

## Counselling / support for children and young people

· Off The Record, - for young people experiencing low mood, depression and anxiety (including phobias,) as well as self-harm, eating problems and anger. This is a free, self-referral service. Young people can call, email or text, services operates in Patchway, Kingswood and Yate for young people aged 11-15. Call 0808 808 9120. Text 07896 880011.

[www.otrbristol.org.uk](http://www.otrbristol.org.uk)<<http://www.otrbristol.org.uk/>>. Email [confidential@otrbristol.org.uk](mailto:confidential@otrbristol.org.uk)<<mailto:confidential@otrbristol.org.uk>>

· Help counselling <http://www.help-counselling.org.uk/>

\* Network Counselling for ages 11 and up - <http://network.org.uk/>

\* Get connected – telephone, an email support for under 25's <https://www.getconnected.org.uk/>

\* Young Minds offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers

[www.youngminds.org.uk](http://www.youngminds.org.uk)<[http://www.youngminds.org.uk/for children young people/whats](http://www.youngminds.org.uk/for_children_young_people/whats) > 0808 8025544

\* MindFull is for 11-17 year olds, providing support, information and advice about mental health and emotional wellbeing; (including counselling and mentoring.) Helping to overcome life's ups and downs and feel confident and happy about who you are. You choose the type of support you receive and, because MindFull is online, you can get it whenever you want it, wherever you are.

\* Mood Juice website - <http://www.moodjuice.scot.nhs.uk/> a self help website which works through moods, feelings and emotions

\* Moodcafe has information for young people and parents and carers

[www.moodcafe.co.uk](http://www.moodcafe.co.uk)<<http://www.moodcafe.co.uk/>>

\* Moodgym is for adolescents with emotional/mental health and relationship difficulties

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)<<http://www.moodgym.anu.edu.au/>>

\* Advice and guides for 16-25 year olds [www.thesite.org](http://www.thesite.org)<<http://www.thesite.org>> Stress, school, exams, parents, panic attacks, counselling, revision tips, study motivation, drugs.

\* Free confidential helpline service for young people

[www.getconnected.org.uk](http://www.getconnected.org.uk)<<http://www.getconnected.org.uk>> abuse, bullying, crime, drink, drugs, families, feelings, mental health, gender

## Safety Online – information, advice, how to report – for parents and young people

\* CEOP think u know - <http://www.thinkuknow.co.uk/> information for children, young people and parents according to age group./

\* <http://ceop.police.uk/> - Child Exploitation Online Protection agency website. Safety Online – information, advice, how to report – for parents and young people.

\* <http://www.saferinternet.org.uk/> - UK Safer Internet Centre, where you can find e-safety tips, advice and resources to help children and young people stay safe on the internet.

\* Youtube - Nude selfies: What parents and carers need to know (video information clips and advice) -

[https://www.youtube.com/playlist?list=PLJpo3oC1S14lORljgchtnyK7GBoW\\_rVDO&app=desktop](https://www.youtube.com/playlist?list=PLJpo3oC1S14lORljgchtnyK7GBoW_rVDO&app=desktop)

## General family/parenting Support

\* Resound <http://www.resoundbristol.co.uk/> (based in Mangotsfield) run courses to offer strategies in managing behaviour as well as practical support by the means of parent buddies.

\* Southern Brooks one to one family support and courses for parents (professionals or self referral) - <http://www.southernbrooks.org.uk/> 01454 868570.

\* Bourne Family Project (based in Kingswood) offers parenting support courses, play therapy and adult counselling services and courses run throughout the year – 0117 9478441  
[http://www.bristolcommunitychurch.org/community/bourne\\_family\\_project/](http://www.bristolcommunitychurch.org/community/bourne_family_project/)

\* Family Lives – offers a phone line for support <http://familylives.org.uk/> and website of information.

· FYPS team (Family AND Young People’s Support Service) offer a variety of parenting groups/courses, which are a great way to get peer support and meet other families. The aim is to focus on strengths, build on what is already working and share ideas with other parents in similar situations. Referrals are made by a professional to the First Point team. Courses include:

- Solihul - 0-3 years
- Incredible Years – 3-6 years
- Parents Plus children – 6-11years
- Parents Plus Adolescents – 11-16 years

### Books

- ‘Parent Power: Bringing up responsible children and teenagers.’  
<http://eu.wiley.com/WileyCDA/WileyTitle/productCd-047085023X.html> Parents Plus Teens
- Blame My Brain: the Amazing Teenage Brain Revealed (written for teenagers, but highly recommended for parents.)
- Get out of my life...But first take me & Alex into town. The bestselling parents’ guide to the new teenager by Tony Wolf & Suzanne Franks [http://www.amazon.co.uk/Get-Out-Life-bestselling-teenagers/dp/1781253315/ref=sr\\_1\\_fkmr1\\_2?s=books&ie=UTF8&qid=1437469239&sr=1-2-fkmr1&keywords=teenagers+managing+feelings](http://www.amazon.co.uk/Get-Out-Life-bestselling-teenagers/dp/1781253315/ref=sr_1_fkmr1_2?s=books&ie=UTF8&qid=1437469239&sr=1-2-fkmr1&keywords=teenagers+managing+feelings)
- Don’t let your emotions run your life (teens) by Sheri Van Dijk <http://www.amazon.co.uk/Dont-Your-Emotions-Life-Teens/dp/1572248831>
- The anger workbook for teens: Activities to help you deal with anger and frustration by Raychelle Lohmann [http://www.amazon.co.uk/The-Anger-Workbook-For-Teens/dp/1572246995/ref=pd\\_sim\\_14\\_3?ie=UTF8&refRID=0X3W6P7C3912SHGZSF9D](http://www.amazon.co.uk/The-Anger-Workbook-For-Teens/dp/1572246995/ref=pd_sim_14_3?ie=UTF8&refRID=0X3W6P7C3912SHGZSF9D)<[http://www.amazon.co.uk/The-Anger-Workbook-For%20Teens/dp/1572246995/ref=pd\\_sim\\_14\\_3?ie=UTF8&refRID=0X3W6P7C3912SHGZSF9D](http://www.amazon.co.uk/The-Anger-Workbook-For%20Teens/dp/1572246995/ref=pd_sim_14_3?ie=UTF8&refRID=0X3W6P7C3912SHGZSF9D)>
- Too Old for This, Too Young for That<<http://www.pamf.org/parenting-teens/emotions/book-review/old.html>>, By: Harriet S. Mosatche, Ph.D & Karen Unger, M.A.; Reviewed By: Julia Ransohoff
- <http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/> insight into teenagers, with helpful information and leaflets

### Self Harm

\* National Self Harm Network: Crisis Support, advice and information  
[www.nshn.co.uk](http://www.nshn.co.uk)<<http://www.nshn.co.uk/>>, online support  
[support@nshn.co.uk](mailto:support@nshn.co.uk)<<mailto:support@nshn.co.uk>>

\* Information for young people, family and professionals  
[www.papyrus.org.uk](http://www.papyrus.org.uk)<<http://www.papyrus.org.uk>>-uk.org 0800 0684141 (suicide)

\* Self injury support: information and support for girls and women who self harm.  
[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)<<http://www.selfinjurysupport.org.uk/>> . TESS – text and email support TEXT - 0780 0472908, helpline 0808 800 8088

\* Harmless: User led & provides support, information & training to people who self harm, their friends and family [www.harmless.org.uk](http://www.harmless.org.uk)<<http://www.harmless.org.uk/>>

