Support for children and families.

Child / Teen & Family Mental Health

Jade Youth & Community
https://jadeyouthandcommunity.co.uk/
Call on 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. Call on 0808 808 4994

Speak To Our Team | Support For Mental Health & Other Issues | The Mix

CAMHS App

Download an App than enables children / teens to talk to a CAMHS Worker re anxiety

Getting Advice – CAMHS (rdash.nhs.uk)

Links to the list of CAMHS recommended Apps

APPS | CAMHS Resources (camhs-resources.co.uk)

Phone Apps

WorryTree Mobile App — WorryTree (worry-tree.com)

Stressheads - The Mix

https://calmharm.co.uk/ (A free app provides tasks to help you manage the urge to self-harm)

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)

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)

Triple P Baby

Supports parents-to-be and new parents (of babies up to 12 months old). Positively nurture your baby's development and a close relationship right from the start.

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

Teen Triple P
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.

Fear-Less Triple P
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.

Family Transitions Triple P
Supports parents going through separation or divorce. Learn proven ways to help children adjust, build stability, co-parent effectively and evolve in your new family dynamic.

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/

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) 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

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)

Phone App's

WorryTree Mobile App — WorryTree (worry-tree.com)

Men's Mental Health Peer to Peer Support.

Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club (andysmanclub.co.uk) Meetings are 7pm – 9pm on Mondays. Local groups in Brinsworth, Wath Upon Dearne, Bramley and Beighton

For Parents who are bullied / intimidated by their children

Support for Parents & Guardians | Pegs Support (pegsupport.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.

Free Phone 0800 652 9571

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

Alumina

www.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
A 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 and separation

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-tosupport-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/

Call grief talk on 0808 802 0111 or drop us an email on

grieftalk@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.

Child & Family Bereavement

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

Young minds

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-tosupport-divorce-or-separation/

Gender, Identity and sexuality

Mermaids

www.mermaidsuk.org.uk
Kids & Young People - Mermaids (mermaidsuk.org.uk)

Free phone help and support line - 0808 801 0400

Advice and website with a telephone information and listening service for children and teenagers with gender identity issues and their families.

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

Young minds

Youngminds Gender & Mental Health Advice and Support for Young People and Parents Gender and Mental Health | Support and Advice | YoungMinds

Family lives

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

8-10 year olds and 11-17 year olds Support Groups Young People Groups | SAYiT

Parent / Carers Group link Parents and Carers | SAYiT

Rotherham Rainbow Project

Home | The Rainbow Project LGBTQ+ Support Wath Upon Dearne

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 and Online safety

Family Lives
https://www.bullying.co.uk/

WhatsApp - 07441444125

Kidscape

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

Get safe
Get Safe Online | The UK's leading Online Safety Advice Resource

UK safer internet

Parents and Carers - UK Safer Internet Centre

Think You Know

Parents homepage (thinkuknow.co.uk)

Child Exploitation & Online Protection

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

SEND online safety

Advice and Support – Rotherham SEND Local Offer

Autism, ADHD & SEND Support

Rotherham SEND local offer
The Local Offer aims to bring necessary and useful information together in one place, to help children and young people with SEND and their families.

Advice and Support – Rotherham SEND Local Offer

Call on 01709 336404

Transitions Team information.
Preparing for Adulthood – Rotherham SEND Local Offer

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

Resourses – CAMHS (rdash.nhs.uk)

Rotherham Parent Carers Forum.
Call on 01709 296262
A local organisation that offers support, advice and events to parents of children with additional needs.

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

Upcoming activities and trips
RPCF Rotherham Parent Carers Forum

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/

Ambitious About Autism
Information relevant to different stages in autistic children and young people's lives - from early years and education to preparing for work.

Understanding autism | Ambitious about Autism

Domestic / Sexual Abuse

Hopian

www. hopian.org.uk

Call on 0330 2020571

Grow

www.grow-women.org.uk/services/

Call on 01709 511171

Email: info@grow-women.org.uk

Rothacs
Rotherham Abuse Counselling Service - How Can We Help? (rothacs.org.uk)

Call on 01709 835482

Hestia
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 with a supporting app.

Paladin
Paladin – National Stalking Advocacy Service (paladinservice.co.uk)

Debt / Finance issues

Money helper - The government's financial support

www.moneyadviceservice.org.uk.

Entitledto - Benefits calculator
Benefits Calculator - entitledto - independent | accurate | reliable

National debtline

Debt advice | Free debt advice | National Debtline | National Debtline

Call on 0808 808 4000

Turn2Us

www.turn2us.org.uk

Call on 0808 802 2000

StepChange

www.stepchange.org

Call on 0800 138 1111

Have a telephone advice service 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.

Citizens Advice

Get Advice - Citizens Advice Rotherham

For Telephone Advice 0808 278 7911 Or 01709 515680 To Book A Video Advice Call back

Christians Against Poverty

Christians Against Poverty | Debt Counselling Charity (capuk.org)

Money Charity

The Money Charity - Financial Wellbeing + Financial Education

Debt Advice Foundation

Debt Advice Foundation - Call Our Debt Advisers Free On 0800 043 40 50

Rotherhive-RotherHive – The wellbeing and mental health resource for Rotherham

PARENTING:-

Rotherham | Togetherness - Togetherness

Evidence Based Programmes – Rotherham Metropolitan Borough Council

For further support contact:

Rotherham MASH – 01709 336080