

Mental Health Information, Help and Support for Children and Young People



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In many ways, mental health is just like physical health: everybody has it and we need to take care of it.

Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse. Mental health problems affect around one in ten young people in any given year.

Experiencing a mental health problem is often upsetting, confusing and frightening – particularly at first. If you become unwell, you may feel that it's a sign of weakness, or that you are 'losing your mind'.

Young people can experience a range of mental health problems. Childhood and teenage years are a time when you are usually changing rapidly and developing all the time.

You also often have to cope with many different situations and unfamiliar challenges like exams, relationships and the other pressures of growing up.

While often it's possible to talk to parents or carers about feelings, you may find it hard to do so. You might express how you feel through being moody, getting in trouble at school or at home or by becoming angry easily. Some people also get odd aches and pains that can happen when you're not able to say what you're feeling.

The best help is often for parents, relatives or friends to be available to listen, to talk things through and to support you where they can.

Other sources of help include your Teachers and GP. In this leaflet we have brought together a number of different resources that may be helpful for you

<https://www.mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people/>

Telephone Helplines, Counselling and Online Support and Resources

The PAPHYRUS helpline, 0800 068 4141

(10am-10pm weekdays, 2pm-10pm weekends 2pm-5pm Bank Holidays)

HOPELineUK is a confidential support and advice service for Young people under the age of 35 who may be having thoughts of suicide and for anyone concerned a young person may be having thoughts of suicide.

Text: 07786 209697

Email: pat@papyrus-uk.org

<https://papyrus-uk.org/>

Childline 0800 11 11 (24hrs)

Childline is a free 24 hour helpline. Children and young people can call and talk to a Childline counsellor about any problem, including coping with bereavement.

They have an **email advice service and you can also log on and web- chat to a counsellor:**

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

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

The Mix 0808 808 4994

The Mix is the UK's leading support service for young people.

They help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

They provided 1-2-1- online advice, a telephone helpline, help via email, telephone counselling and webchat counselling. They also have a number of helpful mobile phone apps

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

CAMH Youth Counselling 01236 703010

Available for all those at Secondary School: Local counselling service which is open to self-referral and based in local Schools

Kooth:

Free, safe online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

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

Young Minds:

<https://youngminds.org.uk/> - Provides text crisis help line and many other resources for Young People

Online CBT:

<https://www.llttfyp.com/> - Online CBT, life skills courses and resources for Young People – (fee)

General Information on Mental Well Being, Medication and CAMHS

Headmeds: <https://www.headmeds.org.uk/> -

Information about mental health diagnosis and medication aimed at young people

Reachout: <https://ie.reachout.com/> -

Irish site with good information on mental health and guidance on treatment options

CAMHS: <http://mycamhschoices.org/> -

Information about what CAMHS is and does, and what to expect if you are referred to them to get help.

Self-Harm

Self HarmUK

Project dedicated to supporting young people(14- 18yrs) impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life.

They provide online group therapy

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

Eating Disorders

Beat Eating Disorders

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

Extensive information on eating disorders as well as various forms of support and links to other organisations.

They provide a one-to-one web chat service and several on line support groups running throughout the week

Studentline: 0808 801 0811

Youthline: 0808 801 0711

Open 365 days a year from 12pm – 8pm during the week, and 4pm – 8pm on weekends and bank holidays.

Bereavement

Grief Guide

Brief guide to the stages of grief

<http://smartgriefguide.co.uk/>

Cruse Bereavement – 0845 600 2227

Provide counselling support for young people as well as adults

<http://www.crusescotland.org.uk/support/support-for-young-people.html>

Winston's Wish 08088 020 021

Winston's Wish works with children who have been bereaved. Their national helpline offers support, information and guidance to all those caring for a child or young person who has been bereaved. It is staffed by people with extensive experience, who have up-to-date knowledge of supporting bereaved children and their families.

Email: info@winstonswish.org.uk

<https://www.winstonswish.org/>

The Haven Children and Young People's Service

01698 727884

The Haven, based upstairs in the Health Centre, helps Children and Young People (5-16yrs) to feel resilient and strong, enabling them to understand their own emotions and to be confident enough to share the natural feelings of loss when someone they care about is seriously ill or has died.

<https://www.thehavencentre.com/offer-children/>

Drugs and Alcohol

Frank:

<https://www.talktofrank.com/> Information on Drugs

Young Scot:

<https://young.scot/choices-for-life/> - General health advice re drugs etc for Adolescents

Al-Anon Family Groups:

<http://www.al-anonuk.org.uk/> Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. They run several groups throughout Lanarkshire
Helpline: 0800 0086 811 (10am-10pm)

Alateen

For teenage relatives and friends of alcoholics.

If you are aged between 12 and 17, you can call the Helpline, in complete confidence, any Sunday between 4pm and 10pm.
Confidential Helpline 0800 0086 811.

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

Other useful organisations:

<https://www.adfam.org.uk/help-for-families/useful-organisations>

Mobile Phone Apps

Mobile phone apps are increasingly providing excellent sources of help and support.

Some highly recommended apps can be found at the links below, some have a small charge to download but many are free

<http://healthyyoungmindspennine.nhs.uk/resource-centre/apps/> -

<https://www.nhs.uk/apps-library/category/mental-health/>

Information for Parents

Parentline Scotland 08000 28 22 33

ParentLine is Scotland's free helpline, email and web-chat service, for anyone caring for or concerned about a child - open until 9pm Monday to Friday.

www.children1st.org.uk/parentline

Self Harm

<https://www.psych.ox.ac.uk/research/csr/research-projects-1/coping-with-self-harm-a-guide-for-parents-and-carers> Free

downloadable guide to Self Harm for Parents and Carers provides information for parents and families about self-harm and its causes and effects.

Family Lives:

<https://www.familylives.org.uk/> Advice for parents on many aspects of childhood and adolescents including

<https://www.familylives.org.uk/advice/teenagers/behaviour/how-do-you-discipline-teenagers/>

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