

Resources for Mental Health and Wellbeing

If you're worried about your child's mental health, there are lots of resources to support you

Children and young people can have times when they feel worried or low. We know children and young people who have epilepsy have an increased chance of difficulties with their mental health.

Resources for Everyone

Self-help books

- 'Overcoming your child's fears and worries' by Cathy Cresswell
- 'Think Good, Feel Good' by Paul Stallard (Cognitive behaviour workbook)
- 'Starving the anxiety gremlin' by Kate Collins-Donnelly (teens' version)

National resources/helplines

- **Shout** – 24 hour text support for anyone feeling unable to cope and in need of support. Text Shout to 85258 or look on their website for more information <https://www.giveusashout.org/get-help/>
- **Emerging minds** – advice for parents on how to support child/young people with any worries or anxiety. <https://emergingminds.org.uk/>
- **Young Minds** – useful resources for young people and their parents/carers <https://youngminds.org.uk/> Parents helpline: 08088025544
- **The Mix** – online and telephone support for under 25 year olds. <https://www.themix.org.uk/> Telephone: 08088084994
- **On Your Mind** – A mental health helpline for children, young people or carers. <https://www.onyourmind.org.uk/> Weekdays 9am - 5pm 01865 903777, Weekends and evenings 5pm-9am 01865 901000

- **Family Lives Confidential Helpline:** 0808 800 2222
<http://www.familylives.org.uk/how-we-can-help/online-parenting-courses>
- **NSPCC** - Tel: 0808 800 5000, Email: help@nspcc.org.uk or text 88858
- **Childline** –help and advice on a wide range of issues
<https://www.childline.org.uk/> 08001111
- **Young Epilepsy helpline:** confidential helpline service is open Monday to Friday, 9am to 1pm on 01342 831432. Or you can email: helpline@youngepilepsy.org.uk or text: 07860 023 789.

Counselling

- **Relate**- Offer confidential counselling to young people (only available in certain areas – check website for details)
<https://www.relate.org.uk/relationship-help/help-children-and-young-people>
- **Kooth** - A website which also offers online counselling and support for young people via an on-line community. <https://www.kooth.com/>

Apps for young people

- **Think Ninja** – app designed to educate 10-18 year olds about mental health
- **Headspace** – app to help with mindfulness and meditation
- **Moodgym** – interactive self- help programme that provides CBT training to help cope with depression and anxiety.

Resources for BANES

- **CAMHS**
You can refer your child yourself to the child and adolescent mental health service. Or a young person may wish to complete to forms themselves. There are also links to information and support for mental health on the website.
<https://www.oxfordhealth.nhs.uk/camhs/bath/>
- **Focus counselling.** For children aged 4-18 experiencing difficulties in their lives. 01225 330096. www.focusbath.com/children/
- **IAPT talking therapies** – Psychological services for 16-18 year olds. Young people can self-refer. 01225 675150. www.iapt-banes.awp.nhs.uk/
- **Off The Record** - This charity provides a range of free services for young people aged 11 to 25 suffering with a wide range of emotional difficulties. Visit the website to find out more. <https://www.offtherecord-banes.co.uk/>

Resources for Somerset

- **Happy Maps.** This website provides details of various counselling support available in Somerset
<https://www.happymaps.co.uk/counselling-and-parent-support/north-somerset>
- **CAMHS**
 Your child needs a referral from a professional to access CAMHS in Somerset. There are also links to information and support for mental health on the website.
<http://www.sompar.nhs.uk/what-we-do/children-and-young-people/professional/child-and-adolescent-mental-health-service-camhs/camhs-single-point-of-access/>
- **Somerset Mental Health Hub**
<https://www.somersetmentalhealthhub.org.uk/directory/young-people>

Resources for Wiltshire

- **Teen talk** – Face to face counselling based in Melksham
 01225667327
<https://youngmelksham.org.uk/what-we-do/teentalk>
- **Talk Zone-** counselling for children and young people age 7-18.
 0300 003 1781
<https://www.relate.org.uk/mid-wiltshire/children-and-young-peoples-counselling>
- **Splash-** Holiday activities for young people to help develop self-confidence and empower those facing challenges in life.
 01380 732829
<http://www.splash-wiltshire.org.uk/projects/activities/cat.listevents>
- **Wiltshire Parent Partnership**
<https://pages.wiltshire.gov.uk/adviceforparents.htm>
- **CAMHS**
 You can refer your child yourself to the child and adolescent mental health service. Or a young person may wish to complete to forms themselves. There is a link (see below) and also on the Wiltshire parent carer's website.
<https://www.oxfordhealth.nhs.uk/camhs/wiltshire/>



Resources for Bristol

- **The YARD Group for parents of Youths and Adolescents using Recreational Drugs**

Tel: 0117 916 6588

Email: family@dhi-services.org.uk

- **Off The Record Bristol.** Offer a wide range of one to one or group therapies for 11-18 year olds. Visit the website to find out more.

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

All Links are to external sources. As such we cannot be responsible for their content

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656 / 826319