

Services available in South Gloucestershire for Children and Adolescents in Need

<p style="text-align: center;">Anxiety and depression</p>	<p><u>Useful books:</u> ‘What to do when you worry too much’ Huebner (Age 6-12) ‘Helping Your Anxious Child’. Rapee et al. ‘Talking Back to OCD’ March and Benton ‘Breaking Free From OCD; a CBT guide for young people and their families. Derisley ‘Think Good, Feel Good’ Paul Stallard ‘What To Do When Your Brain Get’s Stuck: A Kid’s Guide to Overcoming OCD’ Huebner ‘Think Good, Feel Good’ Paul Stallard</p> <ul style="list-style-type: none"> • School Health Nurse • The Kingswood Bourne Family project – Play therapist works with children with many different needs. Charges apply. 0117 9478441 • Anxiety UK – Provides information and support for those living with anxiety www.anxietyuk.org.uk Helpline – 08444 775 774 Monday-Friday 09.30-5.30 • Free phone app – Information and ways of managing anxiety. Accessed via www.sam-app.org.uk • Information booklet for children with obsessive and compulsive behaviours www.ocdkids.org/ • Information for young people, families and professionals on depression www.cwmt.org.uk • Self help guides for young people with a range of emotional/mental health difficulties www.moodjuice.scot.nhs.uk • For adolescents with emotional/mental health and relationship difficulties www.moodgym.anu.edu.au • CALM (Campaign Against Living Miserably) Helpline for males aged 15-24 0800 58 58 58 7 days a week 5pm-midnight www.thecalmzone.net • www.youngminds.org.uk – information on a wide range of mental health difficulties and telephone support for parents • Mother for Mothers – information and support for mothers suffering with post-natal depression Helpline (limited times) 0117 9756006 www.mothersformothers.co.uk
<p style="text-align: center;">Attention Deficit Hyperactivity Disorder</p>	<ul style="list-style-type: none"> • Information and resources for parents and teachers www.addiss.co.uk 020 8952 2800 • Information about ADHD for parents www.netdoctor.co.uk/adhd • Practical tools for teachers and parents to help with behaviour management www.myadhd.com
<p style="text-align: center;">Autistic Spectrum Condition</p>	<ul style="list-style-type: none"> • Leading UK charity for people on the autism spectrum and their families www.autism.org.uk • National charity for children and young people on the autistic spectrum www.ambitiousaboutautism.org.uk • Incredible Kids – A safe & supportive space to play together as a family - specific times – Christ The King Church, Bradley Stoke. incrediblekids.org.uk 07889951114 • Hop, Skip and Jump – respite care sessions for disabled children and children with additional needs. Charges apply 0117 9677282 www.hopskipandjump.org.uk • National Autistic Society helpline Monday-Friday 10am-4pm 0808 800 4104 autismhelpline@nas.org.uk • National Autistic Society– www.nasbranch.org.uk/southglos • NAS education rights and advice service 0808 800 4102 email: educationrights@nas.org.uk They aim to get back within 7 days • Information from Supportive parents re sources of information and support groups for parents and carers www.supportiveparents.org.uk/storage/Appendix%203.doc • Butterflies Haven – support and social events for parents/carers, children and youths who are or may be on the autistic spectrum - www.butterflies-haven.co.uk • Asperger Syndrome Foundation – Promoting awareness and understanding of Asperger’s Syndrome www.aspergerfoundation.org.uk • Practical advice & downloads for professionals and parents on topics such as dyspraxia, dyslexia, autistic spectrum conditions www.boxofideas.org

<p>Autistic Spectrum Condition Cont'd/.....</p>	<ul style="list-style-type: none"> • Information site on all stages of transition for schools, employers and parents www.spldtransitions.co.uk • Early Bird and Cygnet groups – a range of courses for parents/carers whose children have been diagnosed on the autism spectrum Contact Eryl Daniels – 01454 863623 or eryl.daniels@southglos.gov.uk • Young Sibs: For siblings of disabled children www.youngsibs.org.uk • South Glos Children & Young People’s Information Service - 01454 868008 <p><u>Recommended books</u></p> <ul style="list-style-type: none"> ‘The Autistic Spectrum: a guide for parents and professionals’ Lorna Wing ‘Asperger’s Syndrome: a guide for parents and professionals’ Tony Attwood ‘Can I tell You About Aspergers: A Guide for Family and Friends’ Jude Welton ‘Autism: a social skills approach for children and adolescents’ Aarons and Gittens ‘Freaks, Geeks and Asperger Syndrome: A user guide to adolescence’ Jackson ‘Autism Spectrum Disorders: Practical strategies for teachers and other professionals’ Fulton
<p>Bereavement</p>	<ul style="list-style-type: none"> • Winston’s Wish – www.winstonswish.org.uk • The Rainbow Centre – www.rainbowcentre.org.uk • Information and support for bereaved children www.childhoodbereavementnetwork.org.uk • Cruse Bereavement Care. www.rd4u.org.uk and young people’s helpline – Mon-Fri 9.00-5pm. 0808 808 1677 • www.childdeath.helpline.org.uk Freephone helpline for anyone affected by the death of a child – 0800 282 986
<p>Bullying/Discrimination</p>	<ul style="list-style-type: none"> • Bullywatch – 01454 318753 www.bully-watch.co.uk • BeatBullying – Resources and information for young people, parents and schools. On-line support for young people www.beatbullying.org • Large Resource on school and workplace bullying www.bullyonline.org • Kidscape – Information on preventing bullying. Includes helpline for parents/carers – 08451 205 204 www.kidscape.org.uk • Support Against Racism - 0117 9420060 www.sariweb.org.uk • Britkid - An interactive site game that deals seriously with the issues of race and racism in today’s Britain www.britkid.org
<p>Challenging behaviour</p>	<p><u>Useful books:</u></p> <ul style="list-style-type: none"> ‘The Explosive Child’ Ross Greene ‘The Incredible Years’ Webster-Stratton (For parents of 0-8 year olds) ‘What to Do When Your Temper Flares: A Kid’s Guide to Overcoming Problems with Anger’ Huebner ‘What to Do When You Grumble Too Much: A Kid’s Guide to Overcoming Negativity’ Huebner <ul style="list-style-type: none"> • Parenting groups – referral through First Point to the Family Intervention Support Service by professional. Open CAF required. • Behaviour Support Team (Accessed through school according to traded service agreement) • Southern Brooks Project. Work with children and families. Referral through CAF and self referral. Please contact office for support available 01454 868 570 www.southernbrooks.org.uk • Breakthrough – Activity-based mentoring service for children and young people. Placements require a funding source. 01454 864616 breakthrough@southglos.gov.uk • Make It Mentoring – working alongside children and young people up to 19 to build confidence and resilience, including those with special educational needs. Charges apply. 01454 299593 www.makeitmentoring.co.uk • Online information for parents/carers on understanding and dealing with children’s behaviour – www.kidsbehaviour.co.uk

<p>Common Assessment Framework (CAF)</p>	<ul style="list-style-type: none"> • A CAF assessment should be considered for any child or young person with additional needs that are not being easily met. For information and advice – CAF support: First Point – 01454 866000
<p>Counselling services for young people</p>	<ul style="list-style-type: none"> • IAPT (Improving Access to Psychological Therapies) Lift Psychology offering 1-1 and group work for 16 years up. 0117 3784270 www.lift.awp.nhs.uk • Network Counselling – for ages 11 and up. Contribution required. 0117 9507271 info@network.org.uk • Individual and family counselling 0117 9424510 www.bridgefoundation.org.uk (charges apply) • Relate Avon. Counselling services now available for young people aged 10-18. 0117 9428444. www.relate-avon.org.uk (Charges apply) • Get Connected – Telephone and email support for under 25’s. Freephone 0808 808 4994 (1pm-11pm). Text 80849 www.getconnected.org.uk • Information regarding adolescent mental health www.youngminds.org.uk • ChildLine – free helpline for children and young people to talk about any problem 24 hours a day, 7 days a week. 0800 1111 www.childline.org.uk • Telephone and online support from young people to young people www.youth2youth.org.uk (<i>Helpline temporarily closed Jan 2014</i>)
<p>Deliberate Self-harm</p>	<ul style="list-style-type: none"> • Indigo Project supports young people aged 13-19 who self-harm. 07790645078 www.indigoproject.co.uk info@indigoproject.co.uk • National Self Harm Network – support, advice and advocacy services. Online support via support@nshn.co.uk (Average response time 72 hours). Helpline – 0800 622 6000 (Limited times) www.nshn.co.uk • Information for young people, family and professionals www.papyrus-uk.org • Harmless – User led & provides support, information & training to people who self harm, their friends and family www.harmless.org.uk • Hopeline UK helpline – Resources and support for those dealing with suicide, depression or emotional distress – 0800 068 4141 • TESS – Text & email support for girls & women up to 25 who self injure. Text 0780 0472908. Email – TESS • Information and fact sheets re self harm www.lifesigns.org.uk • Reasonably priced information booklets for young people who self harm, their family and friends and for those who have been abused as children - www.basementproject.co.uk • Survivors of bereavement by suicide – includes support information and helpline – 0844 5616855 9am-9pm www.uk-sobs.org.uk
<p>Domestic Abuse</p>	<ul style="list-style-type: none"> • Survive 0117 9612999 www.survivedv.org.uk – Domestic abuse service for women and children in South Gloucestershire • Domestic abuse service for women and children in Bristol www.nextlinkhousing.co.uk • The Hide Out – provides information and support for children and young people affected by domestic abuse www.thehideout.org.uk • Back on Track group run by Survive for 7-11 year olds who have witnessed domestic abuse and are safe – 0117 9612999 • Freedom Programme 16-24 run by Survive for young women who are experiencing abuse and violence in their own relationships – contact Helen Chignell on 0117 9613065 • National Domestic Violence Helpline – 24 hour freephone - 0808 2000247 • Support for same sex victims of domestic abuse – 0300 999 5428 - www.broken-rainbow.org.uk

<p>Drug/Alcohol Abuse</p>	<ul style="list-style-type: none"> • Young People’s Drug and Alcohol Service - 01454 868763. Email - yppservice@southglos.gov.uk Confidential helpline: 0800 77 66 00 – Mon-Fri 9am-4pm. • www.talktofrank.com Helpline – 0300 123 66000 – freephone 24 hours. Text – 82111 • National Association for children of alcoholics www.nacoa.org.uk 0800 358 3456 • Drinkline - 0800 917 8282
<p>Eating difficulties</p>	<ul style="list-style-type: none"> • GP • School Health Nurse – based at the Locality Hubs • Eating Disorder Association – www.b-eat.co.uk Youth helpline – 0845 6347650 • Information about eating problems and many suggestions for coping and improving eating habits - www.something-fishy.org • REACH – Weight management programme for overweight children between 4-11 years and parent/carer. www.southglos.gov.uk/reach or 01454 868535 • Slimming World – From aged 11 up accepted if accompanied by parent and with written permission from GP. • www.slimmingworld.com 0844 897 8000 • Weight Watchers - From aged 10 up if accompanied by parent and approval letter from GP www.weightwatchers.co.uk 0845 345 1500 • Food banks give food and essential household items to individuals and families in crisis – voucher available from some schools and community Hubs – more information from First Point 01454 86 6000 http://www.resoundbristol.co.uk/community/food-bank/
<p>First Point - Children and Young Peoples Services (CYPS)</p>	<ul style="list-style-type: none"> • CAF support 01454 866000 • Accepting referrals for Preventative services 01454 866000 • Social Care duty desk where there are child protection concerns 01454 866000
<p>Homelessness</p>	<ul style="list-style-type: none"> • Locality Children and Young People’s Service: Details below • South Glos youth housing – Kingswood site - 0117 9352881. Yate site – 01454 325165 www.sgyh.org • Independent People – Housing support and advice to young people aged 16-25 www.1625ip.co.uk • Housing and homeless charity www.shelter.org.uk
<p>Lesbian, gay, bisexual, trans</p>	<ul style="list-style-type: none"> • Bristol based youth group 07900730415 www.wellaware.org.uk/organisations/958-freedom-youth-bristol • EACH – educational action challenging homophobia. 1-1 support to individuals who have been or continue to be target of homophobic incidents. 0808 1000 143. www.eachaction.org.uk • www.queeryouth.net • www.stonewall.org.uk • Individual and Family support for teenagers and children with gender identity issues www.mermaidsuk.org.uk • Gires – Provides information & education to those affected by gender identity and intersex conditions. www.gires.org.uk • Depend – Free, confidential, non-judgmental advice, information and support to family members and friends of transsexual people www.depend.org.uk
<p>Low Self-esteem</p>	<ul style="list-style-type: none"> • School mentor/counsellor • https://moodgym.anu.edu.au/welcome/new/splash - For adolescents with emotional/mental health and relationship difficulties • Breakthrough Project – accessed through school • The Site – Online guide to life for 16-25 year olds www.TheSite.org.uk

<p>Mental Health Consultation</p>	<ul style="list-style-type: none"> • Primary Mental Health Specialists are available to professionals for advice, support and training where there are concerns about a child's mental health for ante-natal -17 year olds: South Gloucestershire Child and Adolescent Mental Health Service (CAMHS) 01454 862431 • Children and Adult Mental Health - List of links to other sites re mental health issues and helpline numbers www.mind.org.uk
<p>Parenting Support</p>	<ul style="list-style-type: none"> • Southern Brooks Project. Work with children and families in some areas of S.Glos. Referral through CAF 01454 868 570 www.southernbrooks.org.uk • A group for parents who have children with disability/additional needs www.sglospc.org.uk 01454 501009 (please leave a message) • Parenting advice and support - www.familylives.org.uk 24 hour helpline – 0808 800 2222 • The Kingswood Bourne Family project – Parenting courses and adult counselling. 0117 9478441 • Resound Family Resource team – Parenting courses and Parent Buddies for parents living in BS16 area. For more information contact Resound on 0117 3050969 janh@resoundbristol.co.uk jayneg@resoundbristol.co.uk • Parenting support and groups available – referral to the Family Intervention Support Service through First Point referral where there is an open CAF • The Children's Information Service for South Glos for parents of children aged 0-18. 01454 868008 • Information and resources for parents and professionals www.zerotothree.org • Homestart – voluntary charity, befriending/support for parents with children under 5 who are in need. 0117 9501170 www.home-start.org.uk • Young Minds Parents Helpline 0808 802 5544 – 9.30am-4pm Mon-Fri or email parents@youngminds.org.uk • Parents Under Pressure – 20 week programme for parents who have a child under 2 and a half and are on a drug or alcohol treatment programme – NSPCC 0117 9543650 • Parental Mental Health & Child Welfare Network www.pmhcnw.org.uk • Details of national and local organisations offering support - www.lbigdatabase.org.uk • Marriage Care - Catholic relationship counselling service available to individuals and couples regardless of marital status, religious beliefs or sexual orientation. Donation required www.marriagecare.org.uk • Divorce Aid – advice and information for parents and children www.divorceaid.co.uk
<p>Private Therapy</p>	<ul style="list-style-type: none"> • Counselling and Psychotherapy in Bristol www.bridgefoundation.org.uk • British Association for Counselling and Psychotherapy www.bacp.co.uk • Family Therapy and Systemic Practice www.aft.org.uk
<p>Sexual health and teenage pregnancy</p>	<ul style="list-style-type: none"> • Child exploitation online protection centre www.ceop.police.uk • Sexual health and advice www.nhs.uk/worhtalkingabout • S.Glos C card scheme accessed through GP surgeries, youth centres, School Health Nurses and some schools • Brook Young People's Clinic free and confidential drop in: 1 Unity Street, Bristol. 020 7284 6040 www.brook.org.uk Free and confidential information – 0808 802 1234 • Information on sexual health and services in South Gloucestershire - no-worries.youthunltd.com • No Worries drop-in clinics for young people, no appointment needed – Cadbury Heath Health Centre Mondays 6pm-8.15pm Westgate centre, Yate – Wednesdays 6.15-8.30pm Patchway Hub – Wednesdays 5.30pm-7.45pm
<p>Sexual Abuse</p>	<ul style="list-style-type: none"> • Information and counselling services to support children and adults who have been affected by rape/sexual assault. www.turntothebridge.org 0117 3426999 • Avon Sexual Abuse Centre, including groups for 11-18 years olds who have experienced sexual trauma www.the-green-house.org.uk 0117 9351707 • Rape and Sexual Abuse Support for women and girls www.sarsas.org.uk Helpline: 0808 801 0456 (free from landlines & most mobiles) • Kinergy – counselling service for survivors of sexual abuse and rape aged over 16 – 0117 9087712; www.kinergy.org.uk • Reasonably priced information booklets for young people who self harm, their family and friends and for those who have been abused as children - www.basementproject.co.uk

<p>Special educational needs and disability</p>	<ul style="list-style-type: none"> • Inclusion support – for children with a statement of educational needs – accessed via annual review process or school education officer • Incredible Kids – A safe & supportive space to play together as a family - specific times – Christ The King Church, Bradley Stoke. incrediblekids.org.uk 07889951114 • Supportive Parents— Information and support line – 0117 9897725 www.supportiveparents.org.uk • Special Friends Club – Support for families with children with special educational needs by organising activities www.specialfriendsclub.org.uk 07783 322650 • Whizz-Kids – For disabled young people aged 10-18 years – youth club, wheelchair skills training, work placements, leadership programmes, residential camps and more. t.dowan@whizz-kidz.org.uk or phone 07584 134 697 for more information • Bournstream – A dedicated play site near Wotton-Under-Edge for children/young people with disabilities or special educational needs and their families www.bournstream.org.uk 01453 845568 • Practical advice & downloads for professionals and parents on topics such as dyspraxia, dyslexia, autistic spectrum conditions www.boxofideas.org • A range of free information sheets about challenging behaviour www.challengingbehaviour.org.uk • Young Sibs: For siblings of disabled children www.youngsibs.org.uk • The Yellow Book - An information resource for children & young people with additional needs – www.southglos.gov.uk/yellowbook • Information on learning disabilities for parents and teachers www.ldonline.org
<p>Youth Services</p>	<ul style="list-style-type: none"> • Youth Inclusion Support Service – accessed with referral through First Point or youth drop in at the locality Hubs. • Make It Mentoring – working alongside children and young people up to 19 to build confidence and resilience. Charges apply. 01454 299593 www.makeitmentoring.co.uk • Kingswood Bus Project – For young people aged 11-25. Activities and support facilitated by youth workers www.kingswoodbusproject.co.uk • Information for youth in S.Glos on anything from sexual health to transport to youth centres – www.youthunltd.com • Fairbridge – work with young people aged 13-25 who are difficult to engage. www.fairbridge.org.uk • Information and signposting regarding young people’s mental health www.right-here.org.uk • www.bristol.gov.uk/youthandplay www.goplacesdothings.org.uk www.goplacestoplay.org.uk

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