

Signposting Support to Universal services for Children and Families

Mental Health

Child / Teen & Family Mental Health

Jade Youth & Community

<https://jadeyouthandcommunity.co.uk/>

Sam Oldroyd – CEO

Lisa Williams – Manager

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01909 565639

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

Child Support Helpline 0800 1111 Link to chat online with a counsellor. <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Kooth

You can speak to a counsellor online as well as discussion boards and mental health magazine

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

Click the “Join Kooth”

Choose “Area and Location”

Select “Year and Month” you were born in

Select Gender, ethnic information Create

your “Username and Password”

Complete registration.

The Mix

Support for teens on many subjects, sexuality, mental health, relationships, study.

Access to freephone helpline, email, crisis messenger, 1-2-1 chat and counselling support. Tel: 0808 808 4994

[Speak To Our Team | Support For Mental Health & Other Issues | The Mix](#)

Link to the CAMHS App to download an App than enables children / teens to talk to a CAMHS

Worker re anxiety

[Getting Advice – CAMHS \(rdash.nhs.uk\)](https://rdash.nhs.uk/)

Links to the list of CAMHS recommended Apps

[APPS | CAMHS Resources \(camhs-resources.co.uk\)](https://camhs-resources.co.uk/apps/)

Phone App's

[WorryTree Mobile App — WorryTree \(worry-tree.com\)](https://worry-tree.com/)

[Stressheads - The Mix](#)

Calm Harm free app provides tasks to help you manage the urge to Self-Harm

<https://calmharm.co.uk/>

Chill Panda

[Chill Panda: Calm Play Today – Apps on Google Play](#)
[Chill Panda on the App Store \(apple.com\)](#)

Breathing Techniques

[Guided Square Breathing for Children - YouTube](#)
[Two minutes Mindfulness: Balloon Breaths/Belly Breaths - Breathing exercise for Children - YouTube](#)
[Square Breathing Visual - YouTube](#)
[Calm | Breathe Bubble - YouTube](#)

Support For Parents

[Parents A-Z Guide to Support | Mental Health Advice | YoungMinds](#)
Parental Support Helpline on 0808 802 5544

Free Online Parenting Support Programmes:

<https://inourplace.co.uk/rotherham/>

A wide range of courses in the Childrens and Young People section. All accessed with the code DON

Me, You and Baby Too - An online course to help couples prepare for the transition to parenthood. Me, You and Baby Too helps new and expectant parents adapt to the changes that parenthood can have on their relationship, while raising awareness of the impact of stress and conflict on their baby. Parents completing this course will develop the skills to manage their conflict more constructively. Short online course, approximately 40 minutes. Parents can access this directly by clicking the link below and registering for a free account: [Parent guide for England \(oneplusone.org.uk\)](#)

0-12 Triple P

Triple P Online supports parents of young children (under 12). Guide behaviour positively, set up routines and rules more easily, and have a calmer household.

Parents can access this directly by clicking the link below and registering their details:

<https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/>

Teen Triple P

Teen Triple P Online supports parents of tweens and teens aged 10 to 16, to raise responsible, confident teenagers. Enjoy a closer bond with your child and help them get ready for adulthood.

Parents can access this directly by clicking the link below and registering their details:

<https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/>

Fear-Less Triple P

Fear-Less Triple P Online supports parents of children aged 6 to 14 with frequent worries/anxiety. Help children reduce anxiety and become more independent with proven tools and techniques.

Parents can access this directly by clicking the link below and registering their details:

<https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/>

Arguing better - An online course for reducing parental conflict

Arguing better helps raise awareness of parental conflict and its impact on children. It gives parents the skills to cope with stress together and manage their conflict more constructively.

Short online course, approximately 40 minutes.

Parents can access this directly by clicking the link below and registering for a free account: [Parent guide for England \(oneplusone.org.uk\)](#)

Getting it Right for Children -An online course for separating parents to minimise the impact of separation on children.

Getting it right for children uses Behaviour Modelling Training techniques to help separating parents see how they are putting their children in the middle of their conflict. It helps parents to develop positive communication skills, so that they can parent co-operatively and work out solutions together.

Short online course, approximately 40 minutes.

Parents can access this directly by clicking the link below and registering for a free account: [Parent guide for England \(oneplusone.org.uk\)](https://oneplusone.org.uk)

Action for Children

[Understanding and managing my child's behaviour - Support for Parents from Action For Children](#)

Family Lives

Advice on all aspects of parenting, including dealing with all ages, behaviour, development, education, bullying etc.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: www.familylives.org.uk

Papyrus,

[Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](https://papyrus-uk.org) Call:

0800 068 4141

Bullying General Resources

<https://www.bullying.co.uk/> Kidscape

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

Parents struggling with Mental Health issues

Rotherham IAPT

Rotherham (Improving Access to Psychological Therapies) IAPT you can self-refer via the self-referral form, on the website, or by contacting on 03000 215108 .

Includes Self Help Guides and access to face to face or online group support.

<https://iapt.rdash.nhs.uk/about-rotherham-iapt/>

Hub Of Hope, search from your postcode for mental health support

[Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#) Hub of Hope App.

[Hub of Hope – Apps on Google Play](#)

National Support Services for Anxiety, both offering Helplines <https://www.anxietyuk.org.uk/>

Helpline: 03444 775 774

<https://www.supportline.org.uk/problems/anxiety/>

Helpline: 01708 765200

Free Online CBT Therapy for people registered at Rotherham GP's.

[Rotherham | Ieso \(iesohealth.com\)](https://www.iesohealth.com)

Phone App's

[WorryTree Mobile App — WorryTree \(worry-tree.com\)](https://www.worry-tree.com)

Men's Mental Health Peer to Peer Support.

[Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club \(andysmanclub.co.uk\)](https://www.andysmanclub.co.uk)

Meetings are 7pm – 9pm on Mondays. Local groups in Brinsworth, Wath Upon Dearne, Maltby and Beighton

For Parents who are bullied / intimidated by their children

[Support for Parents & Guardians | Pegs Support \(pegssupport.co.uk\)](https://www.pegssupport.co.uk)

Mental Health.org

[How to support someone with a mental health problem | Mental Health Foundation](#) **Mind**
[Helping someone else | Mind, the mental health charity - help for mental health problems](#)

The Rotherham Mental Health Crisis Team

The team operates a 24/7 crisis telephone line accessible to all providing triage, advice, signposting and follow-up appointments, alongside comprehensive face to face assessments and consultation.

Contact us 0800 652 9571 (Please note this a freephone number)

Opening hours: 24 hours a day, 7 days a week

Samaritans

Free Phone 116123

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Drug / Alcohol misuse

[ROADS - Rotherham Alcohol and Drug Service \(Provided by With You\) - With You](#)
[\(wearewithyou.org.uk\)](#)

Self-Harm Support

Papyrus,

[Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)

<http://alumina.selfharm.co.uk>

Online course started by selfharm.co.uk for young people between 14-18 years.

Alumina is an opportunity to think more about it and work out what your next step might be.

Calm Harm free app provides tasks to help you manage the urge to Self-Harm

<https://calmharm.co.uk/>

Heads Above the Waves

[Resources – Heads Above The Waves \(hatw.co.uk\)](#)

Heads Above the Waves exists to raise awareness about self-harm and promotes hope through creativity. Includes sharing personal stories of young people who have overcome their struggle with self harm and how they did it.

Website of the Telephone Helplines Association giving information on helplines across the UK.

[Find A Helpline - Helplines Partnership](#)

Bereavement / Separation / Suicide support

NHS List of Links to child bereavement support.

<https://www.nhs.uk/conditions/stress-anxiety-depression/children-and-bereavement/>

[Apart of Me - Helping young people cope with grief](#)

National Child Bereavement support

[Child Bereavement UK](#)

Winston's Wish <https://www.winstonswish.org/>

Young Minds

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/>

Cruse Bereavement Support

<https://www.cruse.org.uk/get-help/for-parents/how-to-help-a-child-or-young-person>

Grief Encounter

www.griefencounter.org.uk/ Child &
Family Bereavement Support

We support bereaved children and their families to help alleviate the pain caused by the death of someone close.

Talk to Someone –

Grief Encounter team members can add to your list of trusted adults, who can offer you a wealth of support and guidance. Call grieftalk on 0808 802 0111 or drop us an email on griefftalk@griefencounter.org.uk.

If you want to meet other bereaved children who will understand exactly what you are going through, we can put you in touch via our fun days and workshops.

E-Counselling –

E-counselling is a new service being offered by Grief Encounter so that bereaved young people aged fourteen or over, who aren't situated within our local area, can receive support when they need it most.

We initially offer 6 counselling support sessions with an experienced counsellor at a mutually convenient time conducted via webcam through Skype, Teams, Zoom.

If you are interested in this type of support, please email ecounselling@griefencounter.org.uk A Grief Encounter team member will respond to you to set up an initial assessment. The initial assessment will be to get to know you better and determine if e-counselling is a good match for you. Age range 14+ or those caring for 14+ bereaved young person.

[Divorce & Young People's Mental Health | Parent Guide | YoungMinds](#)

Family and Personal support following suicide

[South Yorkshire - Amparo](#)

Supporting your child through separation and divorce.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-divorce-or-separation/>

Gender / Identity / Sexuality

Mermaids:

www.mermaidsuk.org.uk – Advice and website with a telephone information and listening service for children and teenagers with gender identity issues and their families.

Under 18's section

[Kids & Young People - Mermaids \(mermaidsuk.org.uk\)](http://www.mermaidsuk.org.uk)

[Contact us - Mermaids \(mermaidsuk.org.uk\)](http://www.mermaidsuk.org.uk)

0808 801 0400

Free phone help and support line

Gendered Intelligence: <http://genderedintelligence.co.uk/> Work with the trans community and those who impact on trans lives; particularly specialise in supporting young trans people under the age of 21.

Support line 0330 3559 678

[WhatsApp chat 07592 650 496](#)

[Youngminds Gender & Mental Health Advice and Support for Young People and Parents](#) [Gender and Mental Health](#) | [Support and Advice](#) | [YoungMinds](#)

Support and advice for Parents of Young People who have come out
[Coming out - Family Lives](#)

Sheffield Based LGBTQ Support Groups for Young People and Parents.

[SAYiT \(Sheena Amos Youth Trust\)](#) | [LGBTQ+ Youth Charity](#) | [Sheffield, England](#)

0114 201 2633

Including the Fruitbowl Support Groups

Young Peoples Group link

[Young People Groups](#) | [SAYiT](#)

Parent / Carers Group link

[Parents and Carers](#) | [SAYiT](#)

Rotherham Rainbow Project

[Home](#) | [The Rainbow Project LGBTQ+ Support Wath Upon Dearne](#)
(therainbowprojectrotherham.com)

Eating Disorder Support

[The UK's Eating Disorder Charity - Beat](#) (beateatingdisorders.org.uk)

[SYEDA - South Yorkshire Eating Disorder Association](#)

[Resources — SYEDA - South Yorkshire Eating Disorder Association](#)

[Self Help — SYEDA - South Yorkshire Eating Disorder Association](#)

Bullying General Resources

<https://www.bullying.co.uk/> **Kidscape**

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

Internet safety

[Get Safe Online](#) | [The UK's leading Online Safety Advice Resource](#)

[Parents and Carers - UK Safer Internet Centre](#)

Think You Know

[Parents homepage](#) (thinkuknow.co.uk) [Child](#)

Exploitation & Online Protection (CEOP)

<https://www.ceop.police.uk/safety-centre>

Autism, ADHD & SEND Support

The Rotherham Autism Information and Advice Service

Local advice, support, training and activities for parents of children with a diagnosis of ASD, or on the Neurodevelopmental Pathway waiting list.

[Advice and Support – Rotherham SEND Local Offer](#)

For any further information please contact us on 01709 336404

Or email: autismadvice@rotherham.gov.uk

Ambitious About Autism

[Behaviour | Ambitious about Autism](#)

[Meltdowns and shutdowns | Ambitious about Autism](#)

[Support for families | Ambitious about Autism](#)

The National Autistic Society

Advice and information on all aspects of living with, or supporting those with, Autism.

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

[Behaviour \(autism.org.uk\)](#)

[Meltdowns \(autism.org.uk\)](#)

[Distressed behaviour - a guide for all audiences \(autism.org.uk\)](#)

ADHD Support

[Resources Archive - ADHD Foundation : ADHD Foundation](#)

[ADHD Resources :: Cheshire and Wirral Partnership NHS Foundation Trust \(canddid.nhs.uk\)](#)

CAMHS Links

[Rotherham – CAMHS \(rdash.nhs.uk\)](#)

[ASD Top Tips – CAMHS \(rdash.nhs.uk\)](#)

[RDaSH Neurodevelopmental Services – CAMHS](#)

[Resources – CAMHS \(rdash.nhs.uk\)](#)

Rotherham Parent Carers Forum. Tel: 01709 296262

A local organisation that offers support, advice and events to parents of children with additional needs.

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

List of upcoming activities / trips. A weekly Youth Club for 11+ Monthly SEN supported Cinema trips etc

Links to Supported Activities for Autistic Young People

[RPCF Rotherham Parent Carers Forum](#)

Links to Parent Workshops on offer and how to apply.

[RPCF Rotherham Parent Carers Forum](#)

Transitions Team information.

[Preparing for Adulthood – Rotherham SEND Local Offer](#)

Rotherham Sendiass

Supporting families to ensure their children are supported in education. If you are not working with a member of staff please call 01709 823627

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

Link to the free Triple P Programme Online

[Positive parenting courses in Rotherham | Free Triple P - Online Parenting Programme | Triple P \(triplep-parenting.org.uk\)](http://triplep-parenting.org.uk)

Domestic / Sexual Abuse

[Referral – Rotherham Rise](#)

Call on 0330 2020571

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

Call on: 01709 511171

[Rotherham Abuse Counselling Service - How Can We Help? \(rothacs.org.uk\)](http://rothacs.org.uk) Call on 01709 835482

[Bright Sky app | Hestia](#)

Bright Sky helps you to spot the signs of abuse, know how to respond, and help someone find a safe route to support.

[Paladin – National Stalking Advocacy Service \(paladinservice.co.uk\)](http://paladinservice.co.uk)

Debt / Finance issues

Debt Advice

The government's www.moneyadviceservice.org.uk.

Other websites that have **benefit calculators** and provide advice are www.shelter.org.uk/advice

Entitled To, Benefits calculator

[Benefits Calculator - entitledto - independent | accurate | reliable](#)

[Debt advice | Free debt advice | National Debtline | National Debtline](#)

0808 808 4000

Turn2Us also offer a telephone advice service – **0808 802 2000** – which can help with welfare benefits, grants and other financial assistance and advice www.turn2us.org.uk

StepChange

have a telephone advice service **0800 138 1111** – this a free service for landlines and mobiles and they can help deal with debts and help lessen the impact of aggressive recovery techniques sometimes used to recover outstanding debt.

www.stepchange.org

Shelter telephone advice service 0808 800 4444

Citizens Advice

[Get Advice - Citizens Advice Rotherham](#)

For Telephone Advice Please Call Our Freephone Adviceline On 0808 278 7911 Or 01709 515680 To Book A Video Advice Call back

Kiveton Park Independent Advice Centre Kiveton Park Community Library **01909 773966**

Mexbrough Citizens Advice Bureau 0808 278 7955 / 01709 572400

Christians Against Poverty - [Christians Against Poverty | Debt Counselling Charity \(capuk.org\)](https://www.capuk.org)

Money Charity [The Money Charity - Financial Wellbeing + Financial Education](https://www.moneycharity.org)

Debt Advice Foundation - [Debt Advice Foundation - Call Our Debt Advisers Free On 0800 043 40 50](https://www.debtadvicefoundation.org)