



inspiring the journey for  
independence together  
DIRECTORY

**THIS DIRECTORY IS FOR THE USE OF THE WHOLE FAMILY**

**Speak to someone**

**If you need to speak to someone right now, please contact one of  
the following 24 hour services:**

SAMARITANS: 116 123 / [www.samaritans.org](http://www.samaritans.org)  
CHILDLINE: 0800 1111 / [www.childline.org.uk](http://www.childline.org.uk)

# Corona Virus anxiety- specific links

Corona Virus: How to protect your mental health: <https://www.bbc.co.uk/news/health-51873799>

Coronavirus Medway Support - for people who need urgent help, supplies or medication during the Coronavirus. 01634 306000

Mental Health Europe: <https://www.mhe-sme.org/covid-19/>

NHS Link with most up-to-date info on symptoms  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

A Place 2 Be Website offers several different ideas/ resources to use with your primary aged learner who may be finding the change difficult  
<https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/>



Also look up the Anna Freud Centre on Facebook for regular videos re: how to manage during this time

# Domestic Abuse Support

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## The Hideout-

An online space for young people witnessing domestic abuse

<http://thehideout.org.uk/>

## Choices Medway- 0800 917 9948

Free and Confidential Helpline for those who are suffering from domestic abuse

<https://choicesdaservice.org.uk/>

## National Domestic Abuse Hotline-

0800 2000 247

# Breathing Techniques



If your child loves the Cookie Monster and suffers with regulating and finding their 'calm' this video is one of our favourites!

[https://www.youtube.com/watch?v=\\_mZbzDOpylA](https://www.youtube.com/watch?v=_mZbzDOpylA)

If you fancy a daily yoga session with your youngster, Cosmic Kids Yoga on YouTube is amazing- she has 464 different stories to do yoga to as well as videos explaining what it means by things such as Anxiety and Mindfulness.

Three Breathing Exercises and Techniques we rate here at the RIT

<https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/>

Watch this video to learn a new breathing technique for the whole family. Look up other 'Pooky Knightsmith Mental Health' videos on Youtube for more breathing regulation techniques. <https://www.youtube.com/watch?v=HQVZgpyVQ78>

# Dealing with Depression and/ Anxiety



**Medway Talking Therapies-** 18+ support for individuals going through a tough time

<https://www.insighthealthcare.org/our-services/talking-therapies/find-a-service/medway-talking-therapies/>

**Release the Pressure-** Free confidential support at any time about any worry- 0800 107 0160

**CALM (Campaign against living miserably)-** support for young men and boys

<https://www.thecalmzone.net/>

**Living Life to the Full** - online CBT courses for a variety of anxiety issues

<https://l1tff.com/about-l1tff/>

**NHS Moodzone** - contains a mood self-assessment tool and mental wellbeing audio guides

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

KOOTH app and website

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

# Dealing with Depression and/ Anxiety (Primary Specific)



**MENTALLY HEALTHY SCHOOLS** (Although a platform for schools, parents may find the definitions and tools as helpful as a school would)

<https://www.mentallyhealthyschools.org.uk/mental-health-needs/anxiety/>

**SHOUT**- text 85258 (A 24/7 service for any age to access by text if feeling anxious or depressed) or if you don't have a phone they have a website:

<https://www.giveusashout.org/>

**PLACE 2 BE:** A service that is national but we have a team of Place2Be councillors allocated at Hoo St Werburgh Primary School. During this difficult time Place2Be have extended their services across the RIT. Please contact your school if you feel this would be beneficial to you or your child. The website also contains great ideas/ hints/ tips during this time and beyond.

<https://www.place2be.org.uk/>

# Apps and websites to help Anxiety and Depression



Moodtools Depression Aid- helps aid clinical depression and negative moods

Positive Penguins - aimed at 8-12 year olds

SAM - a self help app for anxiety

Stop Panic and Anxiety Self- Help - support for panic attacks

Youper - for Social Anxiety

Get Self Help- CBT self help and resources

BASE- an app that helps track emotions between CAMHS appointments

# Suffering with the cycle of self harm?

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Calm Harm- App based around the principles of dialectical behavioural therapy (DBT)

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

Self-Heal- uses DBT principles to help users resist the urge to self-harm

<http://www.self-healapp.co.uk/>

Alumina- a website for young people aged 14-18 to help them find other ways of dealing with the ups and downs of life

<https://www.selfharm.co.uk/alumina>

# Sexual Abuse Support

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**Safeline**- a service who actively try to prevent sexual abuse for young people and provide counselling and support for children and families affected by abuse  
<https://www.safeline.org.uk/what-we-do/young-people/>

**NSPCC**- information and advice to help navigate through a difficult time  
<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-abuse/>

# LOCAL HELP: Drug and Alcohol Support



Open Road- This is a service that provides support for individuals dealing with drug and alcohol addiction

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

FRANK- support for young people and their families who are thinking about or using drugs

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

DRINKLINE- 0300 123 1110 (weekdays 9am-8pm, weekends 11am-4pm)

# Bereavement Support



**Holding On, Letting Go-** A Kent-based charity that helps children and their families to cope with the death of someone close to them. This service is only available 6 months on from losing someone.

<http://holdingonlettinggo.org.uk/>

**Cruse Bereavement Care-** Cruse have a local Maidstone and Medway team who may be able to help you through bereavement.

<https://www.cruse.org.uk/get-help/local-services/south-east/maidstone-and-medway>

**Winston's Wish-** They also have specific bereavement help for those who have lost someone to Corona Virus

<https://www.winstonswish.org/>

# Support for eating disorders

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Beat- a website with info on all aspects of eating disorders

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

Men Get Eating Disorders Too

<https://www.mindcharity.co.uk/the-mind-directory/men-get-eating-disorders-too/>

Anorexia and Bulimia Care (ABC) - personal advice and support to anyone affected by eating disorders

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

Rise Up Recovery Warriors - Eating disorder recovery tools

# Are you a young carer?

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Medway Young Carers Project- for 5-18  
year olds who are in a caring role

<https://www.carersfirst.org.uk/medway/young-carers-medway>

# Parent Support



Tea and Chat- This is a support group for parents/ carers of young people dealing with mental health issues.

<http://www.teaandchat.co.uk/index.html>

Family Lives are a organisation who believe in making sure families have access to active support and understanding.

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

# Other Useful Directories

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Anna Freud has created a Youth Wellbeing Directory where you can search for services near you, services by name and they also have helpful info throughout their website

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

# LOCAL OFFER



- Medway Council have created a webpage with links to all the services they provide for learners with Special Needs. This also includes services provided by Medway specifically for Social, Emotional and Mental Health Needs.

<https://admissions.medway.gov.uk/Synergy/localoffer/EnglishHome.aspx>

# CAMHS/ NELFT/ Snapdragons/MYPWS



As we all know CAMHS are extremely inundated with clients who require additional support. We also know they are professionals who sometimes hold the tools to help support our young people. This predicament can be incredibly frustrating to the young person, their families and the other professionals working to support the young person.

What we do know is, that no matter how much we would like CAMHS to make our pain go away, they don't always have the answers or capacity to do so. Please talk to someone at your setting who may be able to find alternative support alongside your family.