

Where to get help?

Information for Children, Young People and their Families in South Gloucestershire

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Anxiety and Depression

Recommended Books:

‘What to Do When You Worry Too Much’ by Dawn Huebner (Ages 6-12)

‘Helping Your Anxious Child: A Step-by-step Guide for Parents’ by Ronald Rapee

‘Talking Back to OCD’ by John March and Christine Benton

‘Breaking Free from OCD: A CBT Guide for Young People and Their Families’ by Jo Derisley

‘Think Good - Feel Good’ by Paul Stallard

‘What To Do When Your Brain Gets Stuck: A Kid’s Guide to Overcoming OCD’ by Dawn Huebner

Services Available:

School Health Nurse

Contact details from child’s school and locality Hubs:

Patchway 01454 862442 / Kingswood 01454 862441

The Kingswood Bourne Family project: Play therapist works with children with many different needs. Charges apply. 0117 9478441

bfp@bournechristiancentre.org

www.bournechristiancentre.org

Useful Websites / Telephone Numbers

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

Anxiety and Depression continued...

Information, books and some free downloads to support children who are anxious www.relaxkids.com/uk/homepage

Free phone app: Information and ways of managing anxiety for young people. Accessed via www.sam-app.org.uk

Information and free booklet to download for children with obsessive and compulsive behaviour <http://www.ocduk.org/childrens-ocd-guide>

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

Information for adolescents with emotional/mental health and relationship difficulties www.moodgym.anu.edu.au

Cognitive behavioural therapy resources and downloads for young people and adults www.getselfhelp.co.uk

Information and worksheets suitable for older young people and adults on a variety of topics including self-esteem, assertiveness, anger, anxiety & depression www.cci.health.wa.gov.au/resources/consumers.cfm

CALM (Campaign Against Living Miserably) Helpline for males aged 15 up 0800 58 58 58 - 7 days a week (5pm-midnight) www.thecalmzone.net

Mindfulness information and apps www.smilingmind.com.au and www.headspace.com

Young Minds: Information on a wide range of mental health difficulties and telephone helpline for parents www.youngminds.org.uk
0808 802 5544

Anxiety and Depression continued...

Mother for Mothers: Information and support for mothers suffering with post-natal depression. Helpline (limited times) 0117 9756006

www.mothersformothers.co.uk

Attention Deficit Hyperactivity Disorder

Useful Websites / Telephone Numbers

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

Services Available

Parent groups for parents of children and young people with a diagnosis
– further information from child’s CAMHS worker/Paediatrician

Autistic Spectrum Condition

Recommended Books

'The Autistic Spectrum: A Guide for Parents and Professionals' by Lorna Wing

'Asperger's Syndrome: A Guide for Parents and Professionals' by Tony Attwood

'Can I Tell You About Asperger Syndrome?: A Guide for Friends and Family' by Jude Welton

'Autism: a social skills approach for children and adolescents' by Maureen Aarons and Tessa Gittens

'Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence' by Tony Attwood and Luke Jackson

'Autism Spectrum Disorders: Practical Strategies for Teachers and Other Professionals' by Northumberland County Council Communication Support Services UK

Useful Websites / Telephone Numbers

The National Autistic Society: Leading UK charity for people on the autism spectrum and their families www.autism.org.uk

Email: autismhelpline@nas.org.uk

Helpline - Monday-Friday 10am-4pm 0808 800 4104

National Autistic Society South Gloucestershire branch

<http://nassouthgloucestershirebranch.webeden.co.uk/>

NAS Education Rights and Advice Service - aim to get back within 7 days
0808 800 4102 email: educationrights@nas.org.uk

Autistic Spectrum Condition Continued...

Ambitious About Autism: National charity for children and young people with autism 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

Information from Supportive Parents: Sources of information and support groups for parents and carers in South Gloucestershire
www.supportiveparents.org.uk

Asperger's 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, autism www.boxofideas.org

Information site on all stages of transition for schools, employers and parents www.spldtransitions.co.uk

Services Available

Early Bird and Cygnet groups: A range of courses for parents/carers whose children have been diagnosed on the autistic spectrum.
Contact Eryl Daniels 01454 863623 or eryl.daniels@southglos.gov.uk

Butterflies Haven: Support and social events for parents/carers, children and young people who are or may be affected by the autistic spectrum -
www.butterflies-haven.co.uk

Young Sibs: For siblings of disabled children www.youngsibs.org.uk

South Glos Children & Young People's Information Service - 01454 868008

Bereavement

Winston's Wish – practical support and guidance to bereaved children, their families and professionals www.winstonswish.org.uk
Helpline – 08452 03 04 05

The Rainbow Centre – Free and professional support to children and their families affected by life threatening illness and bereavement
www.rainbowcentre.org.uk

Information and support for bereaved children and young people
www.childhoodbereavementnetwork.org.uk

Cruse Bereavement Care – website designed by young people for young people www.rd4u.org.uk
Young people's helpline - Mon-Fri 9.00-5pm 0808 808 1677

www.childdeathhelpline.org.uk Free phone helpline for anyone affected by the death of a child – 0800 282 986 or 0808 800 6019 if calling from a mobile. Open every day at specific times

Bullying and Discrimination

Bullywatch: Information and support for young people, parents/carers and schools www.bully-watch.co.uk

Large Resource on school and workplace bullying www.bullyonline.org

Kidscape: Information on preventing bullying 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

Challenging Behaviour

Recommended Books

‘The Explosive Child’ by Ross Greene

‘The Incredible Years’ by Caroline 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’ by Dawn Huebner

‘What to Do When You Grumble Too Much: A Kid’s Guide to Overcoming Negativity’ by Dawn Huebner

Parenting Groups: Referral through First Point to the Family Intervention Support Service by professional.

Behaviour Support Team: Accessed through school (according to traded service agreement)

Southern Brooks Project: Support for children and families. Referral via professionals and self-referral. Please contact for more information 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

Counselling Services for Young People

IAPT (Improving Access to Psychological Therapies) LIFT Psychology offers free 1-1 and group work for 16 years up.

0117 3784270 www.lift.awp.nhs.uk

Off The Record: Free, face to face counselling for 11-15 years

www.otrbristol.org.uk 0808 808 9120 or text 07896 880 011

Network Counselling: For ages 11 and up. Contribution required. 0117

9507271 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

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

Samaritans: If something is troubling you get in touch on 08457 90 90 90

or 0117 9831000

www.samaritans.org/branches/bristol-samaritans

Self-Harm

National Self Harm Network: Crisis support, advice and information

www.nshn.co.uk

Online support support@nshn.co.uk (Average response time 72 hours)

Papyrus: Information for young people, family and professionals

www.papyrus-uk.org

Confidential help and advice 0800 068 41 41

Harmless: User led & provides support, information & training to people who self-harm, their friends and family

www.harmless.org.uk

Self-injury support: information and support for girls and women who self-harm

TESS: Text & email support for girls & women up to 24 who self-injure

Helpline – 0808 800 8088

Text 0780 0472908 www.selfinjurysupport.org.uk

Information, fact sheets and moderated message boards regarding self-harm www.lifesigns.org.uk

Survivors of bereavement by suicide: Includes support, information and helpline 0300 111 5065 9am-9pm

www.uk-sobs.org.uk

Domestic Abuse

Survive 0117 9612999 www.survivedv.org.uk – Domestic abuse service for women and children in South Gloucestershire

Back on Track groups run by Survive for 7-11 and 11-18 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 0117 9612999

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

National Domestic Violence Helpline: 24 hour free phone - 0808 2000 247

Information and support for same sex victims of domestic abuse – 0300 999 5428 (limited times) and online chat www.brokenrainbow.org.uk

Drug and Alcohol Abuse

Young People's Drug and Alcohol Service: 01454 868750

Email ypservice@southglos.gov.uk

Confidential helpline: 0800 073 3011 Mon-Fri 9am-4pm

www.talktofrank.com Helpline: 0300 123 6600

Free phone 24 hours. Text 82111

National Association for Children of Alcoholics www.nacoa.org.uk 0800 358 3456

Parents Under Pressure: NSPCC 20 week support for parents who have a child under 5 and are on a drug or alcohol treatment programme

0117 9543650

www.nspcc.org.uk/fighting-for-childhood/our-services/services-for-children-and-families/parents-under-pressure/

Eating Difficulties

School Health Nurse: Contact details from child's school and locality
Hubs: Patchway - 01454 862442 Kingswood - 01454 862441

For concerns about eating and weight please contact your GP

Eating Disorder Association: www.b-eat.co.uk

Helpline – 0845 634 1414 Youth helpline – 0845 6347650

Information for parents of children with an eating disorder

www.maudsleyparents.org

Information on anorexia nervosa and managing meal times

www.gosh.nhs.uk/medical-information/search-for-medical-conditions/anorexia-nervosa/anorexia-nervosa-information/

REACH: Weight management programme for overweight children
between 4-11 years and parent/carer www.southglos.gov.uk/reach
01454 868006

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

First Point - Children and Young Peoples Services (CYPS)

First Point: Information on local services and the 'Single Assessment Framework' for early help (SAF-eh)

01454 866000 Firstpoint@southglos.gov.uk

Social Care duty desk where there are child protection concerns 01454 866000

Homelessness

South Glos Youth Housing: Kingswood 0117 9352881

Yate 01454 325165 www.sgyh.org

Independent People: Housing support and advice to young people aged 16-25 www.1625ip.co.uk 0117 317 8800

Housing and homeless charity www.shelter.org.uk

Lesbian, Gay, Bisexual, Transsexual

Bristol based youth group 07814 250751

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

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

Low Self-Esteem

MoodGYM: For adolescents with emotional/mental health and relationship difficulties

www.moodgym.anu.edu.au

Breakthrough Project: Sports based mentoring project that supports 5-18 year olds - accessed through school

The Site: Online guide to life for 16-25 year olds www.TheSite.org

Mind: Mental health charity includes information and links to other sites re mental health issues and helpline numbers www.mind.org.uk

Text 86463

Information Line 0300 123 3393

Link to 7 apps/websites created by young people to support young people's mental health www.innovationlabs.org.uk/the-seven-apps-websites/

Free, online education training for adults working with children, young people and families to support positive mental health

www.minded.org.uk

Information and worksheets suitable for older young people and adults on a variety of topics including self-esteem, assertiveness, anger, anxiety and depression www.cci.health.wa.gov.au/resources/consumers.cfm

SupportLine: Confidential and emotional support for children, young people and adults. Online information and lists of agencies that provide support on a wide range of issues www.supportline.org.uk

Helpline for all ages 01708 765200

Email - info@supportline.org.uk

Mood Café: Information and resources relevant to a range of psychological problems and some physical conditions for children and adults www.moodcafe.co.uk

Parental Support

Southern Brooks Project: Work with children and families in some areas of South Gloucestershire. Professional and self-referral 01454 868570
www.southernbrooks.org.uk

South Gloucestershire Parents and Carers: Information and groups for parents who have children with disability/additional needs
www.sglospc.org.uk
01454 501009 (please leave a message)

Family Lives: Parenting advice and support www.familylives.org.uk
24 hour helpline 0808 800 2222

The Kingswood Bourne Family Project: Parenting courses and adult counselling and children's play therapy - 0117 9478441
www.bristolcommunitychurch.org/community/bourne_family_project/

Resound Family Resource team: Parenting courses and Parent Buddies for parents living in and around BS16 area. For more information contact Resound on 0117 3050969
www.resoundbristol.co.uk

Parenting support and groups available in South Gloucestershire. Referral via First Point by a professional. For more information contact First Point on 01454 866000
Firstpoint@southglos.gov.uk

The Children's Information Service for South Gloucester for parents of children aged 0-18. 01454 868008

Information and resources for parents and professionals of babies up to age 3 www.zerotothree.org

Homestart: Befriending/support for parents with children under 5 who are in need. 0117 9501170
www.home-start.org.uk

Parental Support Continued...

Young Minds Parents Helpline 0808 802 5544 9.30am-4pm Mon-Fri
email parents@youngminds.org.uk www.youngminds.org.uk

Parents Under Pressure: NSPCC 20 week support for parents who have a child under 5 and are on a drug or alcohol treatment programme
0117 9543650
www.nspcc.org.uk/fighting-for-childhood/our-services/services-for-children-and-families/parents-under-pressure/

Details of national and local organisations offering support:
www.1bigdatabase.org.uk

Relate relationship counselling. Charges apply.
www.relate-avon.org.uk 0117 9428444

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
Appointments 0800 389 3801

Divorce Aid: Advice and information for parents and children
www.divorceaid.co.uk

Information on where to play and in Bristol www.goplacestoplay.org.uk

Food Banks: Provide 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/>

ChildcareLink: Information about child care and early years services in your local area
Free helpline 0800 234 6346 www.childcarelink.gov.uk

Private Therapy

Counselling and Psychotherapy in Bristol. Charges apply 0117 9424510
www.bridgefoundation.org.uk

British Association for Counselling and Psychotherapy: For a list of local counsellors www.bacp.co.uk

Family Therapy and Systemic Practice: For a list of local therapists
www.aft.org.uk

Single Assessment Framework (SAF eh)

A Single Assessment for Early Help (SAF - eh) should be considered for any child or young person with additional needs that are not being easily met. For information and advice contact First Point – 01454 866000
Firstpoint@southglos.gov.uk

Internet Use, Sexual Health and Teenage Pregnancy

Child Exploitation Online Protection Centre: Information and advice for professionals, parents and young people www.ceop.police.uk

Resources for safer internet use for school staff and professionals working with school-aged children www.saferinternet.org.uk

Sexual health and advice for young people
www.nhs.uk/worhtalkingabout

South Gloucestershire C card scheme accessed through GP surgeries, Youth Centres, School Health Nurses
Free and confidential information about sexual health 0117 342 6900
no-worries.youthunltd.com

Information for under 25's on relationships and sex.
Brook young people's clinic free and confidential drop in available:
www.brook.org.uk 0117 929 0090

Sexual Abuse

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, counselling and also 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 aged 13 +
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

Special Educational Needs and Disability

Inclusion support: For children with a Statement of Educational Needs or an Education and Health Care Plan. Accessed via annual review process or school education officer

Incredible Kids: A safe and supportive space to play together as a family. Christ The King Church, Bradley Stoke incrediblekids.org.uk

Supportive Parents: Information and support line for parents of children with any type of disability or special educational need 0117 9897725 www.supportiveparents.org.uk

Special Friends Club: Organised activities for families and children with special educational needs 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
07584 134 697

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 in children with learning disabilities www.challengingbehaviour.org.uk

Mencap: Information and support about a wide range of issues. 0117 9614372 www.avonnorthmencap.org.uk

Special Educational Needs and Disability Continued...

Young Sibs: For siblings of disabled children www.youngsibs.org.uk

Children & Young People Information Service (CYPIS): Information about childcare, schools, health services, child and family support, activities, children's education, grants and tax benefits, voluntary organisations and housing can be found at:

Telephone: 01454 868008.

Information on learning disabilities for parents and teachers
www.ldonline.org

IPSEA: Legally based (free) information and advice and support to help get right education for children and young people with special educational needs and disabilities www.ipsea.org.uk

Contact a Family: Help for parents and families who care for children with any disability or special need

0808 808 3555 www.cafamily.org.uk

Youth Services

Youth Intervention and Support Service (YISS): One-to-one support for young people aged 13-19 (up to 25yrs with special educational needs) or group work. Accessed with referral through the Access and Referral Team (via First Point 01454 866000) or at the drop-in at Kingswood Youth Hub (The Old Park School, High Street, Kingswood) on Tuesdays, 11.00am – 1.00pm and Yate library Wednesdays 2-4pm

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

Information for youth in South Gloucestershire on anything from sexual health, 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

Website for 13-19 year olds to find out where to go in Bristol
www.goplacesdothings.org.uk

South Gloucestershire CAMHS
Details correct at time of going to press – April 2015