

DIRECTORY OF SERVICES WITH INFORMATION AND SUPPORT FOR MENTAL HEALTH, PARENTING & SPECIAL EDUCATED NEEDS



Barnardo's

www.barnardos.org.uk

A charity that works with families and children in many ways including counselling, support for young carers and children affected by exploitation.

Childline

www.childline.org.uk

A free and confidential service dedicated for children. Including an online confidential live one-to-one chat.

Helpline: 0800 1111

For Me App

www.childline.org.uk/toolbox/for-me/

Offers all Childline's services in an app.

The Children's Society

www.thechildrensociety.org.uk

A national charity that works with vulnerable children and young adults to help them have a better chance in life.

EWMHS (Emotional Wellbeing Mental Health Service)

www.nelft.nhs.uk/services-ewmhs

Provides emotional wellbeing and mental health advice and support for stress, low mood and depression, anxiety, self harm or difficult to manage behaviours as well as support for previously diagnosed neurodevelopmental difficulties such as ADHD or ASD, for young people and their families across Essex, up to the age of 18.

Helpline: 0300 300 1600

HeadMeds

www.headmeds.org.uk

A website created for young people to give straightforward and reliable information about mental health medication.

Kids Health

www.kidshealth.org

General information about physical and emotional wellbeing for children.

Kids Inspire

www.kidsinspire.org.uk

Kids Inspire supports children age 0-25 and their parents/carers.

They are a specialist team dealing with trauma and issues relating to abuse and neglect, children who have experienced emotional or behavioural difficulties. Many have an EHCP and/or a diagnosis of conditions such as ADHD, ASD, OCD. They also support with mental health issues, such as anxiety, depression, self-harming or have an eating disorder. They work with children and families affected by issues such as family relationship breakdown, loss and bereavement, bullying and so on.

Many are struggling as a result of parental mental health issues, drug and alcohol misuse.

Mind

www.mind.org.uk

A national mental health charity that provides comprehensive information and support on all mental illnesses.

Helpline: 0300 123 3393

MindEd

www.mindedforfamilies.org.uk/

Contains free advice, information and e-learning on child and adolescent mental health.

National Institute of Mental Health

www.nimh.nih.gov

Comprehensive information on mental health conditions across all ages.

National Society for the Prevention of Cruelty to Children

www.nspcc.org.uk

Offers information to adults who are concerned about the safety or welfare of a child.

Helpline: 0808 800 5000

Refugee Council

www.refugeecouncil.org.uk

Works with refugees and asylum seekers to provides specialist therapeutic services targeted to their needs as well as mental health support.

Rethink Mental Illness

www.rethink.org

Supports those suffering with a mental illness and provides a range of services available nationwide.

Samaritans

www.samaritans.org

Offers confidential 24-hour emotional support to anyone in crisis.

Helpline: 116 123

Text service: 07725 90 90 90

STEM4

www.stem4.org.uk

A teenage mental health charity aimed at improving teenage mental health by stemming common occurring mental health issues at an early stage, by raising awareness, recognising early warning signs and providing effective strategies.

Time-To-Change

www.time-to-change.org.uk/.../children-and-young-people

Information aimed to educate children and young people with mental health issues.

Young Minds

www.youngminds.org.uk

The UK's leading charity that provides information and advice on child mental health issues.

Youth Justice Board

www.justice.gov.uk/youth-justice

A website with information that aims to prevent offending and re-offending by children under the age of 18.

MENTAL HEALTH

Anxiety, Panic & Phobias

The Child Anxiety Network

www.childanxiety.net

Thorough and up-to-date information about child anxiety.

Teenage Health Freak

www.teenagehealthfreak.org

A website that is full of accurate and reliable health information for teenagers.

NHS

www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/

A website that gives information about anxiety and depression in children and young people.

Anxiety UK

www.anxiety.org.uk

Supports everyone affected by anxiety, offers talking therapies and self-help groups.

Big White Wall - NHS

www.bigwhitewall.com

An online community offering safe, anonymous support 24/7 for people who are stressed, anxious or feeling low.

No Panic

www.nopanic.org.uk

Helps people with any kind of anxiety disorder. Specialises in self-help based recovery.

PTSD Resolution

www.ptsdresolution.org

Helps veterans, TA and reservists with military trauma.

Triumph over Phobia

www.topuk.org

Aims to help sufferers of phobias, OCD and other anxiety disorders to overcome their fears.

Mindshift **App**

<https://www.anxietybc.com/resources/mindshift-app>

Helps young people cope with anxiety by teaching them active steps to help take charge of anxiety.

Catch It - NHS **App**

<https://www.nhs.uk/apps-library/catch-it/>

Learn how to manage feelings like anxiety and depression.

SAM (Self-Help Anxiety Management) **App**

<https://sam-app.org.uk>

Offers a range of self-help methods for people who are serious about learning to manage their anxiety.

Silver Cloud – NHS **App**

<https://www.nhs.uk/apps-library/silvercloud/>

An online course to help people manage stress, anxiety and depression by using CBT to help change the way you think and feel about things.

Fear Fighter **App**

<http://fearfighter.cbtprogram.com>

An online course using CBT for people who struggle with phobias, panic or anxiety.

Stop Panic and Anxiety Self-Help **App**

<https://www.excelatlife.com/apps.htm#panicapp>

Uses audio to coach you when you experience a panic attack and help you learn to tolerate and control the anxiety symptoms. Can also be used to assist with exposure therapy for Agoraphobia.

Youper (for Social Anxiety) **App**

<https://www.youper.co/start-now>

An AI Assistant for your mental health. Helps to boost your confidence and overcome anxiety in social situations.

Bereavement and Separation

Cruse Bereavement Care

www.cruse.org.uk

Promotes the wellbeing of those affected by bereavement and helps children to understand their grief and cope with their loss.

Helpline: 0808 808 1677

Child Bereaved Charity

www.childbereavement.org.uk

A national charity which has a main focus on helping bereaved families where a baby or child has died.

Helpline: 0800 028 8840

Winston's Wish

www.winstonswish.org.uk

A childhood bereavement charity, who support children and their families, after the death of a parent or sibling.

Helpline: 08088 020 021

Bereavement Advice Centre

www.bereavementadvice.org

Supports and advises people after a death with the wide range of practical issues that need to be managed after a bereavement.

The Compassionate Friend

www.tcf.org,UK

Bereaved parents, siblings and grandparents provide peer support for others who are bereaved.

Survivors of Bereavement by Suicide

<https://uksobs.org>

Supports those bereaved by suicide through a helpline, email and self-help groups.

Divorce Aid

www.divorceaid.co.uk/child/teenagers.htm

A website that offers needed advice and support for children going through their parents divorce.

Child Bereavement UK **App**

<https://childbereavementuk.org/our-app/>

Helps young people who have lost somebody close to them feel less alone.

Eating Disorders

B-eat (Beating Eating Disorders)

www.b-eat.co.uk

Online support and a network of UK-wide self-help groups to assist adults and young people in beating their eating disorders.

Youthline: 0808 801 0711

SEED Eating Disorder Support Service

www.seedeatingdisorders.org.uk

A website that recognises how difficult it is to experience an eating disorder and other professional help and assistance in overcoming eating disorders.

Helpline: 01482 718130

ABC (Anorexia & Bulimia Care)

www.anorexiabulimiacare.org.uk

Provides ongoing care, emotional support and practical guidance for anyone affected by eating disorders.

MGEDT (Men Get Eating Disorders Too)

www.mengetedstoo.co.uk

Raises awareness of eating disorders in men and offers peer support services for affected men.

Boy Anorexia

www.boyanorexia.com

Information website about anorexia in boys.

Email: jenny@boyanorexia.com

Recovery Record Eating Disorder Management **App**

<https://www.recoveryrecord.com/>

An app for eating disorder recovery, includes meal logging and planning coping skills, rewards for recovery wins, social and secure.

Rise Up Recovery Warriors **App**

<https://www.recoverywarriors.com/app/>

Recovery tools including meal logging, behaviour tracking, emotions and thought tracking. Information and activities around body image, mindfulness and relationships.

Obsessive Compulsive Disorder (OCD)

International OCD Foundation

<https://kids.iocdf.org>

An international organisation that support those that have OCD and related disorders, as well as their families and friends.

OCD Action

www.ocdaction.org.uk

A charity dedicated to understanding OCD.

OCD Youth Info

www.ocdyouth.info

A website written for young people with OCD, giving information on the disorder.

OCD UK

www.ocduk.org

Information and support relating to OCD in children and young people.

Self Harm

Harmless

www.harmless.org.uk

Specific information and advice for those who self-harm.

Life Signs

www.lifesigns.org.uk

Promotes awareness about self-injury and provides information and support to people of all ages affected by self-injury.

National Self-Harm Network

www.nshn.co.uk

A UK charity offering support, advice and advocacy services to people affected by self-harm directly or in a care role.

Selfharmuk

www.selfharm.co.uk

Supports young people aged between 11 to 19 impacted by self-harm.

Alumina

<http://alumina.selfharm.co.uk/>

Helps young people aged 14-18 find other ways of dealing with the ups and downs of life.

Calm Harm **App**

<http://www.stem4.org.uk/calmharm/>

Aims to help young people resist the urge to self-harm.

Self-Help **App**

<http://www.self-healapp.co.uk/Home/>

Helps users resist the urge to self harm.

Blue ice **App**

<https://www.oxfordhealth.nhs.uk/blueice/>

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

Depression, Psychosis & Suicide

Papyrus

www.papyrus-uk.org

A suicide prevention charity who provide confidential support and advice to young people struggling with thoughts of suicide and anyone worried about a young person through their helpline.

Hopeline UK: 0800 068 4141

The Mix

www.themix.org.uk

Free information and support for over 25s with a range of support and advice about mental health and other key issues facing young people.

Helpline: 0808 808 4994

Kooth

www.kooth.com

Provides online mental health services for children, young people and adults. An online counselling and emotional well-being platform for children and young people.

Depression UK

www.depressionuk.org

Offers support to everyone affected by depression.

PANDAS Foundation

www.pandasfoundation.org.uk

Support for everyone affected by perinatal mental health issues (including perinatal depression and psychosis), and their partners.

Action on Postpartum Psychosis

www.app-network.org

Offers peer support to families affected by postnatal psychosis.

Sane

www.sane.org.uk

Aims to improve the lives of those affected by mental illness with online support services.

Helpline: 0300 304 7000

CALM (Campaign Against Living Miserably)

www.thecalmzone.net

A charity that campaigns on behalf of helping young men and is dedicated to preventing male suicide.

Helpline: 0800 58 58 58

Charlie Walker Memorial Trust

www.cwmt.org.uk

Awareness, information and resources for those who are depressed.

Tel: 01635 869754

Hearing Voices Network

www.hearing-voices.org

Helps people, that hear voices, see visions and experience tactile sensations, and those who support them.

Voice Collective

www.voicecollective.co.uk

Contains information about voices, visions, coping, recovery, getting help in a crisis and peer support groups for young people aged 12 to 18.

Grassroots

www.prevent-suicide.org.uk

Suicide prevention charity for those at risk of suicide or worried about someone else.

Stamp Out Suicide

www.stampoutsuicide.co.uk

Points of contact for those feeling suicidal, bereaved by suicide or concerned about suicide.

Refugee Council

www.refugeecouncil.org.uk

Works with refugees and asylum seekers. Provides specialist therapeutic services targeted to their needs as well as mental health support.

Depression Alliance

www.depressionalliance.org

A charity for people with depression. No helpline, but it offers useful resources and links to other information.

Students Against Depression

www.studentsagainstdepression.org

A website for students who are depressed, have low mood or are suicidal.

BASE App

<https://base-camhs-ios.soft112.com>

Helps children struggling with depression and anxiety track their emotions.

Stay Alive App

http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html

Supports people with thoughts of suicide and people concerned about someone else.

Moodkit App

<https://www.thriveport.com/products/moodkit>

Helps those experiencing depression manage and track their moods using CBT. Includes a 'thought checker' to identify negative thoughts and an 'activities' tool to suggest wellbeing activities.

MoodTools – Depression Aid **App**

<https://www.moodtools.org>

Helps users to manage common symptoms of depression and alleviate negative moods.

MoodPanda **App**

www.moodpanda.com

Helps to keep track of your mood and analyses your mood on graphs and calendars. Offers support and advice from the online community.

Bipolar Disorder

Bipolar UK

www.bipolaruk.org.uk

Helps people with bipolar disorder, their relatives, their friends and others who care, and educates the public and caring professions about bipolar disorder.

Support line: 0333 323 3880

EMoods Bipolar Mood Tracker **App**

<http://emoodtracker.com/>

Helps track moods medication, sleep and other symptoms related to bipolar disorder.

Domestic Violence

Women's Aid

www.womensaid.org.uk

The national domestic violence helpline for all those affected by domestic violence, (run in partnership with Refuge). Offers a 24/7, 7 days a week helpline.

Helpline: 0808 2000 247

Refuge

www.refuge.org.uk

For confidential, non-judgemental information and expert support, run in partnership with Women's Aid.

Helpline: 0808 2000 247

The Hideout

www.thehideout.org.uk

Women's Aid have created this website, dedicated to help children and young people to understand domestic abuse and how to take positive action.

Victim Support

www.victimsupport.org.uk

Victim Support provides free, confidential support services, regardless of whether you have involved the police.

Drug and Alcohol Addiction

Addaction

www.youngaddaction.org.uk

Expert advice on drugs and alcohol for young people aged 10 to 17

Drink Sense

www.drinksense.org

Information and support for people with alcohol-related problems, their carers and families.

Talk to Frank

www.talktofrank.com

Free and confidential drugs information and advice

Helpline: 0300 123 6600

The National Association for Children of Alcoholics (NACOA)

www.nacoa.org.uk

Information and support for children and young people who are affected by a parents drinking habits.

Helpline: 0800 358 3456

Alcoholics Anonymous

www.alcoholics-anonymous.org.uk

Runs self-help groups for anyone who wants to change their drinking behaviours.

Adfam - Families, drugs & alcohol

www.adfam.org.uk

Information and support for families affected by drugs and alcohol. Helplines and local support groups.

Drug Wise

www.drugwise.org.uk

A database of all drug treatment services available in England.

Down your Drink

www.downyourdrink.org.uk

Allows people to look more closely at their drinking and examine ways of cutting down.

Drink line

www.drinkaware.co.uk

Free, confidential national helpline for people who are concerned about their own or someone else's drinking.

Tel: 0300 123 1110

Lesbian, Gay, Bi-Sexual, Transgender (LGBTQ)

Outhouse East

www.outhouseeast.org.uk

Support available to individuals and their families within the LGBTQ community, as well as providing training and awareness to adults.

Information line: 01206 871394

Switchboard

www.switchboard.lgbt

Confidential helpline support and referral services for the LGBT+ community, including online chat.

Abuse (child & sexual abuse)

NAOAC (National Association for People Abused in Childhood)

<https://napac.org.uk>

Provides support for people affected by abuse in childhood, with a dedicated support line and free online resources.

NSPCC

www.nspcc.org.uk

Children's charity dedicated to ending child abuse and child cruelty.

Tel: 0800 1111 (Childline)

Tel: 0800 800 5000 (Adults concerned for a child)

Rape Crisis

www.rapecrisis.org.uk

Supports anyone who has experienced rape, child sexual abuse and/or any other kind of sexual violence.

Bullying

Bullying UK

www.bullying.co.uk

A website for both children and adults affected by bullying.

Dragon in the Attic **App**

www.myhealthapps.net/app/details/501/dragon-in-the-attic

An app for 8-12 year olds to help them mentally cope with bullying.

Carers

Children's Society

www.childrenssociety.org.uk

Guidance and support for young carers who are forced to grow up early and miss out on the same opportunities as other children.

Carers Trust

www.carers.org

Works to support carers with information, respite care services and online peer support, including a community for young carers under 18.

Carers UK

www.carersuk.org

Provides advice on caring related issues, including financial and practical matters, runs an online peer support.

NHS Choices and Carers Direct

www.nhs.uk/carersdirect

For people who have care and support needs, their carers and people who are planning for their future care plans.

Helpline: 0300 123 1053

Wellbeing

Action for Happiness **App**

www.actionforhappiness.org

Helps people take action for a happier and more caring world.

Headspace **App**

www.headspace.com

Guides you to live a healthier, happier, more well-rested life by learning how to meditate and live mindfully.

Cove **App**

www.nhs.uk/apps-library/cove/

Create music to capture your mood and express how you feel.

Chill Panda **App** (for children)

www.nhs.uk/apps-library/chill-panda/

Family friendly exploration and relaxation adventure game. Learn to relax, manage your worries and improve your wellbeing.

Iprescribe Exercise **App**

www.nhs.uk/apps-library/iprescribe-exercise/

Creates a 12 week exercise plan based on health information entered by the user. Can also be used to manage a number of long-term health conditions.

Pzizz **App**

www.nhs.uk/apps-library/pzizz/

Helps you quickly quiet your mind, fall asleep fast, stay asleep and wake up refreshed.

Positive Penguins **App** (for children)

<https://positivepenguins.com>

If you want your child to be successful, teach them how to challenge their thinking. Positive Penguins is a fun educational app to help children learn to be more resilient and help them respond to the typical challenges they face everyday.

Smiling Mind **App**

www.smilingmind.com.au/smiling-mind-app

Aims to promote mental health and wellbeing through mindfulness meditation for adults and children.

SuperBetter **App**

www.superbetter.com

A game that aims to makes you stronger. It teaches resilience, the ability to stay strong, motivated and optimistic in the face of change and difficult challenges.

PARENTING AND FAMILY LIFE

Family Lives

www.familylives.org.uk

Offers parenting advice and family support on all aspects of family life from dealing with tantrums, positive discipline, bullying, communicating with teens and divorce & separation.

Helpline: 0808 800 2222

Care for the Family

www.careforthefamily.org.uk

Aims to promote strong family life and helps those who face family difficulties, motivated by Christian compassion, available to everyone, of any faith or none.

Tel: 029 2081 0800

Home Start

www.home-start.org.uk

A local community network of trained volunteers and peer support helping families with young children through their challenging times.

Tel: 01245 847 410

Action for Children

www.actionforchildren.org.uk

Helps vulnerable children, young people and their families. Offers drop ins to any children or family centres.

Acorn Family Hub

<https://essexfamilywellbeing.co.uk/centre/acorn-family-hub>

A centre for families, children and young people that provide access to support and services to achieve the best start in life. Based in Halstead.

Family Action

www.family-action.org.uk

Provides practical, emotional, and financial support to those who are experiencing poverty, disadvantage and social isolation.

Gingerbread

www.gingerbread.org.uk

Supports single parent families by providing advice, online information, support groups and training.

Citizens Advice

www.citizensadvice.org.uk

Offers confidential advice for free with family, housing, work, debt & money, benefits, law & courts, immigration and health issues.

Tel: 0344 499 4719

National Childbirth Trust (NCT)

www.nct.org.uk

The UK's largest parent charity that supports parents through pregnancy, birth and early parenthood.

Helpline: 0300 330 0700

Health Visitor

Supports parents with all aspects of parenting to raise a happy and healthy child. Their services are available from around 10 days after baby's birth to 5 years of age.

Tel: 01787 291034 Clinic

Tel: 01787 291010 Outpatients

Think U Know

www.thinkyounow.co.uk

Advice to keep children safe whilst using the internet.

CEOP Command (The Child Exploitation and Online Protection Command)

www.ceop.police.uk

A law enforcement agency that helps keep children and young people safe from sexual abuse and online grooming.

ADHD, ASD & SEN

National Autistic Society

www.autism.org.uk

The UK's largest provider of specialist autism services including a helpline for general enquiries as well as a range of specialist helplines offering specialist advice.

Helpline: 0808 800 4104

Autism Anglia

www.autism-anglia.org.uk

Provides services; education, care and support for those affected by autism and their families.

Tel: 01206 771234

ADD Information and Support Services (ADDISS)

www.addiss.co.uk

Provides information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance.

Tel: 020 8952 2800

ADD Resources

www.adders.org

Offers free articles helpful to adults with ADD/ADHD and to parents of children with ADD/ADHD.

SNAP (Special Needs and Parents)

www.snapcharity.org/need-support/

Informs, encourages and supports parents and carers to provide the best possible help with a child between 0-25 years who has any special need or disability. No formal diagnosis or professional referral is necessary to access their services.

Seesaw

www.essexfamilywellbeing.co.uk/centre/seesaw-family-hub/

Offers activities for children aged 0-18 years and young adults aged 19-25 with special educational needs or a disability, includes after school clubs, sport opportunities, arts & crafts, outdoor activities, drama or music clubs.

Tel: 01376 555260

PARC

www.parc-essex.co.uk

Provides play and recreational activities for children, up to the age of 25, with additional needs and short break care for their families and carers. Based at Gt Notley Country Park.

Tel: 01376 528999

The MAZE Group

www.themazegroup.co.uk

The MAZE is a specialist parenting programme for parents of children with additional needs e.g. SEN, ASD, ADHD, ODD, GD, either with or seeking a diagnosis. This is a 10 – 12 week programme, supplemented with monthly drop in sessions.