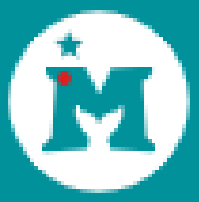


USEFUL RESOURCES: WEBSITE LINKS		QR CODES: SCAN ME
Mental Health Toolkit Somerset children & young people : Health & Wellbeing : New Home https://www.cypsomersethealth.org/mental_health_toolkit		
Somerset Services by Area: Somerset Big Tent: https://www.somersetbigtent.org.uk/		
Child and Adolescent Mental Health Services (CAMHS) Single Point of Access (SPA) Team and New CAMHS Eligibility criteria: https://www.somersetft.nhs.uk/camhs/somerset-camhs-home-page/camhs-single-point-of-access/		
Mental Health Support Team (MHST): MHST and Community Wellbeing services, and what practitioners do: https://www.youngsomerset.org.uk/Pages/Category/wellbeing-support		
Safeguarding: Children's social care: https://beta.somerset.gov.uk/education-and-families/social-care/ 0300 123 2224 Mon-Fri 8am-6pm		
'Tell Mi' App – Peer, and Specialist Support – Fully moderated and SFT Commissioned - Online community, open counselling and integrated signposting. https://www.tellmi.help/		

USEFUL RESOURCES: WEBSITE LINKS		QR CODES: SCAN ME
NHS Livewell: Aggression/anger: http://www.nhs.uk/Livewell/family-health/Pages/teen-aggression-and-arguments.aspx		
Aggression/anger: Family Lives: http://www.familylives.org.uk/advice/teenagers/behaviour/teen-violence-at-home/		
Aggression/Anger: Young Minds: https://www.youngminds.org.uk/young-person/blog/how-i-learnt-to-address-my-repressed-anger/		
Alcohol and Drugs: Talk to Frank: http://www.talktofrank.com/		
Alcohol and Drugs: Change for life: http://www.nhs.uk/Change4Life/Pages/drink-less-alcohol.aspx		
Alcohol and Drugs: Drink aware: https://www.drinkaware.co.uk/		

USEFUL RESOURCES: WEBSITE LINKS		QR CODES: SCAN ME
Alcohol and Drugs: SDAS https://www.turning-point.co.uk/services/sdas#event-slides2		
Anxiety: www.mindful.org		
Anxiety: www.anxietyuk.org.uk		
Behaviour https://www.familylives.org.uk/browse/30119/boundaries-and-discipline		
Bullying: https://www.youngminds.org.uk/young-person/coping-with-life/bullying		
Bullying: https://www.bullying.co.uk/		
Bullying: https://www.childline.org.uk/info-advice/bullying-abuse-safety/		

USEFUL RESOURCES: WEBSITE LINKS		QR CODES: SCAN ME
Eating Disorder and Disordered Eating – SWEDA: Somerset and Wessex Eating Disorders: https://www.swedauk.org/		
Emotionally Based School Avoidance: Somerset Support Services: https://www.supportservicesforeducation.co.uk/Page/20029		
Emotionally Based School Avoidance: Not Fine in School: https://notfineinschool.co.uk/home		
Gambling Support: (including 'lootboxes'/gaming) – GamCare https://www.gamcare.org.uk/		
Gender Identity Development (Young People): Gender Identify Development Service (Tavistock and Portman): http://gids.nhs.uk/young-people		
Gender Identity Development: Mermaids: http://www.mermaidsuk.org.uk/		
Gender Identity Development: 2BU: https://www.2bu-somerset.co.uk/		

USEFUL RESOURCES: WEBSITE LINKS		QR CODES: SCAN ME
Grief: Bereavement Support Grief encounters: https://www.griefencounter.org.uk/		
Grief: Bereavement Support Cruse: http://www.cruse.org.uk/		
Grief: Sue Ryder: https://www.sueryder.org/how-we-can-help/bereavement-information/supporting-a-child/supporting-young-people-with-grief		
Grief: Winston's Wish: https://www.winstonswish.org/		
Freed From Ed: (Eating Disorders) Eating disorder help & support for young people & carers FREED https://freedfromed.co.uk/freed-for-all		
Happy Maps: - Recommended Mental Health Phone Apps Happy Maps: – https://happymaps.co.uk/age-group/self-help-for-young-people2/best-apps-for-mental-health/		
JAAQ – Just Ask A Question Get answers on mental health from world leading experts and those with lived experience. Offers audio interviews: https://jaaq.org/		

USEFUL RESOURCES: WEBSITE LINKS		QR CODES: SCAN ME
LGBTQ: 2BU: http://www.2bu-somerset.co.uk/		
Mind – Somerset Somerset Mind: https://www.mindinsomerset.org.uk		
Neurodevelopment: Autism and ADHD Pathway: https://beta.somerset.gov.uk/education-and-families/the-local-offer/education/autism-and-adhd-pathway/		
Obsessive compulsive disorder: OCD UK – Children: https://www.ocduk.org/features/an-introduction-to-ocd-in-children/		
Online counselling websites: http://www.moodjuice.scot.nhs.uk/		
Online counselling websites: www.kooth.com		
Online counselling websites: The Mix: offer free and confidential support for the under 25s. Email and Webchat support are at their website. http://www.themix.org.uk/		

USEFUL RESOURCES: WEBSITE LINKS		QR CODES: SCAN ME
Online counselling websites: Young minds: https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/		
Online safety: NSPCC: https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/parental-controls/		
Online safety: Thinkuknow: https://www.thinkuknow.co.uk/14_plus/Need-advice/Sexual-exploitation/		
Online safety: GOV: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/490001/Social_Media_Guidance_UKCCIS_Final_18122015.pdf.pdf		
Policy Steering Group - Somerset Parent and Carer Forum – https://somerseparentcarerforum.org.uk/		
Safeguarding - Professional Choices Website. EHA Early Help Assessment and other Tools https://professionalchoices.org.uk/		
Phoenix project for sexual assault/abuse: https://www.somersetphoenixproject.org.uk/		

USEFUL RESOURCES: WEBSITE LINKS		QR CODES: SCAN ME
Relationship Support – Relate: https://www.relate.org.uk/		
SPARK – Inspiring communities Community groups and venues across Somerset are providing a warm, welcoming space for anyone who needs it: https://www.sparksomerset.org.uk		
Sensory integration: https://www.sensoryintegration.org.uk/		
Sensory integration: https://www.understood.org		
Self harm: In Charley's memory: https://www.incharleymemory.com/		
Self harm: National Self Harm Network: www.nshn.co.uk/		
Self harm: Young minds: https://www.youngminds.org.uk/young-person/my-feelings/self-harm/		

USEFUL RESOURCES: WEBSITE LINKS		QR CODES: SCAN ME
Sexual abuse: The Bridge: https://www.thebridgecanhelp.org.uk/		
Sexual abuse: Barnardo's: http://www.barnardos.org.uk/what-we-do/		
Sexual abuse: Survivor Pathway: http://www.survivorpathway.org.uk/		
Sexual abuse: Somerset and Avon Rape and Sexual Abuse Support: https://www.sarsas.org.uk/		
SENDIASS: Special Educational Needs and Disability Information Advice and Support Services (SENDIASS) https://www.kids.org.uk/sendiasm		
Sleep: Teen sleep: http://www.teensleephub.org.uk/		
Sleep: NHS: http://www.nhs.uk/Livewell/insomnia/Pages/insomniatips.aspx		

USEFUL RESOURCES: WEBSITE LINKS		QR CODES: SCAN ME
Sleep: Cerebra: http://w3.cerebra.org.uk/		
Sport and Activity: Somerset Activity and Sports Partnership: SASP: https://www.sasp.co.uk		
Sexual Health – SWISH - Somerset Wide Integrated Sexual Health Service https://www.swishservices.co.uk		
Talking to young people about self-harm/suicide: https://www.papyrus-uk.org		
Victim Support – Crime, Anti-Social Behaviour, Domestic Abuse Young Victims Service – https://www.youngvictims.org.uk/.		
Young Somerset Resources: To find out more about what our LI CBT practitioners do, you can look at the Young Somerset website: https://www.youngsomerset.org.uk/Pages/Category/wellbeing-support		
Work/volunteering: Princes Trust: https://www.princes-trust.org.uk/help-for-young-people/programmes		

USEFUL RESOURCES: WEBSITE LINKS

Self Help – The Reading Agency – Free Booklists
for Children’s Mental Health and Wellbeing:



<https://readingagency.org.uk/young-people/001-news/new-reading-well-for-teens-book-list.html>

**QR CODES:
SCAN ME**

