



SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH RESOURCE PACK

This pack contains some useful self-help resources recommended by
Blackpool CAMHS.

Blackpool Child and Adolescent Mental Health Service
Whitegate Drive Health Centre
150-158 Whitegate Drive
Blackpool
Lancashire
FY3 9ES

Telephone: 01253 957160

Useful Websites for General Information

- <https://youngminds.org.uk/>
- <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>
- <https://www.mind.org.uk/information-support/a-z-mental-health/>
- <https://nipinthebud.org/child-mental-health%20conditions/>
- <https://mindedforfamilies.org.uk/young-people>

These links above provide general information relating to mental health.

- <https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/>

This link features a downloadable booklet advising parents on using positive parenting techniques.

- <https://www.mind.org.uk/information-support/tips-for-everyday-living/parenting-with-a-mental-health-problem/helping-your-children/>

This is a downloadable booklet to advise parents who have a mental health problem of their own on how to best support their child's mental wellbeing.

- <https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

This link gives advice to parents about family services available.

- <https://healthyyoungmindspennine.nhs.uk/resource-centre/>

This link provides information on a range of websites and guides offering help and support.

Leaflets

- <https://youngminds.org.uk/shop/publications> This link gives information on free or low cost downloadable leaflets on a variety of mental health issues.
- <https://learning.nspcc.org.uk/research-resources/leaflets/parent-leaflets/> This contains a downloadable leaflet for parents on how they can support their child.

Books

<https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health>

Reading Well for young people recommends expert endorsed books about mental health, providing 13 to 18 year olds with advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams.

The books have all been recommended by young people and health professionals, and are available to borrow for free from public libraries.

Apps

NHS recommended apps can be found at the following links:

<https://www.nhs.uk/apps-library/category/mental-health/>

Local and Crisis Services

Blackpool CAMHS:

Open Monday to Friday between 9am-5pm. You can call 01253 957160 should a young person's mood, anxiety or behaviour deteriorate and cause concern. You can ask to speak to the young person's care co-ordinator if they have already accessed the service. If not, or if you are concerned about immediate risk, you will be directed to the duty practitioner. They will be able to provide support and guidance as to whether an urgent appointment can be arranged, provide safety advice or can advise on whether the young person needs to attend A&E for immediate support.

CASHER (Child & Adolescent Support & Help Enhanced Response Team):

Provide out of hours service from 5pm till 10pm Monday-Friday and 10am to 8pm Saturday and Sunday. The CASHER Team are based at Blackpool Victoria Hospital. They see young people up to the age of 25 who require mental health support out of normal hours. They also run a weekend clinic from 2pm-3pm every Saturday and Sunday.

A group for 10-16-year olds is additionally operated:

- Every Tuesday at Talbot & Brunswick Family Centre, Gorton Street, Blackpool between 6-8pm
- Every Wednesday at The Zone, Fleetwood between 6.30-8.30pm.

The CASHER Team phone will be answered between the shift hours on **07810 696565**.

YOUTHERAPY:

Youtherapy offer counselling to young people aged between 11-25 years old. They can provide support if:

- You have found yourself in a situation that makes you feel anxious, unhappy, confused or angry.
- You are aware of a behaviour you would like to change.
- You are struggling with situations in your life, such as self-harm.

You can self-refer by telephone: **01253 955858** for enquiries Monday to Friday 9am – 5pm. If for any reason you are not coping and need someone to talk to, you are welcome to attend the drop-in sessions which are every Wednesday between 3:30pm and 5.00pm at Connect, 26 Talbot Road, Blackpool, FY1 1LF.

Young Minds:

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.

They aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better. You'll text each other, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you think through your feelings until you both feel you are now in a calm, safe place. You might be signposted to other services, so that you can continue to get support.

The crisis messenger service can help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-harm
- Bullying
- Relationship issues

National Helplines

ChildLine (www.childline.org.uk)

They provide a counselling service for children and young people.

Helpline: 0800 11 11

Kooth (www.kooth.com)

Kooth.com is an online counselling service that provides young people between the ages of 11 and 25 with advice and support relating to emotional or mental health problems.

Mind (www.mind.org.uk)

Mind offers advice confidentially on a range of mental health issues including depression.

Helpline: 0300 123 3393

Samaritans (www.samaritans.com)

Helpline: 116 123 (Free)