors can help with the health of you and your family and with becoming new parents. They can also listen, advise and direct families to more specialist advice for:</p> <ul style="list-style-type: none"> • Antenatal and post-natal depression • Family conflict • Family conflict, including unhappy or violent relationships • Serious illness • Disabilities • Bereavement • Settling into a new culture for families who have recently arrived from another country
<p>Age Range</p>	<p>0-4</p>
<p>Referral route</p>	<p>Referrals are from Health Records, GP and other members of the Primary Health Care Team. Other agencies or individuals, or the family themselves can refer.</p>
<p>Address</p>	<p>For a full list of different Health Visitor bases, please visit the website below</p>
<p>Telephone</p>	<p>Health Visiting Teams</p> <ul style="list-style-type: none"> • South Team - 01934 881066 • Central Team - 01934 533300 • North Team - 01275 885566
<p>Website</p>	<p>https://www.nscphhealth.co.uk/services/health-visiting</p>

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The High Impact Families Programme

Support available	<p>The High Impact Families Programme works with families that have multiple problems, are likely to benefit from an integrated, whole family approach and are the highest cost to the public purse.</p> <p>Families identified are monitored regularly and given access to extra resources where appropriate. An action plan is agreed with the family, involving key adults and children's services agencies and might involve practical hands-on support.</p>
Age Range	Families with dependent children 0-18
Referral route	A 'HIF Website enquiry' form is available on the website below and will need to be completed by a professional.
Address	Town Hall, Post Point 20, Walliscote Grove Road, Weston-super-mare
Telephone	01275 888 360
Email	hifteam@n-somerset.gov.uk
Website	http://nsod.n-somerset.gov.uk/kb5/northsomerset/directory/HIF

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Homestart

Support available	<p>Home Start supports parents who may feel exhausted and overwhelmed by the stresses of family life, particularly if they have little support from family and friends when they need it most. A carefully selected volunteer, who has parenting experience themselves, regularly visits a family in their own home, offering emotional and practical support through difficult times for as long as it is helpful or needed. This friendly parent-to-parent support is a simple yet effective way of enabling families to get back on track.</p> <p>Home Start also runs:</p> <ul style="list-style-type: none"> • 'Mums in Mind,' a peer to peer support group for mums with babies under one who are experiencing low mood, depression or anxiety and/or isolation
Age Range	Expectant families or families with children under 5
Referral route	Health professionals, such as Health Visitors can refer, or parents can self-refer
Address	Office Suite 6, Locking Road Business Park, 110 Locking Road, Weston-super-Mare, North Somerset,. BS23 3HF
Telephone	01934 419396
Email	admin@home-startnorthsomerset.org.uk
Website	https://home-startnorthsomerset.org.uk/

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In Charley's Memory

Support available	In Charley's Memory supports young people in a variety of ways, but mainly through 1 to 1 counselling. They can help with a range of issues including anxiety, depression, OCD, relationships, bereavement, panic attacks and low moods.
Age Range	11-25
Referral route	Self-referral using the telephone or email below
Address	Rose Farm, Jaycroft Road, Burnham-on-Sea, Somerset, TA8 1LE.
Telephone	01278 557490
Email	counselling@incharleymemory.co.uk (for counselling) enquiries@incharleymemory.co.uk (for general enquiries)
Website	https://www.incharleymemory.co.uk/

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The Jack Hazeldine Foundation (JHF)

Support available	<p>The Jack Hazeldine Foundation (JHF) inspires and empowers young lives through the strength of positive relationships.</p> <p>Disadvantaged children and young people in North Somerset are given access to experienced and passionate youth mentors who spend thousands of hours each year helping them cope with stressful and traumatic 'Adverse Childhood Experiences' including neglect, abuse, witnessing domestic violence or growing up with family members who have substance use disorders.</p> <p>The mentors engage with young people in 1-2-1 sessions tailored to the needs of each individual within a school environment and elsewhere in the community. They help them build self-esteem, confidence and resilience so they can deal with the issues that impact their everyday lives and look forward to a positive future.</p>
Age Range	5-25 Year olds
Referral route	Professionals can refer a child or young person by completing a referral form at https://www.thejhf.org/
Address	The Jack Hazeldine Foundation, First Floor Office Suite 4C, 6-8 Kenn Road, Clevedon, BS21 6EL
Telephone	01275 873962
Email	Jess@thejhf.org
Website	https://www.thejhf.org/

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Kooth

Support available	Kooth provides free, safe and anonymous counselling, advice and support on-line, provided by fully-trained and qualified counsellors. The site also includes peer-support message boards, moderated live group discussions, a magazine and self-help tools.
Age Range	aged 11- 18
Referral route	No referral is required. Anyone in the target age range can access: <ul style="list-style-type: none">• the counselling service from 12 noon- 10pm Monday-Friday & 6pm-10pm Saturday and Sunday• live, moderated forums for support on Monday, Wednesday and Friday from 7.30-9pm
Telephone	07496 339 171
Email	jarcher@xenzone.com
Website	https://kooth.com/

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MAPS Family CIC

Support available	<p>Children or Young People may struggle for a wide variety of reasons, such as significant loss or bereavement, family breakdown, anxiety, bullying and other issues. The Maps Family Team exists to help them find a way forward.</p> <p>The team is made up of experienced professionals from a range of backgrounds such as Social Work, Educational Welfare, Additional Needs and School Support roles. They are committed to providing 'hands-on' support to Children, Young People, their Families and others working with them, through individual work, family support work, group work, workshops and parent group work.</p>
Age Range	5-18
Referral route	There is a referral form for school staff in the 'For Schools' section of the website.
Address	45 Severn Road, Weston-Super-Mare, BS23 1DP
Email	admin@mapsfamily-cic.co.uk or send a message on the website
Website	http://mapsfamily-cic.co.uk/

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Mothers for Mothers perinatal/postnatal depression support group

Support available	<p>Mothers for mothers is a group of mothers most of whom have suffered anxiety or isolation during pregnancy or after the birth of one or more of their babies. They offer support, advice, information and most of all a listening ear for any worries or concerns parents may have, including anxiety, depression, distress or isolation during pregnancy and after the birth of babies.</p> <p>Families in North Somerset can access the helpline or support calls service. If they can travel to the Mothers for Mothers office, they can access the counselling service for parents (including a dad's counselling service), art psychotherapy service, and/or a peer support group with support workers and a play support worker.</p>
Age Range	Pregnant and recent mothers of any age.
Referral route	The helpline, counselling service, art psychotherapy and peer support group are available to all mothers with concerns about their wellbeing. Those supporting them can also ring for advice.
Address	The Fulford Family Centre, 237 – 239 Gatehouse Avenue, Bristol, BS13 9AQ.
Telephone	For information about the different services offered or the helpline: 0117 935 9366 <i>Mon-Fri 10am-9pm Sat-Sun 8pm-12am.</i>
Email	support@mothersformothers.co.uk (for support groups in Hartcliffe, Bedminster, Barton Hill or Staple Hill) counselling@mothersformothers.co.uk (for art therapy, face to face counselling at the Fulford family Centre, dad's counselling)
Website	https://www.mothersformothers.co.uk

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MusicSpace

Support available	<p>MusicSpace is a charity providing music therapy for people of all ages. They use music making to help people communicate, express themselves and start building relationships.</p> <p>Any child may benefit from the opportunity to express themselves through music. Music therapy is often particularly beneficial for children on the autistic spectrum, or with communication difficulties, learning difficulties, physical disabilities, sensory impairment or emotional and behavioural difficulties.</p> <p>They offer individual or group sessions.</p>
Age Range	Any age, but group sessions are age-specific.
Referral route	Anyone can attend MusicSpace
Address	MusicSpace, The Southville Centre, Beaulley Road, Bristol, BS3 1QG
Telephone	0117 9531731
Email	Contact Music Space via the 'Contact Us' section of their website.
Website	http://musicspace.org/

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NSCP Children Looked After and Care Leavers Team

Support available	<p>The NSCP Looked After and Care Leavers Team support children and young people who are looked after (in care) or care leavers. They also work closely with those involved in care including parents and foster carers, social workers and teachers. The team includes trained nurses, doctors, a psychologist and social worker.</p> <p>The team:</p> <ul style="list-style-type: none"> • provides training to those supporting and caring for young people • contributes to care planning • provides medical advice to the adoption and fostering service • attends foster/adoption panels • offers health advice • refers to a range of services that support Children Looked After and Care Leavers with specific needs
Age Range	0-25
Referral route	Through professionals
Address	Badger House Oldmixon Crescent Weston-Super-Mare North Somerset BS24 9AY
Telephone	01934 419339
Website	https://www.nscphealth.co.uk/services/looked-after-children-and-care-leavers

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North Somerset LGBT+ forum

Support available	The North Somerset LGBT+ Forum provides a platform for voices to be heard through activities, monthly drop in sessions, social activities and social media. Among other services, they run a 'Youth Time Out' drop-in, which is a safe space for activities with trained youth workers and LGBT+ support, at the Weston YMCA, last Saturday of the Month 2pm to 4.30pm
Age Range	'Youth' is for 11-18
Referral route	No referral required
Email	support@nslgbtforum.com
Website	https://www.nslgbtforum.com/

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North Somerset Libraries

Support available	Some libraries offer rhyme times and story time sessions for children under 5, which also enable social time for parents. Libraries stock books that relate to Mental health.
Age Range	All ages
Referral route	Accessible to all
Address Telephone Email Website	Click here for library opening times, addresses and contact details.

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North Somerset Young Carers Service

Support available	<p>North Somerset Young Carers Service works to support young carers and their families by offering a range of support services, advice and information. The responsibilities undertaken by young carers could include practical or emotional support for a parent or sibling.</p> <p>The service offers therapeutic group support, trips, activities, workshops, one-to-one, support in schools, advocacy, information and advice, residential weekends, counselling along with awareness raising.</p>
Age Range	5 to 25
Referral route	Young carers can refer themselves by completing an online form or phoning 03000 120 120 (option 3). Alternatively, other family members or professionals can ring to make enquiries.
Address	40 Martingale Way, Portishead, BS20 7AW
Telephone	03000 120 120 (option 3)
Email	ACT@alliancehomes.org.uk
Website	https://www.alliancehomesgroup.org.uk

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PAPYRUS Prevention of Young Suicide

Support available	<p>PAPYRUS is the national charity for the prevention of young suicide and they believe that with appropriate support and education, many young suicides can be prevented. Papyrus deliver awareness and prevention training and provide confidential support and suicide intervention through HOPELineUK which is for:</p> <ul style="list-style-type: none"> • Young people under the age of 35 who may be having thoughts of suicide. A HOPELineUK advisor will listen to things that are happening in someone's life that are contributing to their thoughts of suicide and provide advice about how to cope and where to get help. • Anyone concerned that a young person may be having thoughts of suicide. HOPELineUK advisors offer advice on how to talk about suicide and how best to support someone.
Age Range	Under 35
Referral route	<p>HOPELineUK: Tel: 0800 068 41 41 Email: pat@papyrus-uk.org Text: 07786 209697</p>
Address	Lineva House 28-32 Milner Street Warrington Cheshire, WA5 1AD
Telephone	01925 572 444
Email	admin@papyrus-uk.org
Website	https://papyrus-uk.org/

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Positive Step 16+

Support available	<p>Positive Step offer support for people with common mental health problems by helping them to find an approach that is appropriate for their current concerns. This might include 1:1 contact by telephone or face-to face, therapy groups or self-help materials. They offer evidence-based Cognitive Behaviour Therapies.</p> <p>Support is available to tackle or cope with issues such as stress, anxiety, depression, bereavement, obsessions, eating problems and feeling unable to cope.</p>
Age Range	16+
Referral route	The service is available to all who are registered with a GP in North Somerset. Professionals can make a referral using the form on the website below, or individuals with concerns can phone directly to arrange an assessment with a Wellbeing Advisor or register online.
Address	The Coast Resource Centre, Diamond Batch, Locking Castle, Weston Super Mare, BS24 7FY
Telephone	0300 300 0834
Email	enquiries@positivestep.org.uk
Website	www.positivestep.org.uk

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The Rainbow Centre

Support available	<ul style="list-style-type: none"> • The Rainbow Centre is for people who have been bereaved and need time and space to explore their feelings and adjust to their new and difficult situation. Services are free to children and young people and they offer: • One to One counselling • Creative arts therapy groups to meet others in a similar situation • Opportunities for families to socialise and support each other while having a fun day out • Activities for different ages to help them through difficult times such as Mother's Day, Father's Day.
Age Range	All ages, but specific groups and activities for children and young people.
Referral route	Self-referral or referral from professional organisations
Address	27 Lilymead Avenue, Knowle, Bristol BS4 2BY
Telephone	0117 985 3343
Email	contact@rainbowcentre.org.uk
Website	https://rainbowcentre.org.uk/

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Samaritans

Support available	<p>Samaritans can offer support in the following ways:</p> <p>Emotional Support – for anyone wanting to talk about anything they are struggling with: 116123</p> <p>Outreach – Samaritan volunteers can visit settings to deliver talks to young people about emotional health and well-being.</p> <p>Step by Step is a Samaritans service that provides practical support and guidance to help educational and youth settings prepare for, and recover from, a suspected or attempted suicide.</p> <p>The Step by Step team aims to:</p> <ul style="list-style-type: none"> • Enable the community to be prepared for, respond to and 'recover' from a suspected or attempted suicide. • Reduce the likelihood of further suicides in education and youth settings by preventing stigma and isolation for those affected by a suspected or attempted suicide.
Age Range	Youth settings
Referral route	Email education@samaritans.org
Telephone	<p>Helpline: 116123</p> <p>Step by step; 0808 168 2528</p>
Email	<p>education@samaritans.org</p> <p>stepbystep@samaritans.org</p>
Website	https://www.samaritans.org/education

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School-based Interventions

Support available	Different schools in North Somerset have their own approaches to supporting both the mental health of all children and young people and the needs of those who are facing specific challenges. Supporting Mental Health in schools is important because the vast majority of children and young people are in school and because mental and physical ill-health is a major barrier to meeting academic potential.
Age range	4-18
Referral route	Individual schools will have their own procedures for identifying and working with children who need extra support.
Address Telephone Email Website	A list of addresses, telephone numbers email and website addresses for North Somerset schools can be found here

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School Health Nursing

Support available	The School Nursing Team are an experienced, professional and qualified team. They offer support in all aspects of health, including mental health, relationships and sexual health, alcohol and substance misuse, writing health care plans and safeguarding concerns. They also run secondary school-based clinics.
Age Range	5-19
Referral route	Professionals can refer individual children, with parental consent, by using the referral form on the website below. Schools can also request support for whole school issues using a referral form on the website below and this could include emotional health and wellbeing, as part of a Health Roadshow.
Address	Badger House Oldmixon Crescent, Weston-super-Mare, BS24 9AY
Telephone	01934 419339
Email	nsomerset.schoolnurses@nhs.net
Website	http://www.nscphealth.co.uk/services/school-health-nursing

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Self-Injury Support (for women and girls)

Support available	Phone, text, email and webchat support for women and girls around self-injury. Online information, personal and professional resources, interactive self-help materials and training and consultancy for anyone affected by self-injury, self-harm, emotional distress, trauma, sexual violence and mental illness.
Age Range	11+
Referral route	Self-referral
Address	PO BOX 3240 Bristol, BS2 2EF
Telephone	General enquiries: 0117 927 9600 For support: 0808 800 8088 Text message: 07537 432444
Email	info@selfinjurysupport.org.uk
Website	https://www.selfinjurysupport.org.uk/

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Somerset and Avon Rape and Sexual Abuse Support (SARSAS)

Support available	<p>SARSAS provide free, confidential, specialist support to people who have experienced rape or any kind of sexual assault or abuse at any time in their lives.</p> <p>Support consists of emotional and practical support, a freephone helpline, e-support, 1-1 support by phone or face to face, specialist counselling, information and support resources.</p> <p>Training and consent-based workshops can also be delivered to professional organisations, schools and universities.</p> <p>Helpline:</p> <p>Women and girls - 0808 801 0456 Monday and Friday 11am – 2pm Tuesday, Wednesday and Thursday 6pm – 8.30pm</p> <p>Men and boys - 0808 801 0464 Monday 11am – 2pm Tuesday 6pm – 8:30pm</p>
Age Range	13+
Referral route	Phone, email or via a referrer
Address	PO BOX 2942, Bristol BS1 9EU
Telephone	0117 929 9556 (Bristol) 01823324944 (Taunton)
Email	info@sarsas.org.uk
Website	www.sarsas.org.uk

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Somerset & Wessex Eating Disorder Association (SWEDA)

Support available	<p>SWEDA provide support to anyone affected by eating disorders, including anorexia nervosa, bulimia nervosa, compulsive eating, binge eating disorder and all related conditions.</p> <p>Services include counselling, a monthly evening self-help support group, (although this is in Shepton Mallet) training and presentations for Health Professionals and GPs and working with young people in Secondary Schools and colleges.</p> <p>Counselling and the self-help group are for people with an eating disorder or/and people who support someone with an eating disorder.</p>
Age Range	Open to all
Referral route	Self-referral
Address	The Coach House, Harvest Court, park Road, Shepton Mallet, BA4 5BS
telephone	01749 343344
Email	support@swedauk.org
Website	https://www.swedauk.org/

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Specialist Community Perinatal Mental Health Team

Support available	<p>This team, run by Avon and Wiltshire Mental Health Partnership NHS Trust (AWP), provides advice and guidance to women who develop psychiatric disorders during pregnancy, those whose conditions predate pregnancy and women who develop postnatal depression after giving birth.</p> <p>The service also provides advice and guidance for all health professionals to discuss cases, referral queries, medication advice in pregnancy and breastfeeding and signposting to other services.</p>
Age range	Parents of children from pre-birth to age 1
Referral route	Various health professionals, including GPs can refer to this service
Telephone	Professionals can make enquiries for advice on 0117 9195826

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Substance Advice Service(SAS)

Support available	<p>The service is for young people in North Somerset who would like support, information or advice about drugs and alcohol. It helps young people who are using drugs, alcohol or tobacco and want support and help to stop their use.</p> <p>SAS can meet with young people wherever they feel more comfortable. This may be at home, in the community, at school or college or within our building.</p> <p>Their work includes visiting schools and youth centres to provide education and information to groups of young people about drugs, alcohol and tobacco.</p> <p>They are also able to provide support and training to parents, carers and professionals.</p>
Age Range	10+
Referral route	A young person can refer themselves by calling their telephone number or, with the young person's permission, a referral can be made by a parent, carer or professional. There is no waiting list and there is no charge for the service.
Address	Central Chambers, 26 Walliscote Road, Weston-super-mare, BS23 1UP.
Telephone	01275 888 360 01275 888 361
Email	sas@n-somerset.gov.uk

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Support Services for Education

Support available	<p>Support Services for Education is a traded unit within Somerset County Council and includes Educational Psychologists who work in North Somerset. It offers a wide variety of support services including counselling, therapy, consultation for professionals, training courses, news, updates and key documents.</p> <p>Support services are available for schools, further education colleges, early years providers, childcare settings, local authorities and other establishments.</p>
Age Range	0-18
Referral route	Commissioned by the Local Authority to undertake specific statutory and pre-statutory duties. Many of their services are directly commissioned.
Address	Educational Psychology Service, Town Hall, Weston-Super-Mare BS23 1UJ
Telephone	01823 334 475
Email	SSE@somerset.gov.uk
Website	www.supportservicesforeducation.co.uk

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Turning the Tide

Support available	The 'Turning the Tide' service is delivered by Core Assets Children's Services. It provides support to families with children and young people aged 10 to 17, who are at risk of family breakdown, due to relationships between the young person and their parents. They assign key workers who offer practical suggestions, advice and support to families. As well as working with parents, they work with children and young people who wish to be involved, through creative and solution focused brief therapy.
Age Range	8-17
Referral route	Social Care
Address	For All Healthy Living centre, 68 Lonsdale Avenue, Weston-Super-Mare BS23 3SJ
Telephone	07785531070
Email	Moniquewilliamson@n-somerset.gov.uk
Website	www.Coreassets.com

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Unity Sexual Health Services

Support available	<p>Under 20 Year olds can come to any of the Unity Sexual Health Services in the area.</p> <p>Free and confidential walk-in clinics are available for young people and offer:</p> <ul style="list-style-type: none"> • Contraception: advice and providing contraception • Sexual health: advice and testing • Free condoms & C-Card scheme • Chlamydia testing and treatment • Pregnancy testing and advice • Referral to other services when needed <p>You do not need an appointment for a walk-in clinic, you can just walk in to see a doctor or nurse.</p>
Age Range	Under 20
Referral route	<p>Walk in clinic-self-referral</p> <p>Referral via professionals – some appointments available</p>
Address	<p>Unity@WISH Weston General Hospital Young Persons Clinic Weston General Hospital, Grange Road, BS23 4TQ</p> <p>Opening times Monday 08:45am – 4:30pm Tuesday 9:15am – 7.30pm (<i>under 20s dedicated service between 3.00pm and 7.00pm</i>) Wednesday 8:15am – 4:00pm Thursday: CLOSED Friday 9:00am -2:00pm Saturdays: 9:15am – 12:15pm</p> <p>Unity@Clevedon Young Persons Clinic Clevedon Heath Centre, Old Street, BS21 6DG Open Thursday 6.15pm-8.30pm</p> <p>Unity@Brook Young Persons Clinic 3rd floor, The Station, Silver Street, Bristol, BS1 2AG Open Mon-Fri 12.00-7.00pm; Sat 12.00-5.00pm</p>
Telephone	For all clinics, phone the central booking line 0117 342 6900
Website	https://www.unitysexualhealth.co.uk/

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Wanted Not Wasted

Support available	<p>Wanted Not Wasted provide:</p> <p>Reframe Counselling free counselling for children aged 5-18 years who live in Weston Super Mare.</p> <p>Mentoring mentoring support to children aged 5-16yrs old. This partners children with a dedicated adult, who helps them with issues in their lives as well as enabling them to try new things and have fun. Targeted mentoring for children aged 12-18yrs at risk of suicide and who won't access other services.</p>
Age Range	5-25
Referral route	Reframe counselling is self-referral or professional referral
Address	3 St Andrews Parade, Bournville, BS23 3SS. (The WOW shop)
Telephone	07588 512 621
Email	wantednotwasted@gmail.com
Website	http://wantednotwasted.wixsite.com/wantednotwasted/projects

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Wellspring Counselling Service

Support available	<p>Wellspring offers confidential help and support from professionally trained counsellors to people in the local community.</p> <p>Their free Young People's Service provides counselling and Cognitive Behaviour Therapy to 11-18 year olds. Young People can talk about any concerns they have which might include eating problems, loneliness, lack of confidence, overcoming worries, relationships, sexual matters and past events.</p> <p>Wellspring also offer 6 parenting support sessions for parents whose children are experiencing mild behavioural difficulties. The sessions are delivered by trainee Wellbeing Practitioners, following an initial assessment to ensure the intervention is right for the parent and their child. At present, these sessions free of charge.</p>
Age Range	<p>Young People's Service -11-18 General Service – Any age Parenting support sessions- Parents of any age</p>
Referral route	<p>Self-referral for the Young People's Service and General Service is by telephone, email or letter, often after consultation with your own GP.</p> <p>Parents who are interested in taking part in the parenting support sessions can email: krissie@wellspringcounselling.org.uk hattie@wellspringcounselling.org.uk</p>
Address	<p>Wellspring Counselling, Chapel Precinct, 74 Silver Street, Nailsea, BS48 2DS.</p>
Telephone	<p>01275 810879 (Tuesday, Wednesday and Thursday 9am-4:30 pm. At other times leave a message)</p>
Email	<p>admin@wellspringcounselling.org.uk</p>
Website	<p>http://www.wellspringcounselling.org.uk/</p>

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Young Victims Service

Support available	<p>The Young Victims Support Service supports those who have been victims of crime and/or anti-social behaviour.</p> <p>A range of methods is used including face to face and online work drawing on young people's strengths, in order to empower them to move forward from their experience. Young people can be supported to access clear information, advice and guidance for their journey.</p>
Age Range	5-18 (up to 25 for additional needs)
Referral route	Young people or their families can self-refer. Referrals are also taken from Police, Youth Offending and Social Care agencies, teachers and other professionals. Young people agree to receiving support and parental consent may be required for the younger age range.
telephone	01275 88 44 88
email	help@youngvictims.org.uk
website	https://youngvictims.wordpress.com/

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Youth Inclusion Support Project (YISP)

Support available	<p>YISP reduces the likelihood of a young person entering the Criminal Justice System and aims to carry out a short intervention leading to an improved situation.</p> <p>Interventions can be with individuals or families. Thoughts and feelings can be addressed through talking interventions or structured programmes which might, for instance, involve joining a club or enjoying a shared activity.</p>
Age Range	10+
Referral route	A Referral Form needs to be completed for young people identified as being at risk of becoming involved with the Criminal Justice System. It needs to be signed by the young person and parent/carer.
Address	Central Chambers 24 -26 Walliscote Road Weston -super - Mare BS23 1UP
Telephone	01275 888360
Email	YOSadmin@n-somerset.gov.uk
Website	http://www.nseps.org/Services/Details/893

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Local Resources

Bridging the Gap Together!



Bridging the Gap Together! is a Community Interest Company who provide themed events for young people with Autism or additional needs, their parents/carers and professionals. Workshops are facilitated by inviting guest professionals and where possible young people living with these conditions to deliver the workshops in venues across North Somerset. 'Bridging the Gap Together!' work collaboratively with other service providers to deliver the best possible service through a wide variety of workshops that best meet the needs of young people, parents and carers, the subject of which may include Autism, anxiety, challenging behaviour, self-harm, social skills and other issues. For more information please contact

events@bridgingthegap.ltd or admin@bridgingthegap.ltd
or visit the website at <https://bridgingthegaptogether.org.uk/>



Revealed Projects

[Revealed Projects](#) aims to inspire children and young people to be confident in who they are and develop skills to build healthy relationships in all aspects of their lives. They deliver educational workshops around self-esteem and healthy relationships to whole classes, larger groups or smaller groups of more vulnerable children. For more information, [contact Revealed Projects](#)

North Somerset Healthy Schools Network



The NSHSN enables schools to address the emotional and physical health of children and young people, by taking part in a process of identifying needs, planning, doing and reviewing. It helps schools access resources to support health, as well as providing opportunities to share good practice through a network of schools. The primary programme enables schools to address any aspect of health and the secondary programme, focuses on Mental Health.

For more information email shaun.cheesman@n-somerset.gov.uk or Tel: 01275885161

The North Somerset Schools Mental Health Network

The network meets 3 times a year and all school staff with an interest in mental health are welcome.

For more information email shaun.cheesman@n-somerset.gov.uk or Tel: 01275885161

National Resources – information and support

ABC

ABC offer personal, on-going, emotional support and practical guidance for recovery for people struggling with anorexia nervosa, bulimia nervosa and binge eating, in addition to related self-harm.

03000 11 12 13 www.anorexiabulimiare.org.uk

Anxiety UK

Anxiety UK supports those living with anxiety and anxiety-based depression.

Text service: 07537 416905 infoline: 03444 775774 www.anxietyuk.org.uk

BEAT

BEAT are the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape.

Youthline (under 25): 0808 801 0711 www.b-eat.co.uk

Breathing Space

Confidential and free helpline for those finding it hard to cope with everyday life.

0800 83 85 87 between 6pm and 2am on weekdays (*Monday to Thursday*) and 24 hours at weekends (*6pm Friday to 6am Monday*). www.breathingspacescotland.co.uk

Bullying UK

Bullying UK provide advice on all aspects of bullying.

0808 800 2222 www.bullying.co.uk

Campaign Against Living Miserably (CALM)

For young men who are feeling unhappy.

helpline 0800 58 58 58 <https://www.thecalmzone.net/>

Childhood Bereavement 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.

Helpline 08000288840 <https://childbereavementuk.org/>

Childline

Childline is a free, private and confidential service for children and young people to discuss any worries.

24 hour helpline 0800 1111 www.childline.org.uk

Childline – Exam stress and pressure

This page of the Childline site gives young people advice about coping with exam stress.

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

Cruse Bereavement Care

A helpline staffed by trained bereavement volunteers, who offer emotional support and can signpost callers to other services and useful sources of information.

Tel: 0808 808 1677

Monday and Friday 9.30-5.00pm

Tuesday, Wednesday and Thursday 9.30-8.00pm (excluding bank holidays)

Education Support Partnership

Charity providing mental health and wellbeing services to all education staff and organisations.

Free helpline for teachers 08000 562561

Epic Friends

This site is about helping young people to help their friends who might be struggling to cope emotionally. Covers the most common teenage mental health issues.

www.epicfriends.co.uk

Get Connected

Help line for young people up to the age of 25.

0800 8084994 line open 1pm – 11pm daily www.getconnected.org.uk

Get self help

Cognitive behaviour therapy resources and downloads for young people and adults.

www.getselfhelp.co.uk

Heads above the waves

Promotes positive ways of dealing with bad days. Raises awareness of depression and self-harm in young people.

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

Hope Again

The youth website of Cruse Bereavement Care where young people can learn from other young people, how to cope with grief and feel less alone.

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

Mermaids

Information and support for transgender youth up to and including the age of 19, including a helpline.

Helpline: 08088010400 <https://www.mermaidsuk.org.uk/>

Mind

Confidential support and information around any mental health issue.

Textline: 86463 Tel: 0300 123 3393

<https://www.mind.org.uk/information-support/helplines/>

Mindfull

MindFull is a service for 11-17 year olds, providing support, information and advice about mental health and emotional wellbeing.

<http://www.mindfull.org/>

MindEd

MindEd is a free educational resource on children and young people's mental health for all adults.

www.minded.org.uk

The Mix

Essential support for under 25s. Advice about Mental Health, sex, drugs, money and relationships.

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

National Self Harm Network

Support for individuals who self-harm to reduce emotional distress and improve their quality of life.

Online Support Forum - www.nshn.co.uk

Need2know

Website for young people with a wide range of health-related information including mental health issues such as bullying, relationships and more.

<http://www.need2know.co.uk/>

NHS Choices – Young People and Mental Health

An information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

www.nhs.uk/livewell/youth-mental-health

Rise Above

The Rise Above website provides health information and advice about a range of issues of importance to young people including body image, mental health, friendships, love, sleep, drinking and smoking.

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

Self-Harm

For young people who self-harm and their friends, family and professionals. Be aware that this site contains sensitive information.

<http://www.selfharm.org.uk/>

Talk to Frank

FRANK provides friendly and confidential advice about drugs.

0300 123 6600 Live Chat, Text: 82111 www.talktofrank.com

Teenage health freak

Information and advice on health issues for young people, including dealing with stress plus answers to common questions.

<http://www.teenagehealthfreak.org/>

Terence Higgins Trust

Sexual Health advice and information and a free direct helpline. online advice and counselling.

Tel: 0808 802 1221 <https://www.tht.org.uk/>

Time to Change

Time to Change is a growing movement of people changing how we all think and act about mental health.

www.time-to-change.org.uk

Winston's Wish

Winston's Wish offer practical support and guidance to bereaved children, their families and professionals. 08088 020 021 www.winstonswish.org.uk

Young Minds

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

Parents line – 0808 802 5544 www.youngminds.org.uk

Young Minds Crisis Messenger Service

Young Minds run a 24/7 Crisis Messenger Service. If someone is experiencing a mental health crisis they can text YM to 85258 and be connected to a trained volunteer in less than 5 minutes who will listen, help think through feelings and take the next steps towards feeling better.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Guidance documents for schools

'Supporting mental health and wellbeing in schools' Anna Freud 2017	Practical advice on supporting different mental health conditions.
What works in promoting social and emotional well-being and responding to mental health in schools' National Children's Bureau 2015	Describes an evidence-based whole school approach to supporting mental health in schools.
Promoting children's and Young People's emotional health and wellbeing: A whole school approach. Public Health England 2015	Outlines 8 whole school approach principles to promote emotional health and wellbeing (with case studies) and explains how they link to the Ofsted framework.
Mental health and behaviour in schools DfE 2018	Aims to help schools to support pupils whose mental health problems manifest themselves in behaviour.
A whole school framework for emotional wellbeing and mental health National Children's bureau 2016	Takes schools through a four stage approach to improving wellbeing and mental health based on research and practice.
Measuring and monitoring children and young people's mental wellbeing: A toolkit for schools and colleges Public Health England 2016	Aims to make school and college staff aware of the range of validated instruments that can be used to measure and monitor student mental wellbeing.
Managing self-harm: Guidance for schools North Somerset Council/WAHT 2017	Guidelines intended to help schools staff provide a consistent response when supporting young people who deliberately harm themselves.
Counselling in schools: a blueprint for the future Departmental advice for school leaders and counsellors DfE 2016	Helps school leaders set up and improve counselling services in primary and secondary schools.

Resources to support Mental Health in schools

P=primary s=secondary

P	Mentally Healthy Schools	The Mentally healthy schools website brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing.
P & S	Charlie Waller Memorial Trust (CWMT)	CWMT publish free resources for schools, young people and parents and raise awareness of mental health through evidence-based presentations and training.
P & S	The Nurture Group Network	The nurture group network exists to promote the development of nurture groups and to ensure the continuing quality of their delivery.
P & S	Restorative Justice 4 Schools	Restorative approaches enable those who have been harmed to convey the impact of the harm to those responsible, for those responsible to acknowledge the impact and take steps to put it right.
P & S	Schools in Mind	The schools in Mind network is free and provides a trusted source of up-to-date and accessible information and resources that school staff can use to support the mental health and wellbeing of the children and young people in their care. There are also videos, booklets and teacher toolkits to support staff understanding.
P & S	All together: whole school anti-bullying programme	All together anti-bullying programme encourages schools to evidence their work to reduce bullying and improve the wellbeing of pupils and create an anti-bullying action plan tailored to their needs.
P & S	Young carers in schools programme	The programme is designed to make it easier for schools to support young carers and awards good practice at 3 levels.
P & S	Guidance on preparing to teach about mental health and emotional wellbeing	Guidance for schools on preparing to teach about mental health and emotional wellbeing, accompanied by a set of lesson plans spanning key stages 1-4.
P & S	Young Minds	Young Minds provide resources and materials for school staff to build their skills, including transitioning from primary to secondary, staff wellbeing and academic resilience. They also have a network to receive regular information.
P & S	Mentor Adepis resilience lesson plans	There are lessons for KS2 and KS3 which encourage pupils to develop resilience, reduce risk-taking and consider safer options.

S	Developing Emotional Awareness and Listening (DEAL)	The Samaritans have produced this free teaching resource for students 14+ which includes sections on what we mean by Mental Health, Coping strategies, dealing with feelings and connecting with others.
P & S	The five ways to wellbeing toolkit	This toolkit introduces practical ideas for using the 5 ways to wellbeing with children and young people.
P & S	Make it Count: Guide for teachers	This guide is for teachers to help them create a classroom and school environment where children can thrive with good mental health.
S	Time to Change	Time to Change have a range of resources for secondary schools aimed at challenging stigma and discrimination.
S	Rise Above teaching resources	free PSHE resources that support secondary school teachers when promoting positive health, wellbeing and resilience among young people aged 11 to 16. Lessons include bullying, online stress, exam stress, body image and forming positive relationships.
S	Stride lesson plans	These lesson plans for KS3 and KS4 include relationships, managing change, social media, peer pressure, loss and bereavement, sexting, sleep, body image and exam stress.
S	Samaritans step by step	Step by Step provides practical support and guidance to help school and college communities prepare for and recover from a suspected or attempted suicide.

Resources to support Mental Health for parents

MindEd for families	MIndEd for families has advice and information to help family members understand what problems occur, what you can do to support your family and how to take care of yourself. The site is written by parents and specialists working together.
NSPCC difficult conversations advice	This site gives advice about how to manage difficult conversations with children.
No Phone Zone	This site describes the adverse effects of mobile phones and provides advice and guidance on limiting mobile phone use.
An emotionally healthy approach to GCSEs	This guide has tips for parents on promoting wellbeing during the exam period.
How to support your child's wellbeing	This guide gives information to parents about how they can support their own child's wellbeing.
Make it count: Guide for parents and carers	This guide is for parents and carers to help children understand, protect and sustain their mental health.
Young Minds parents helpline	This site has a parents survival guide as well as a helpline (0808 8025544).
Advice for Parents and Carers: Talking Mental Health with young people at secondary school	This free leaflet provides simple advice and guidance to secondary school parents and carers about how to make conversations about their child's feelings part of everyday conversation.
Advice for Parents and Carers: talking Mental Health with young people at primary school	This leaflet provides simple advice and guidance to primary school parents and carers on how to make conversations about their child's feelings part of everyday conversation.