

Emotional Health and Wellbeing: Websites & Resources (Aug 2020)

The following information has been developed to help you access useful information about different types of websites, helplines and resources that are available to support children and young people's emotional health and wellbeing.

We aim to keep the resource section regularly updated to ensure that anyone who works or volunteers with children and young people have access to up to date and relevant information.

If you have any questions or comments please contact: EHWB@salford.gov.uk

General Information & Advice 	Domestic Abuse 	Mental Health 
Anxiety / Compulsive Disorders 	Eating Disorders 	Online Safety 
Bereavement 	Emotional Wellbeing 	Self Harm 
Body Image 	FGM 	Sexual Health 
Bullying 	Homelessness 	Substance Misuse 
Child Protection / CSE 	LGBT+ 	Suicide 



NHS 111 - if you're worried about an urgent medical concern, you can call 111 to speak to a fully trained adviser

The Local Offer: provides information on support available locally for children and young people (0-19 years) with special educational needs or disabilities.

www.salford.gov.uk

[Salford's SEND Local Offer | mycity Directory](#)

The Mix: support for under 25s, includes online Q&As, expert advice, online resources and directories for local support around a range of emotional health and wellbeing practical issues.

www.themix.org.uk

Helpline: 0808 88 4994

(4pm-11pm, 7 days a week)

Text: THEMIX to 85258

Soluna by Kooth: is a free, self-referral mental health platform for children and young people (under 25), offering BACP-accredited one-to-one text chats with qualified practitioners, self-help tools, and pre-moderated peer communities.

<http://solunabykooth.com/>

You can get the Soluna App at <http://solunabykooth.com/> or access Soluna via web browser here [Intro – Soluna](#)

Anxiety UK: works to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services.

[Resources](#): information for parents and professionals, including free guides – Understanding anxiety, Caregivers guide to anxiety, Students guide to understanding anxiety

www.anxietyuk.org.uk

Helpline: 03444 775 774
(Mon-Fri; 9.30am-7pm)

OCD UK: national OCD charity providing support for children and adults with obsessive-compulsive disorder.

[Resources](#): information leaflets and guides; online forum

www.ocduk.org

Advice Line: 033332 127 890
(Mon-Fri, 10am-4.45pm)

[OCD & Coronavirus Summary](#)

No Panic: offers advice, support, recovery programmes and help for people living with phobias, OCD and any other anxiety-based disorders.

[Resources](#): information and self help guides

www.nopanic.org.uk

Youth Helpline: 0330 606 1174

[Mask wearing and anxiety](#)

Child Bereavement UK: provides help and support for children and young people, parents, and families, to rebuild their lives when a child grieves or when a child dies.

[Resources](#): information sheets and leaflets along with short guidance films

[Schools](#): Managing Bereavement: a Guide for Schools

www.childbereavementuk.org

Youth Helpline: 0800 02 888 40

[Coronavirus Information](#)

Cruse Bereavement Care: the service provides a freephone face-to-face and group support groups across the UK

[Resources](#): leaflets for children, young people and their carers

www.cruse.org.uk

Helpline: 0808 808 1677

Email: helpline@cruse.org.uk

[Coronavirus, bereavement and grief](#)

Hopeagain (Cruse for young people): support for children and young people affected by the death of someone close.

www.hopeagain.org.uk

Helpline: 0808 808 1677

(Mon-Fri, 9.30am-5pm)

Email: hopeagain@cruse.org.uk

The Bereavement Trust: support and practical advice for the bereaved

www.bereavement-trust.org.uk

Helpline: 0800 435 455

(7 days a week, 6pm – 10pm)

Winston's Wish: a childhood bereavement charity, we offer practical support and guidance to bereaved children, their families and professionals.

[Resources](#): range of practical resources and guides

www.winstonswish.org

Helpline: 08088 020 021

[Supporting children through coronavirus](#)

Dove Self-esteem Confident Me Project: educational programme to help parents, mentors, teachers and youth leaders better understand how to improve self-esteem of young people.

[School resources](#): set of evidence-based resources for teachers and schools to run body-confidence workshops aimed at ages 11-14, includes teaching materials, activities, videos and worksheets.

www.dove.com/uk/dove-self-esteem-project

Be Real Campaign: is determined to change attitudes to body image and help all of us put health above appearance and be confident in our bodies. It is a national movement made up of individuals, schools, businesses, charities and public bodies.

[Resources](#): support and advice

[Schools](#): Body Confidence Campaign Toolkit for Schools

www.berealcampaign.co.uk

Young Minds: information for young people who may be struggling with the way they look; includes information and advice, ways to build self-esteem, links to support.

www.youngminds.org.uk/body-image

Anti Bullying Alliance: campaigns to reduce bullying, runs annual anti-bullying week, delivers programmes & free [CPD online training](#)

[Resources](#): tools and information for young people and parents

[Schools](#): resources and lesson plans, top tips for teachers; school assessment tool

www.anti-bullyingalliance.org.uk

Kidscape: UK charity committed to keeping children safe from harm or abuse.

[Resources](#): advice and information for parents, children and professionals

[Schools](#): anti-bullying policies and procedures and Being Me lesson plans

www.kidscape.org.uk

Due to current circumstances, the Parent Advice Line is currently only available by email: parentsupport@kidscape.org.uk

Bullying UK: online support and information for young people, parents / carers and professionals.

www.bullying.co.uk

Helpline: 0808 800 2222
(Mon-Fri, 1.30pm-5.30pm)

National Bullying Helpline: provides a confidential helpline and a range of information on the website.

[Schools](#): information and advice about bullying at school with practical advice to help keep children safe

www.nationalbullyinghelpline.co.uk

Helpline: 0845 22 55 787
(Mon-Fri, 9am – 5pm)

DABS Pathfinder: a signposting service that provides support and information regarding issues to do with childhood abuse, incest and sexual violence. <u>Resources:</u> national DABS directory, information sheets and guidance	www.dabs.uk.com
It's Not Okay: the website and campaign has been put together by Project Phoenix, a unique collaboration of public and third sector partners throughout GM. <u>Resources:</u> information, resources and short films <u>Schools:</u> Primary and secondary school guidance, information sharing protocols	www.itsnotokay.co.uk
Parents Against Child Sexual Exploitation (PACE): national charity working with parents and carers of sexually exploited children. <u>Resources:</u> information and guidance, online parent forum	www.paceuk.info
NSPCC: we help children who have been abused to rebuild their lives, protect those at risk, and find the best ways of preventing abuse from ever happening. <u>Resources:</u> access to child protection research, tools and resources for professionals.	www.nspcc.org.uk Coronavirus Advice Parents & Carers
Think You Know: the programme provides resources that are designed to help children and young people keep themselves safe from sexual abuse and exploitation by developing skills in identifying and avoiding risk. <u>Resources:</u> resource library and support for professionals who work directly with children and young people <u>Schools:</u> Online Blackmail, a 1 hour learning session for 15-18 years olds	www.thinkuknow.co.uk

Women's Aid: a national charity working to end domestic abuse against women & children.

[Resources](#): information card, leaflets and guides to download

[Schools](#): Expect Respect Educational Toolkit consists of one easy to use 'Core' lesson for each year group from reception to year 13 and is based on themes that have been found to be effective in tackling domestic abuse.

www.womensaid.org.uk

Helpline: 0808 2000 247

Online chat: chat.womensaid.org.uk

Email: helpline@womensaid.org.uk

The Hideout: Women's Aid have created the Hideout to help children and young people to understand domestic abuse, and how to take positive action.

[Resources](#): information leaflets and posters to download

www.thehideout.org.uk

NSPCC Children Protection

Helpline: 0808 800 5000

Broken Rainbow UK: a national Lesbian, Gay, Bisexual and Trans (LGBT) Domestic Violence helpline and online chat.

[Resources](#): a collection of useful resources available to download

www.brokenrainbow.org.uk

Helpline: 0800 999 5428

Email: Help@brokenrainbow.org.uk

Saheli: provides support for Asian women experiencing domestic abuse situations, providing information and advice to help them to make positive decisions.

www.saheli.org.uk

Advice & information line:

0161 945 4187

(Mon-Fri; 9am-5pm)

Disrespect NoBody: online information on issues such as sexting; consent; relationship abuse.

www.disrespectnobody.co.uk

Anorexia & Bulimia Care: provides personal care and support for anyone affected by anorexia, bulimia, binge eating & all types of eating distress.

[Resources](#): parent and carers online community, helpline, information for parents and professionals, online directory of support

www.anorexiabulimiare.org.uk

Helpline: 03000 11 12 13

Option 1: support line

Option 2: family & friends

B Eat: an eating disorder charity providing support for families, equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health.

[Resources](#): leaflets and guides to download

www.b-eat.co.uk

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

The National Centre for Eating Disorders: provides advice and information on compulsive eating, anorexia, bulimia and weight problems.

[Resources](#): information on different eating disorder, treatment and support

[Schools](#): information and guidance

www.eating-disorders.org.uk

Helpline: 0845 838 2040



Young Minds: charity committed to improving the EHWP of children and young people.

[Resources](#): publications and information sheets

[Schools](#): 360 Schools community is free and provides access to advice and teaching resources.

www.youngminds.org.uk

Crisis messenger: text YM to 85258

Parents Helpline: 0808 802 5544

NHS Choices Moodzone: whatever you need to know about coping with stress, anxiety or depression, or just generally improving your emotional wellbeing.

[Resources](#): provides practical, useful information, interactive tools, and videos.

www.nhs.uk

Elefriends: a supportive online community where you can be yourself, a safe place to listen, share and be heard (site developed and managed by MIND).

www.elefriends.org.uk

To [sign-up](#) or download the free App:

[Google Play](#) or [Apple Store](#)

Childline: a counselling service for children and young people up to their 19th birthday

[Resources](#): information and advice for young people

[Toolbox](#): games, advice and videos to help young people

www.childline.org.uk

Helpline: 0800 1111
(24 hours)

The Children's Society: lots of advice and information for mental and emotional health problems that may affect children and young people.

[Resources](#): information and advice covering the following ages 0-5 years, 6-12 years, 13-17 years, 18-25 years.

www.childrenssociety.org.uk

WHO: It is estimated that over 200 million girls and women worldwide are living with FGM, which can affect multiple aspects of a woman's health and well-being. WHO continues to develop evidence-informed guidelines and tools to ensure that affected girls and women receive the highest quality care possible.

[Resources](#): Care of Girls & Women living with Female Genital Mutilation – a Clinical Handbook

www.who.int

Forward UK - The Foundation for Women's Health, Research and Development (FORWARD) is the leading campaign and support charity providing help with FGM, including counselling, referrals, information, materials and training.

[Resources](#): leaflets, information and guides for young people, parents and professionals

www.forwarduk.org.uk

The Albert Kennedy Trust: supports young LGBT 16-25 year olds who are made homeless or living in a hostile environment.

www.akt.org.uk

Online chat and advice hub: [get-help](#)

[Coronavirus Advice & Support](#)

Centrepont: provides housing and support for young people in London, Manchester, Yorkshire and the North East and through partnerships all over the UK.

www.centrepont.org.uk

Helpline: 0808 800 0661
Mon-Fri, 9am-5pm

End Youth Homelessness: a UK-wide movement of local charities that have joined forces to tackle youth homelessness together. It provides a national platform to raise awareness, share experience and generate voluntary income.

www.eyh.org.uk

FFLAG (Friends & Families of lesbians & gays): a national charity providing support to parents and their LGB children.

[Resources](#): booklets, information and leaflets.

www.fflag.org.uk

GIRES (Gender Identity Research & Education Society): charity that helps, empowers and gives a voice to trans and gender non-conforming individuals and their families.

[Resources](#): range of information and research

[Schools](#): good practice, school guidance and information

www.gires.org.uk

LGBT Foundation: national charity delivering a wide range of services to lesbian, gay and bisexual and trans (LGBT) communities.

[Resources](#): fact sheets and publications, information and advice.

www.lgbt.foundation

Mermaids: supports children and young people up to 19 years old suffering from gender identity issues, and their families, and professionals involved in their care.

[Resources](#): guides, toolkits and information.

www.mermaidsuk.org.uk

Stonewall: a lesbian, gay, bisexual and transgender (LGBT) rights charity in the UK.

[Resources](#): guide for parents/carers who think their child might be gay.

[Schools](#): best practice, toolkits and resources

www.stonewall.org.uk

The Proud Trust: supports LGBT young people in the UK, provides weekly youth work sessions and peer mentoring for young people in Manchester.

[Resources](#): information, leaflets and toolkits

[Schools](#): resources for both primary and secondary schools

www.theproudtrust.org

Child Mind Institute: a national non-profit organisation dedicated to transforming the lives of children and families struggling with mental health and learning disorders

[Resources](#): provides a range of information, resources and guides available

[Schools](#): access to classroom strategies

www.childmind.org

Charlie Waller Memorial Trust (CWMT): aims to increase awareness of the nature, symptoms and dangers of depression and reduce the stigma attached to mental illness

[Resources](#): a range of information and resources for both parents and schools

www.cwmt.org.uk

Mental Health Foundation: a national charity helping people understand, protect and sustain their mental health.

[Resources](#): publications covering a range of issues including: self-harm, Mindfulness, anxiety.

www.mentalhealth.org.uk
[Talking to your children about scary world news](#)

Time to Change: national campaign, funded by the Department of Health, to reduce mental health stigma among teens (14-18) and parents.

[Resources](#): posters, information sheets, e-bulletins.

[Schools](#): including lesson plans, assemblies and group sessions

www.time-to-change.org.uk

Sane: provides emotional support and information to anyone affected by mental illness, including families, friends and carers.

[Resources](#): information, research, helpline, forums, campaigns.

www.sane.org.uk

Rethink: information for carers, family and friends affected by mental health.

[Resources](#): Information, fact sheets, resources

www.rethink.org

Childnet International: the organisation works in partnership with others around the world to help make the internet a safe place for children.

[Schools](#): range of resources for schools including digital resilience, video lessons.

www.childnet.com

Get Safe Online: a public / private sector partnership supported by the Government and leading organisations, provides unbiased, factual information on online safety.

[Resources](#): provides information and guidance for parents and professionals.

www.getsafeonline.org

NSPCC Net Aware: website / online information for parents to understand their child's online world and help them keep their children safe online.

[Resources](#): online guide and resources for parents

www.net-aware.org.uk
[Online Safety in Lockdown](#)

UK Safer Internet Centre: provides a wide range of activities to promote the safe and responsible use of technology

[Resources](#): e-safety tips, advice and resources.

[Schools](#): access to lesson plans, films, quizzes and activities

www.saferinternet.org.uk

Internet Matters: a not-for-profit organisation set up to help keep children safe in the digital world, providing advice and information available on tackling e-safety issues.

[Resources](#): parents guides, information and toolkits, [Digital Resilience Toolkit](#) for children and young people

www.internetmatters.org

Kidsmart: advice and information on how to stay safe online.

[Resources](#): range of activities and information

[Schools](#): advice and resources covering a range of online safety topics

www.kidsmart.org.uk

Harmless: provides a range of services about self harm including support, information to people who self harm, their friends and families.

[Resources](#): links to factsheets, leaflets and posters

[Advice for Young People - fact sheet](#)

www.harmless.org.uk

Selfharm.co.uk: supports young people impacted by self harm and provides information and a moderated discussion board where you can ask questions and get support.

[Resources](#): online information and advice

[Alumina](#): a free, online 6-week course for young people struggling with self-harm. The groups are made up of 2-6 young people at a time, with two session leaders, at least one of whom is a trained counsellor. They last somewhere between 45 minutes and an hour, but you can leave whenever you need to.

Each session has a different topic – like control, or alternatives – and we'll introduce some thoughts and ideas that might be helpful to you as you think about managing your feelings and experiences.

www.selfharm.co.uk

Brook: charity providing sexual health services and advice for young people under 25.

[Resources](#): training, information and fact sheets

[School](#): free RSE resources to supplement relationship and sex education lessons

[E-Learning](#): free online training for professionals including How to Deliver RSE, Consent and Puberty

www.brook.org.uk

NHS: Guide to sexual health services, online advice and support

[Resources](#): Sex and young people information and advice

www.nhs.uk

Frank: website providing information about drugs including help and advice; what to do in an emergency; 10 ways to deal with peer pressure; Worried about a friend or child; find a support centre.

www.talktofrank.com

Helpline: 0300 123 6600

Textphone: 0300 123 1099

Text: 8211

(24hrs, 7 days a week)

Email: frank@talktofrank.com

National Ass. For Children of Alcoholics (NACOA): if you are affected by someone else's drinking, NACOA can help you find out more about alcoholism and the effects on the family.

[Resources](#): online information and advice

www.nacoa.org.uk

Helpline: 0800 325 3456

Email: helpline@Nacoa.org.uk

We are with you: a charity that offers free, confidential support to people in England and Scotland who have issues with drugs, alcohol or mental health. Providing online information and advice for people worried about friends and family.

www.wearewithyou.org.uk

[Online chat](#): for support with drugs or alcohol

Campaign Against Living Miserably (CALM): charity set up to prevent male suicide in the UK, offering information, advice and helpline / webchat.

www.thecalmzone.net

Helpline: 0800 58 58 58
(5pm-midnight)

Integrated Community Response ICR: The service provides targeted early help support for young people (11-18 years) presenting in mental health distress and at risk of crisis presentation via A&E or social care services.

ICR - Central Early Help:
07511044504

ICR: Salford Early Help South:
07511044489

Samaritans: a service that provides advice and practical guidance to help schools prepare for, and deal with, the repercussions of suicide or attempted suicide in ways which avoid inadvertently promoting suicidal feelings.

Schools: information and advice including Step by Step guidance for schools affected by an attempted or suspected suicide

www.samaritans.org

Helpline: 116 123
(24 hrs, 7 day a week)

[Coronavirus Support](#)

Support after Suicide: partnership is hosted by CALM and part of the National Suicide Prevention Alliance to give practical and emotional support for anyone bereaved by suicide

Resources: leaflets and guides providing support and information

www.supportaftersuicide.org.uk