

Guardians — UK —

Mental Health Policy

Introduction

The policy is to be read in conjunction with Guardians UK Child Protection & Safeguarding Policy and the A-Z of Behaviour Guidelines in the Student Handbook, understanding that Guardians UK has a responsibility to provide a safe and secure environment in which children can thrive.

Background

When registering with Guardians UK, parents complete a Medical Form where they declare physical and mental health information about their child. Due consideration is given to this information and further enquiries may be made before confirming guardianship of a child by Guardians UK to ensure Guardians UK can fully support the child's needs. If necessary, an individual risk assessment may be undertaken. If relevant medical information has been omitted and is later discovered Guardians UK upholds the right to withdraw guardianship for that child, giving sufficient time for the family to seek more appropriate guardianship from another provider.

Provision of suitable host families

Guardians UK currently has 2 host families located in Somerset, where the primary carer is well trained and experienced in looking after young people with complex mental health needs so is potentially able to offer host family support for a young person at short notice in the right location.

Storage & provision of student medication by host family

When Guardians UK host families are caring for students taking regular prescribed medication or students who have medical conditions, the primary carer will have been informed in advance and given the choice of whether to host or not. If the hosting is to go ahead, appropriate training and advice will have been given to the primary carer along with clear instructions on where to store the medication and how often and when to dispense it. The primary carer will keep a record of the medication and when it is dispensed.

Host families are expected to possess a basic First Aid kit and to provide medical care as they would to their own children. If a Guardians UK child were to have a known medical or dietary allergy this would be listed clearly on the information received by the host family and any training and advice provided.

Host families are encouraged to contact Guardians UK duty guardian during their hosting if they require any advice or support with the medical care of the child.

Working with schools

Guardians UK maintains open communications with key staff in schools with Guardians UK students and will support the school and the best interest of the child in all decisions regarding the welfare of the child. If a child were experiencing a mental health issue whilst at school Guardians UK would expect to be informed of that as early as possible, especially if it may lead to the student needing to leave school and spend time out of the boarding house. Guardians UK encourages early discussions so we can best manage each unique situation.

If a school insists that a student needs to be removed from their care for mental health reasons Guardians UK requires to be told the full circumstances before deciding whether a suitable host family can be found. Discussions will follow to ascertain if it is in the student's best interests to leave the school, and the school needs to understand they are responsible for informing the child's parents of this decision before the child is removed.

The school needs to complete a Guardians UK 'Student Removal Form' in full before Guardians UK will agree taking responsibility for the child. See Appendix A.

Once agreement has been reached between the school, parents and Guardians UK, Guardians UK will try to place the students with a suitable host family until either they are able to return to school or until they return to their own family home. Guardians UK will keep in very close contact with the host family whilst they are hosting a student displaying mental health needs.

If a suitable host family is not available and the child is unable to return to their parents' home immediately, then the child will stay with a Guardians UK employee until other arrangements can be made.

Working with parents/agents

In the best interests of the child and whilst respecting confidentiality, Guardians UK creates and maintains open communication with parents and agents. Guardians UK works closely with the parents to support the child whilst in school and if they are staying with a Guardians UK host family to facilitate the best outcome. If a young person has been excluded from school for mental health reasons and is staying with a host family, Guardians UK will encourage the parents to facilitate a speedy and safe return to the home country for the child and will work closely with them to deliver the child safely to the UK airport.

Where possible Guardians UK will facilitate interpreters to help both the parents and child better understand the situation and the options available to them.

Warning Signs

Whilst appreciating all young people react differently in difficult situations below are some possible warning signs that a young person may be experiencing mental health issues:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Withdrawal from friends and activities

- Significant tiredness, low energy, or problems sleeping
- Emotional outbursts
- Substance abuse
- Feeling guilty or worthless

It any Guardians UK staff notice these changes of behaviour amongst the young people they are caring for they should report this to any member of the Guardians UK team or to Helen Lewis, Director & DSL. Staff will also signpost young people if appropriate to any of the support agencies listed in Appendix B – Mental Health Support List.

Management of Disclosures

Any disclosure made by a student needs to be taken seriously and the steps explained in the Guardians UK Child Protection & Safeguarding Policy need to be followed and referral should be made specifically to Appendices D (How to Respond to a Disclosure) & H (Cause for Concern Reporting Form) of that policy.

Mental Health Training

As well as participating in regular Child Protection & Safeguarding Training, Guardians UK staff continually update their knowledge in areas such as Mental Health by attending relevant CPD and cascading the information to their colleagues at weekly meetings.

Up to date training logs are available for all Guardians UK employees upon request.

Appendix A



Student Removal Form

For us to support our student in the best way possible, we request the following student removal form is completed in full. Please note that a representative of Guardians UK will not be able to collect the student until this form has been completed and returned to us by email to info@guardiansuk.com

School Name	
Student Name	
Date of Birth	
Reason for request for removal of student	
Has the student's parent been informed & are they in agreement?	
Has the student been assessed by a medical professional?	
Date of assessment if applicable	
Please provide a summary of assessment if applicable	
Is the student at risk of harm to themselves?	
Is the student at risk of harm to others?	
Has the school followed its mental health & child protection procedures?	
Please provide full details of any medication	
How long do you expect the child to be away from school?	
Will the child be attending lessons as normal whilst away from boarding?	

Any other additional information we should be made aware of	
Staff signature & date	
Staff Name & job title	

Appendix B – Mental Health Support List

Action for Children - Parent Talk Parenting advice for parents/carers of 0-19 year olds, including parenting coaches.	https://parents.actionforchildren.org.uk/
Activity Alliance Join members, partners and disabled people to make active lives possible. Challenges perceptions and changes the reality of disability, inclusion and sport .	www.activityalliance.org.uk/about-us
ADHD and You Resources & people to turn to about ADHD. Help to find what works for individual YP: To keep ADHD to themselves, just involve their family & ADHD management team, or to share their story with a friend or family.	www.ADHDandyou.co.uk Tel: 01256 894003 For general enquiries: Shire Pharmaceuticals Limited 1 Kingdom Street, London, W2 6BD
ADHD Foundation Health & education service offering support to people living with ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia and Tourette's Syndrome. Website has information & useful resources for CYP, adults, parents & professionals. Topics include: returning to school after lockdown; coping with feelings of anger; boundaries; MH; conflict resolution, self-care; 10 tips to support your teenager; EHCP & transition.	www.adhdfoundation.org.uk
Age UK For people alone who want to talk.	Tel: 0800 298 0579
Amaze Gender issues, sex education, relationships.	www.amaze.org
Anna Freud MH charity for children & families.	www.annafreud.org

Website: www.guardiansuk.com Email: info@guardiansuk.com Tel: +44 (0)1823 703199

Anxiety Canada Information, programmes and videos on the website to help reduce excess anxiety. Home management strategies and professionals providing help. Works with experts to increase awareness, promote education and improve access to evidence based resources on anxiety. Many free of charge, self-help, downloadable resources to support management of anxiety for young people, adults, new mothers, children.	www.anxietycanada.com www.youth.anxietycanada.com The “Mindshift” app can be downloaded via this website (anxietycanada.com/resources/mindshift-cbt/)
Anxiety UK For any form of anxiety, mild to severe. Fast access to reduced cost therapy and access to several specialist helplines.	www.anxietyuk.org.uk Helpline: 08444 775 774 (Mon-Fri 9.30-5.30)
Asperger’s and ASD (see also AUTISM section below) Resources & links for professionals, parents & people with Aspergers.	www.tonyattwood.com.au
2gether Assertive Outreach Team Help in a crisis. Develops supportive & therapeutic relationships with service users with severe enduring mental illness.	0800 169 0398 24hrs
Aston Project Works with 9-17 year olds to reduce harm, crime and anti-social behaviour. Helps inspire YP to make better decisions, utilise their skills, promote ethos of ‘work for reward’.	www.astonproject.co.uk Email: AstonProject@gloucestershire.pnn.police (referral form online)
At a Loss.org Website with information and support to find bereavement help, practical information, resources and free counselling via the livechat service, GriefChat.	www.ataloss.org

talk to, our Pet Bereavement Support Service is here.	
Blurt it out Resources/information to help understand more about depression and lifestyle changes.	https://www.blurtitout.org/resources
Bristol Mindline Suicide helpline (Bristol and South Gloucestershire)	Tel: 0808 808 0330 (Wed-Sun 8-12 midnight)
British Dyslexia Association (BDA)	www.bdadyslexia.org.uk
Brook Sexual health & wellbeing for under 25's. Emergency Contraception, Chlamydia screening under 25s. Advice for professionals on CSE, health & wellbeing, sexual behaviours traffic light tool, etc	www.brook.org.uk
Bullying UK (see also Family Lives) Part of Family Lives service	www.bullying.co.uk
Cafcass The Children and Family Court Advisory and Support Service is a non-departmental public body in England set up to promote the welfare of children and families involved in family court.	www.cafcass.gov.uk 0300 456 4000 (Mon-Fri, 9-5, excluding BH) www.cafcass.gov.uk/contact-us
CAMHS Link to lots of websites and resources	www.CAMHS-resources.co.uk/websites WEBSITES CAMHS Resources (camhs-resources.co.uk) https://www.camhs-resources.co.uk/websites
Calm (Campaign against living miserably) Helpline for men who are down or have hit a wall for any reason, who need to talk or find information and support. Open 5pm–midnight, 365 days a year.	www.thecalmzone.net/ Helpline: 0800 58 58 58
Christians against poverty (CAP)	www.capuk.org

Website: www.guardiansuk.com Email: info@guardiansuk.com Tel: +44 (0)1823 703199

Advice on debt, life skills, job clubs, fresh start.	Tel: 01274 760720 Email: info@capuk.org
CareConfidential Support following abortion	www.careconfidential.com Tel: 0300 4000 999
Carers Trust A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol. Help for young carers to cope with their caring role through specialised services across the UK.	www.carers.org/about-us/about-young-carers For general enquiries, please email: info@carers.org
Centrepont Homelessness support	www.centrepont.org.uk 0800 587 5158 or email supportercare@centrepont.org
Chat Health For ages 11-19, advice on drinking, alcohol, smoking, problems with friends and family, body changes, relationships, bullying, feeling sad or angry, social media, exam anxiety, self harm, mental health and healthy eating.	Text a School Nurse on: 07507 333 351
Child Bereavement UK Supports families and educates professionals when a baby or child dies or is dying, or when a child is facing bereavement. The support and information helpline provides confidential support, information and guidance to families and professionals.	www.childbereavementuk.org Tel: 0800 02 888 40 Helpline: 0800 028 8840 (Monday to Friday, 9am-5pm) Email: support@childbereavementuk.org Online Chat: https://www.childbereavementuk.org/booked-telephone-support
Child Death Helpline Helpline for anyone affected by the death of a child of any age, under any circumstances, however long ago.	http://childdeathhelpline.org.uk/ Free Helpline: 0808 800 6019 (from mobile) / 0800 282 986 (Mon-Fri, 10am-1pm; Tue 1pm-4pm; Wed 1pm-4pm; Every evening 7pm-10pm) Email: contact@childdeathhelpline.org
Child Mind A-Z information for anyone with a child struggling with their MH.	https://childmind.org Topics A-Z Child Mind Institute

Website: www.guardiansuk.com Email: info@guardiansuk.com Tel: +44 (0)1823 703199

ChildLine (Also see app 'For Me') Support on abuse, bullying, family issues	www.childline.org.uk Tel: 0800 1111
Childnet Sexual harassment 13-17 years. To help make the internet safe	www.childnet.com/ Tel: +44 (0)20 7639 6967 Email: info@childnet.com
CHUMS Tics and Tourettes support	www.chums.uk.tics-and-tourettes
Citizen's Advice Bureau Advice on a range of issues, including money, work, debt, consumer, housing, family, law, immigration, health.	www.citizensadvice.org.uk Tel: (insert your local number)
Crime stoppers To report any crime or child exploitation	Tel: 0800 555 111
Cruse Bereavement Care (See Hope Again for the youth website) The free national helpline offers a listening ear and emotional support to anyone who has lost someone they love, or been affected by a bereavement.	www.cruse.org.uk Email helpline: helpline@cruse.org.uk Helpline: 0808 808 1677 (Mon-Fri 9.30-5pm (excluding bank holidays), with extended hours on Tue, Wed and Thu evenings until 8pm).
Ditch the Label Anti-Bullying Charity. Provides emotional, psychological and physical support to those who are impacted by bullying in offline and digital environments.	https://www.ditchthelabel.org/ Helpline: (01273) 201129 (We're in the office between 09:00 – 17:30) Email via online form: https://www.ditchthelabel.org/contact/ Facebook: https://www.facebook.com/DitchtheLabel/
ERIC Bedwetting information, advice and helpline.	www.eric.org.uk Helpline: 0808 169 9949
Facts4life	www.facts4life.org

Support on health for schools, parents/carers, and health professionals.	
Family Links Online support and nurturing programmes. Good ideas and resources.	www.familylinks.org.uk/
Family Lives Advice on family issues and bullying. 24 hour helpline.	www.familylives.org.uk Tel: 0808 800 2222 (Mon-Fri 9am-9pm; Sat-Sun 10am-3pm) www.bullying.co.uk
Fearless Non-judgemental info and advice about crime and criminality. A safe place to give info about crime anonymously. Also has a section for professionals, with resources to use with YP and info about: Weapons, CSE, Theft/ Robbery, Criminal damage, Violence, Gangs (County Lines), Drugs, Abuse, Cybercrime.	www.fearless.org/en
Genderbread A teaching tool for breaking the big concept of gender into bite sized pieces.	www.genderbread.org
Get Connected Provides private rehabilitation to treat drug and alcohol addiction, and process addictions like gambling, sex & love and eating disorders	www.getconnected.org.uk Tel: 0203 993 5571 Email: info@getconnected.org.uk
Get Self Help Website provides CBT self help & therapy resources, worksheets, information sheets and self help mp3s.	www.getselfhelp.co.uk/anxiety.htm
GIDS The Gender Identity Development Service (GIDS) is for children/YP	www.tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/gender-identity-development-service-gids

Website: www.guardiansuk.com Email: info@guardiansuk.com Tel: +44 (0)1823 703199

and their families, who experience difficulties in the development of their gender identity. It's a national specialised service, based in London and Leeds.	http://gids.nhs.uk/ Tel: 020 8938 2030/1 Email: gids@tavi-port.nhs.uk
Gingerbread Support for single parents.	www.gingerbread.org.uk Tel: 0207 428 5400
Grief Encounter A free service that supports bereaved children and young people.	www.griefencounter.org.uk Helpline: 0808 802 0111 (Mon - Fri 9-9). Can chat via website. Email: contact@griefencounter.org.uk For advice & guidance, email: ecounselling@griefencounter.org.uk
HappyMaps Worried about a YP's behaviour or mental health and not sure what's normal? Signposting to books, websites, counselling and parent groups.	www.happymaps.co.uk
harmLESS For those who have contact with YP who are self-harming. Designed to help you talk about self-harm with a YP so that you can decide what support might be helpful.	www.harmless.org.uk
Headway Promoting life after brain injury.	www.headway.org.uk Tel: 0808 800 2244
Hollie Guard Turns phone into a personal safety device. If in danger, a shake or tap activates Hollie Guard and sends your location and audio/video evidence to your emergency contact. A second shake sends out a high pitched alarm and the flash starts to strobe.	www.hollieguard.com
Intercom Trust A lesbian, gay, bisexual & trans charity working across Cornwall, Devon, Dorset and South West,	www.intercomtrust.org.uk Helpline: 0800 612 30100

Website: www.guardiansuk.com Email: info@guardiansuk.com Tel: +44 (0)1823 703199

providing support, advocacy, counselling, training, info, groups, online directory, etc.	
Kidscape Advice about bullying for children and parents.	www.kidscape.org.uk Tel: 0171 730 3300
Kooth Free advice and support. Counsellors.	www.kooth.com/ Mon – Fri 12pm – 10pm; Sat–Sun 6pm – 10pm
Live, Life, Well Suicide prevention, med info, self-help (depression, anxiety, sleep), 16-19 year old section. Exercise Well/Eat Well/Manage Well Socialise Well/Think Well	www.live-lifewell.net
ManKind	Tel: 01823 334 244
Men's Advice Line Helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).	www.mensadviceline.org.uk Freephone: 0808 801 0327 (free), Mon-Fri 9am-5pm Email: info@mensadviceline.org.uk
Mermaids A safe place for young trans people (up to 20 yrs) to find support & help one another.	www.mermaidsuk.org.uk Helpline: 0808 801 0400 (Mon-Fri 9am-9pm)
Mind Information, advice and support for young people with a mental health problem and their carers. Sleep support.	www.mind.org.uk Tel: 0300 123 3393 Text: 86463 www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/sleep-problems/
Mindful Meditation, anxiety.	www.mindful.org
Moodcafe	www.moodcafe.co.uk

Info and resources relevant to common psychological problems. Self-help guides and websites.	
Moodjuice Online support for a range of issues, e.g., anxiety.	www.moodjuice.scot.nhs.uk www.moodjuice.scot.nhs.uk/obsessioncompulsion.asp.ocinfo
Muslim Youth Helpline	Tel: 0808 808 2008
NCDV (National Centre for Domestic Violence) Free, fast emergency injunction service to survivors of DV regardless of their financial circumstances, race, gender or sexual orientation	www.ncdv.org.uk Freephone: 0800 970 2070 Text: Text "NCDV" to 60777 and we'll call you back To Make A Referral: Tel: 0207 186 8270 or 0800 970 2070 (Press option 1)
National Citizen Service (NCS) For 16-18 year olds. Helps build skills for work and life, while taking on new challenges and meeting new friends. Runs in spring, summer and autumn. Short time away from home taking part in a team community project. Brings together YP from different backgrounds & helps them develop confidence, self-awareness & responsibility. Encourages personal & social development.	https://www.gov.uk/government/get-involved/take-part/national-citizen-service
National Domestic Violence Helpline For women experiencing DV, their family, friends, colleagues & others calling on their behalf. The Helpline gives support, help & info, wherever the caller might be in the country. Female helpline support workers & volunteers. Confidential. Translation facilities & a service for callers who are deaf or hard of hearing.	https://www.refuge.org.uk/get-help-now/phone-the-helpline/ Tel: 0808 2000 247 (Freephone, 24 hours)
National Self-Harm website	www.nshn.co.uk

National Suicide Prevention Alliance (NSPA)	
NHS 111 Health advice 24 hours a day.	www.nhs.uk Tel: 111
NHS Choices Low mood and depression. Suicidal thoughts.	www.nhs.uk/livewell/depression/pages/depressionhome.aspx www.nhs.uk/conditions/suicide www.nhs.uk/conditions/stress-anxiety-depression
Nip in the bud Works with MH professionals to produce short films and fact sheets on ADHD, anxiety, conduct disorder, depression, OCD, PTSD, etc) to help parents, teachers & others caring for/working with children to recognise MH disorders and inform them how to obtain professional assessment to improve the prospects of early diagnosis and effective treatment.	www.nipinthebud.org
No Panic Info and advice for carers/young people aged 13-20. Panic, Anxiety, Phobias, OCD, exam stress, family anxiety. Youth mentoring, helpline, and workshops.	www.nopanic.org.uk Youth Helpline Tel: 0330 606 1174 (3-6pm Mon, Tue, Wed, Fri; 3-8pm Thu; 6-8pm Sat)
NSPCC NSPCC helpline (new helpline for CYP who have been victims of abuse at school, and for worried adults and professionals who need support and guidance. The helpline is called Report Abuse in Education).	NSPCC helpline: 0800 136 663 Email: help@nspcc.org.uk

If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support. ChildLine offers free, confidential advice and support whatever your worry, whenever you need help.	<u>www.nspcc.org.uk</u> Tel: 0808 800 5000 NSPCC FGM helpline: 0800 028 3550 18 or under, contact ChildLine free: Tel: <u>0800 1111</u>
Parent Support Link Supporting & informing families & friends of people who use drugs and alcohol.	<u>https://www.parentsupportlink.org.uk/</u> Helpline: 023 8039 9764 (24/7)
Place2be MH resources for schools.	<u>www.place2be.org.uk</u> <u>Mental health resources for schools – Place2Be</u>
Pregnancy Choices Directory Help for those facing unplanned pregnancy or following an abortion.	<u>www.pregnancychoicesdirectory.com</u>
Prospects Advice and guidance on employment and skills. Support to vulnerable YP to help reduce risk, keep them safe and improve their life chances. Education and learning for early years, schools and prisons.	<u>www.prospects.co.uk/What-We-Do</u>
RAE (Relationships, Advice, Education) Workshops to schools & groups, complimenting the school curriculum. Identify healthy & not healthy relationship, abuse, forced marriage, fgm, who to contact.	Tel: 08456 029 035 – project coordinator
Rainbow Trust Supports families who have a child aged 0-18 years with a life threatening or long-term illness.	<u>www.rainbowtrust.org.uk</u> Tel: 01372 363438

Refuge Support & advice for women & children on dealing with domestic violence.	www.refuge.org.uk Free Helpline: 0808 2000 247 (24-hour)
Relate Help with challenging relationships, problems with friends, parents, teachers, or in love life. Confidential space to express thoughts, feelings and emotions. Live Chat service connects to a counsellor who will listen & help find solutions to get life back on track.	www.relate.org.uk Tel: 0300 100 1234 Email: relate.enquiries@relate.org.uk
Relax Kids Child relaxation training, classes and resources. Online mindfulness.	www.relaxkids.com
Riprap Support for teenagers when a parent or carer has cancer.	www.riprap.org.uk
Royal College of Psychiatrists	www.rcpsych.ac.uk/healthadvice/parentsandyounginfo/parentscarers/worriesandanxieties.aspx
Samaritans For emotional support to people in despair and potential suicide	www.samaritans.org.uk Free 24-hour helpline: 116 123
SAMM (Support after Murder and Manslaughter) UK Charity supporting families bereaved by Murder and Manslaughter. Advice and training to many agencies on issues relevant to the traumatically bereaved.	www.samm.org.uk Tel: 0121 471 1200
Sane Saneline suicide helpline. Provides practical help, emotional support and specialist information to individuals affected by MH problems, their family, friends and carers.	www.sane.org.uk Helpline: 0300 304 700 (4.30pm-10.30pm every day) Textcare: comfort and care via text message, sent when the person needs it most: www.sane.org.uk/textcare Peer support forum: www.sane.org.uk/supportforum

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Self-Injury Support (see also Rethink and National Self Harm) Support for professionals. Improving support and knowledge around self-injury	www.selfinjurysupport.org.uk Tel: 0117 927 9600 Email: info@selfinjurysupport.org.uk
Sexting Advice SWGfL is a charitable trust that specialises in supporting schools, agencies and families to effect lasting change with the safe and secure use of technology. Educational online safety tools, services and resources. Works closely with UK and International Governments & Agencies; organisations and technology providers in advising and shaping policy, practice and legislation.	www.swgfl.org.uk/magazine/Managing-Sexting-Incidents/Sexting-Advice.aspx SWGfL Main Office Tel: 0345 601 3203 Email: enquiries@swgfl.org.uk https://parentinfo.org/page/for-schools https://parentzone.org.uk/
Shelter Housing & homelessness. Helpline for someone who has nowhere to sleep, might be homeless soon, have somewhere to sleep but nowhere to call home, could be at risk of harm, or feels very overwhelmed about their housing situation	https://england.shelter.org.uk/ Free helpline (open every day): 0808 800 4444 (for urgent need of housing advice –8am – 8pm on weekdays; 9am – 5pm on weekends)
Shout 24/7 text service for anyone in crisis, not coping, and needing immediate help. Support for anxiety, depression, abuse, panic attacks, suicidal thoughts, self-harm, relationships, bullying.	Text SHOUT to 85258
Sibs For brothers and sisters of disabled children and adults.	www.sibs.org.uk Contact online
SmiRA (Selective Mutism Information and Research Association) Support for professionals.	www.selectivemutism.org.uk/ www.selectivemutism.org.uk/information/information-for-professionals/

Social Prescribing Service Local agencies (GP, pharmacies, multi-disciplinary teams, hospital discharge teams, health professionals, fire service, police, job centres, Social Care, housing, voluntary, community and social enterprise – or by self-referral) to refer people to a link worker who will give them time and focus on ‘what matters to me’, taking a holistic approach. Works for those with long-term conditions; who need support with their MH; who are lonely or isolated; who have complex social needs which affect their wellbeing.	Contact details for further information www.england.nhs.uk/personalisedcare/social-prescribing
Stem4 Anxiety and depression, eating, self-harm, addiction support	www.stem4.org.uk Calm Harm app (see apps at end of list)
Stress and Anxiety in Teenagers Online support for stress and how to manage it.	www.stressandanxietyinteenagers.com
Stroud Beresford Group Refuge and outreach DV.	www.stroudwomensrefuge.co.uk Tel: 01453 764385
Students against depression Students Against Depression is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.	www.studentsagainstdepression.org
Suicide Crisis	contact@suicidecrisis.co.uk
Sunflower Suicide Support Based in Stroud. Help families who have sadly lost people to suicide. They have a website and an advice line.	www.sunflowerssuicidesupport.org.uk
SurvivorsUK	www.survivorsuk.org Text helpline: 020 3322 1860

Website: www.guardiansuk.com Email: info@guardiansuk.com Tel: +44 (0)1823 703199

Helps sexually abused men (aged 13 and above), as well as their friends and family, no matter when the abuse happened.	
Talk to Frank information, advice and support about drugs.	www.talktofrank.com Tel: 0300 123 6600 Text: 82111 www.talktofrank.com/treatment-centre/youth-support-team-gloucester Link for alcohol/drug information cards which can be given out to young people and their families/carers: www.gscb.org.uk/media/1671/workbook_cards_screenprints-56954.pdf
The Calm Zone The Campaign Against Living Miserably. Online support, helpline & webchat for young men from 15 years with low mood. Suicide prevention. Information & support. For anyone who needs to talk about life's problems. Support for those bereaved by suicide through the Support After Suicide Partnership (SASP)	www.thecalmzone.net <u>Free nationwide helpline: Tel: 0800 58 58 58 & webchat (5pm-midnight every day)</u> Webchat is available on the website (same times as the helpline).
The Children's Sleep Charity Supporting children with sleep issues. Support for families and accredited training and leaflets for professionals and commercial organisations.	www.thechildrenssleepcharity.org.uk Tel: 01302 751 416 Email: info@thechildrenssleepcharity.org.uk
The Girl with the Curly Hair Project Supports people on the Autistic Spectrum and the people around them. Not just for girls, we have also helped thousands of Spiky Haired Boys too! Resources used by psychiatrists, GPs, psychologists, counsellors & teaching	http://thegirlwiththecurlyhair.co.uk Join the community on Facebook Email: alis@thegirlwiththecurlyhair.co.uk or fill out the contact us form.

professionals. You'll need to subscribe and pay for this.	
The Hideout Online support to help children understand domestic abuse.	www.thehideout.org.uk
The Lullaby Trust Information and advice about safe baby care to reduce the risk of cot death. How to support a grieving sibling.	https://www.lullabytrust.org.uk/bereavement-support Helpline: 0808 802 6868 (10am-5pm, Mon-Fri; Tue & Thu 7-9pm; weekends and bank holidays, 6pm-10pm) Email: support@lullabytrust.org.uk
The Mix Support on all issues for under 25's (mental health, homelessness, drugs, money, abuse, bullying, etc).	www.themix.org.uk Tel: 0808 808 4994 (11am-11pm) Crisis text line 24/7 by texting THEMIX to 85258 Email or chat online (4pm-11pm) via the website.
The Sleep Council An impartial advisory organisation that raises the awareness of the importance of a good night's sleep to health and wellbeing and provides helpful advice and tips on how to improve sleep quality and create the perfect sleep environment.	www.sleepcouncil.org.uk info@sleepcouncil.org.uk Tel (for admin): 01756 791089 Freephone leaflet line: 0800 018 7923 Fax: 01756 798789
The Tavistock and Portman NHS Foundation Trust (see GIDS)	www.tavistockandportman.nhs.uk
TIC+ (Teens in Crisis) Face to face and online counselling for 9-21 year olds. Works closely with CYPS. Parent Support & Advice Line for parents of children aged 0-25 years.	www.ticplus.org.uk Email: admin@ticplus.org.uk Tel: 01594 372777 (office opening hours: Mon & Wed 9am-4pm and 6-8pm; Tue & Thu 9am-1pm and 6-8pm; Fri 9am-3pm; Sun 6-8pm) Text support: 07520 634063 Parent Support & Advice Line: 0800 652 5675 www.ticplus.org.uk/parents-carers Mon & Wed: 5pm-9pm; Tue & Sat: 9.30am-1pm.

TICS Support for YP with tics.	www.nhs.uk/conditions/tics/treatment/#selfhelp
Time To Heal Works with homeless people in hospital.	
TOP (Triumph Over Phobia) Self-help groups in Cheltenham & Glos.	www.topuk.org
Tourette Syndrome	https://www.nhs.uk/conditions/tourettes-syndrome/
Voice Collective UK-wide, London-based, project that supports CYP who hear voices, see visions, have other 'unusual' sensory experiences or beliefs. Support for parents/families. Training for youth workers, social workers, MH professionals, etc.	www.voicecollective.co.uk Email: info@voicecollective.co.uk Tel: 020 7911 0822 Not able to provide immediate crisis support, so if you need to talk with someone urgently, please call Childline (0800 1111) or NHS 111. If you're an adult looking for a peer support group near you, visit: www.hearing-voices.org for support groups across the UK, and www.intervoiceonline.org for support groups in other countries.
Winston's Wish Bereavement service.	www.winstonswish.org.uk National helpline: 08088 020 021.
Women's Aid National charity working to end domestic abuse to women and children.	https://www.womensaid.org.uk/ For information and support, email: helpline@womensaid.org.uk , or contact a local domestic abuse service by using the Domestic Abuse Directory: www.womensaid.org.uk/domestic-abuse-directory
Young Minds Website with a range of information for YP, their families and practitioners, including tips, advice & guidance for support during the Covid-19 pandemic, such as anxiety about returning to school; struggling with self-isolation & social distancing and for those who have lost a loved one due to	www.youngminds.org.uk Young person looking for help and support Text the YoungMinds Crisis Messenger, free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258 Parent Help Line: 0808 802 5544

coronavirus. They also provide a parents' helpline, which is contactable by phone, webchat or email.	
Youth Access Advice, counselling, money, rights. Works closely with Government, NHS, academic and voluntary sector to improve youth MH policy.	www.youthaccess.org.uk Tel: 020 8772 9900 Email: admin@youthaccess.org.uk
Zero Suicide Alliance (ZSA) Suicide Awareness Training.	
ZERO TO THREE Works to ensure that babies and toddlers benefit from the family and community connections critical to their well-being and development. Healthy connections help build babies' brains.	https://www.zerotothree.org/parenting