

Resource Centre

Browse through the sections below to find a range of websites, guides and information offering help, support and advice.

About Us

Pennine Care's Healthy Young Minds services (previously known as CAMHS) are committed to providing a comprehensive and targeted intervention service, delivered in the heart of our communities, which positively aims to promote the emotional and psychological wellbeing of our children and young people.

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Apps

Mindful Gnats

An app to help young people develop mindfulness and relaxation skills.

MindShift

MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.

Mood Tracker

A website/app which lets you track moods and sleep patterns helping to manage depression, anxiety or bipolar disorder.

MoodGYM

MoodGYM is a free, fun, interactive program to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore:

- Why you feel the way you do*
- Changing the way you think*
- Knowing what makes you upset*
- Assertiveness and interpersonal skills training*

Recovery Record

Recovery Record is the smart companion for managing your journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, obsessive eating disorder, binge eating disorder and compulsive eating disorder.

Rise Up + Recover

Rise Up + Recover is just the app for you if you are struggling with food, dieting, exercise and body image. Based off self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT), it is a simple and convenient app that has been used millions of times around the world.

SmilingMind

SmilingMind is modern meditation for young people from 7 years up. It is a free web and App-based program, designed to help bring balance to young lives. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programmes for different age groups.

SuperBetter

SuperBetter is a free web and app based programme created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. Resilience has a powerful effect on health - by boosting physical and emotional well-being. SuperBetter is for young people over the age of 13 who who want to feel happier, healthier, and more able to reach their goals.

External Links

B-eat (Beating Eating Disorders) Youth Helpline

Information, help and support for anyone affected by eating disorders.

Telephone

0845 634 7650 (Monday to Friday, 4.30pm to 8.30pm; and Saturday, 1.00pm - 4.30pm)

Website

<https://www.b-eat.co.uk/support-services/helpline>

ChildLine

ChildLine is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects.

Telephone

0800 1111 (24 hours, 7 days a week)

Website

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

Don't Be a Zombie

This site is aimed at combating the issues associated with drug and alcohol abuse among many young people in the UK. The site provides information and harm reduction advice around drugs and alcohol including tools that that can be used by young people to address substance related needs.

Website

<http://dontbeazombie.co.uk/the-project/>

Family Lives

This website offers a wide range of advice and guidance for parents and professionals on the challenges of parenting. Family Lives is a UK based charity and has an extensive list of resources online to access, not least its parent

channel tv that guides parents and professionals through a range of different topics and age ranges to effectively parent.

Website

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

Kooth

Kooth offers emotional and mental health support for children and young people aged between 11 - 24 years and is available up to 10pm every day.

Website

<https://www.kooth.com>

Making Sense of Mental Health

Making Sense of Mental Health has been developed to support staff working in special needs schools to understand the mental health of children and young people with complex needs. This interactive, online training, which aims to support staff in understanding, identifying and responding to mental health needs of children and young people with complex needs.

Website

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

Mind

Mind is a national charity that provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

Website

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

MindEd

MindEd is a portal that provides free, completely open access online bite sized chunks of 'e-learning' available on tablets, phones or computers to help adults to identify, understand and support children and young people with mental health issues.

The learning materials are written and edited by leading experts from the UK and around the world. Different learning pathways can be followed according to professional or other interests. The e-learning is applicable to a wide range of learners across the health, social care, education, criminal justice and community settings.

*The full curriculum can be accessed via the following link:
<https://www.minded.org.uk/local/curricula/view>*

Website

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

MindEd for Families

To complement the existing MindEd e-learning, dynamic new resources have been produced to provide expert information that families can trust. MindEd for Families provides materials for parents and carers of children and teens struggling with mental health issues.

Covering such topics as:

- What to do in a crisis?*
- Parenting difficult children*
- Everyday parenting*
- Keeping ourselves strong*

This new content is available at www.minded.org.uk/families

Website

<http://minded.e-lfh.org.uk/families/index.html>

Papyrus

Papyrus run a national helpline, HOPELineUK, including text and email services, staffed by a team of mental health professionals who provide practical help and

advice to vulnerable young people (under 35 years) and to those concerned about any young person who may be at risk of suicide.

Telephone

0800 068 41 41

Website

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

Rise Above

Rise Above helps 11-16 year olds build emotional resilience by equipping them with knowledge and skills to deal with pressures they may face. It also provides an online platform through which young people can converse with peers alongside professional support.

Website

<http://riseabove.org.uk>

Royal College of General Practitioners

This website offers a range of downloadable information for GPs and other professionals working with young people with mental health conditions.

Website

<http://www.rcgp.org.uk/clinical-and-research/clinical-resources/youth-mental-health/youth-mental-health-resources.aspx>

Royal College of Psychiatrists

This website has large amounts of information on a range of conditions, useful for Parents, young people and professionals to gain a better understanding and get ideas to help manage difficult thoughts and feelings and experiences.

Website

<http://www.rcpsych.ac.uk>

Samaritans

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

Telephone

08457 90 90 90 (24 hours, 7 days a week)

Website

<http://www.samaritans.org>

Speak out Stay safe

Speak out Stay safe is a service that uses specially trained volunteers to talk to primary school children about abuse. Speak out Stay safe is delivered by specially trained NSPCC staff and volunteers. It consists of an assembly presentation for children aged 4-11 followed by a one hour classroom workshop for children in years 5/6. The aim is to give them the skills to protect themselves and know where to go for help.

Website

<https://www.nspcc.org.uk/services-and-resources/working-with-schools/speak-out-stay-safe-service>

STOP Stigma

STOP Stigma is a classroom-based resource for secondary schools that helps address mental health stigma and raise awareness about mental health.

Website

<http://www.cornwallhealthyschools.org/stop-stigma/>

The National CAMHS Support Service

The National CAMHS Support Service produced an e-learning package to provide basic knowledge and awareness of self-harm in children and young people, with advice about ways staff in children's services can respond.

Website

http://www.cernis.co.uk/resources/self_harm/index.html

The Open University

OpenLearn is the home of free learning from The Open University. It contains short articles by academic experts from the OU and beyond; videos; podcasts and free courses. You can find your own way through the content.

Website

<http://www.open.edu/openlearn/body-mind/health/children-and-young-people>

The Social Care Institute for Excellence (SCIE)

SCIE is a leading improvement support agency and independent charity, working with the care and support sector in the UK. They provide free e-learning resources on the impact of parental mental health on young people, working in partnership with parents and care planning and intervention. The full range of e-learning resources can be accessed online.

Website

<http://www.scie.org.uk/publications/elearning/parentalmentalhealthandfamilies/index.asp>

YoungMinds

Young Minds is a Charity that offers support and raises awareness of young people's mental health. They have information on a range of mental health conditions and experiences of young people accessing mental health services. They offer Parent helpline and training for other professionals to raise awareness and understanding of mental illness in young people.

Website

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

YoungMinds Parents' Helpline

YoungMinds Parents' Helpline is a free, confidential helpline for any adult who is concerned about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.

Telephone

0808 802 5544

Website

http://www.youngminds.org.uk/for_parents/parent_helpline

Youth Access

Youth Access offers a directory of local youth information, advice and counselling services for young people aged 14-25.

Website

<http://www.youthaccess.org.uk/find-your-local-service>

Youth Health Talk

Youth Health Talk provides advice and support on mental health issues from young people for young people.

Website

<http://www.healthtalk.org/young-peoples-experiences>

NHS Choices - Youth Mental Health

An information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

Website

<http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

HeadSpace

An app and website designed to help anyone learn mindfulness and meditation. It has hundreds of themed sessions on everything from stress to sleep.

Website

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

<https://healthyyoungmindspennine.nhs.uk/im-a-parent-or-carer/>

