



Advice and Resources for Emotional Wellbeing



MindEd

www.minded.org.uk

A free, completely open access, online education, available on tablets, phones or computers – bite sized chunks of 'e-learning' - to help adults to support wellbeing and identify, understand and support children and young people with mental health issues. The learning material is written and edited by leading experts from the UK and around the world.

ChildLine

0800 1111
www.childline.org.uk

A free 24-hour confidential helpline for children and young people in the UK. Children and young people can call this helpline about any problem, at any time.

The Samaritans

Call any time day or night 116 123
<https://www.samaritans.org/>

A confidential help service for people who want to discuss issues or problems in their lives, providing emotional support to those who are experiencing feelings of distress or despair, or feeling suicidal.

Young Minds

Online information for young people
www.youngminds.org.uk
Parents information service: 0808 802 5544

An online information resource designed for young people who are experiencing personal or emotional problems. They also provide a helpline for parents only.

Mindfulness activities

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

A list of mindfulness activities for children and teens.

Self Help Leaflets

<http://www.ntw.nhs.uk/pic/selfhelp/>

Some excellent self help leaflets for young people and adults provided by Northumberland, Tyne and Wear NHS Foundation Trust

Self-help books

<http://www.overcoming.co.uk/single.htm?ipg=4795>

The Overcoming self-help books offer courses of Cognitive Behavioural Therapy (CBT) in book form, aimed at young people and adults. CBT is recommended by the NHS for the treatment of many emotional and psychological problems. Our authors are mental health experts and our books are recommended by NHS psychologists. Understand your symptoms and start feeling better – we have self-help guides on over 30 emotional and psychological problems.



The National Self-Harm Network

<http://www.nshn.co.uk/downloads.html>

A national charity aims to provide support to people that self-harm, and the people affected by self-harm, including family and professionals. They have some useful resources that can be downloaded on understanding more about self harm and strategies to encourage other ways of coping with difficult emotions.

Alateen / Al-Anon Family Groups

<https://www.al-anonuk.org.uk/alateen/>

For Alateen meetings, phone the General Service Office on 020 7593 2070

Confidential Helpline 0800 0086 811

Helpline available 10 am - 10 pm, 365 days a year

You can also send an email to general enquiries or a specific department on the website here <https://www.al-anonuk.org.uk/send-an-email/>

Alateen is for teenage relatives and friends of alcoholics. Alateen is part of Al-Anon. We believe alcoholism is a family disease that affects everyone in the family. Alateen meetings are attended by 12-17 year olds. They meet to share their experiences of having, or having had, a problem drinker in their lives. They help and support each other.

Abuse: Women's Aid

Phone: 0800 2000 247

Email: helpline@womensaid.org.uk

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

Working to end domestic violence against women and children through support and advice.

Bereavement - CRUSE (Richmond)

Phone: 0749 5777 401

Help line: 0808 808 1677/ helpline@cruse.org.uk (Monday & Friday 9.30-5pm and 9.30-8 Tuesday-Thursday)

Web: www.cruiserichmonduponthames.org.uk

Aims to promote the well-being of bereaved people and to enable them to understand their grief and cope with their loss.

Bereavement – Saying Goodbye Project (Kingston and Richmond)

Phone: 020 8547 1552

Web: <https://sayinggoodbye.org.uk/>

The project supports children and young people who have been bereaved of someone close and who live or study in the borough of Kingston upon Thames.

Information for Young Carers (Richmond & Kingston)

<https://www.richmondcarers.org/services/services-for-young-carers/>

020 8867 2380 or email info@richmondcarers.org

<http://kingstoncarers.org.uk/young-carers/>

020 3031 2754 or email

youngcarers1@kingstoncarers.org.uk

The Young Carers Services provide:

- Information and support for young carers
- Young carers activity and support groups
- Activities and group trips during the school holidays
- One-to-one support for young carers
- Referral of young carers and their families to other carer support agencies.

Counselling: The British Association for Counselling and Psychotherapy

Web: www.bacp.co.uk

The British Association for Counselling (BACP) has an excellent website and you can use the search facility to find other counselling services.

Counselling – Off the Record (for young people)

Web: <https://otrtwickenham.com/>

Address: 2 Church Street, Twickenham, TW1 3NJ

Phone: 020 8744 1644

Provides information and counselling for 11-25 year olds who live, work or study in the borough of Richmond upon Thames. The services are free and confidential. Call in or phone.

Relate Children & Young People's Counselling (Richmond only)

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

Address: Richmond, Kingston & Hounslow Relate Centre
1A Hill Street (entrance on Water Lane) Surrey TW9 1SX
Richmond TW9 1SX
Phone: 0333 320 2206

Children and Young People's Counselling is for any young person who's having problems. Whether it's depression and mental health concerns or issues with parents or people at school.

Depression Alliance and Mind

Web: <https://www.mind.org.uk/>

Depression alliance merged with Mind in August 2016 continues to raise awareness and campaign to improve attitudes towards depression which has been central to Depression Alliance's work.

Talk to FRANK

Phone: 0300 123 6600

Web: www.talktofrank.com

Information about drugs for families and young people

Dear Albert-Drug and Alcohol helpline

<https://www.dearalbert.co.uk/>

Email: hello@dearalbert.co.uk

Phone: 07712707999

Helpline: 0800 880 3153

Dear Albert is a social enterprise which specialises in peer mentoring and making recovery more visible by bringing together existing resources.



Lesbian & Gay Foundation

Phone: 0345 330 3030 (6 - 10pm staffed, 10pm – 6pm, automatic system).
Web: <https://lgbt.foundation/>

Provides counselling, direct services and resources to lesbian, gay and bisexual people.

Netmums

<http://www.netmums.com>

Parenting advice and information for the UK

Sexual Health Advice

Phone: 0300 123 7123 (national sexual Health line)
Web: <https://www.nhs.uk/live-well/sexual-health/>

Information and advice on sexual health, HIV, contraception and local services.

Victim Support

24 hr support line: 08 08 16 89 111 (national)
West London: 020 7259 2424
Web: www.victimsupport.org.uk

Provides confidential support and information to victims of crime and to witnesses attending court.

Advice on bullying at School and cyber bullying

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

Support and advice on bullying in schools and online.

ADHD Richmond and Kingston

<https://adhdreichmond.org/>

ADHD Richmond and Kingston is a charity set up to support parents, carers and families of children diagnoses with ADHD. There are lots of useful resources available on the website.

Express CIC

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

Express CIC is an organisation based in Kingston which aims to support people with ASD and spread awareness in the community.

Gender Identity Development Service

<https://gids.nhs.uk/>

The Gender Identity Development Service (GIDS) is a highly specialised clinic for young people presenting with difficulties with their gender identity. The website has lots of information and support on offer for young people and parents/carers.
