



## Mental Health and Wellbeing Information and Signposting for Parents and Carers

**May 2021**

This booklet aims to provide you, as a parent or carer of a pupil at Cams Hill School, with a comprehensive list of support services and websites which we hope will be of value to you should you wish to explore any additional access to other agency support.

The [detail signposted](#) is specifically designed for parents and carers to help support their own mental health and wellbeing as well as some resources that young people can access directly to support theirs.

We have a separate booklet aimed directly at our 11-16 year old pupils which can be accessed [via this link](#).

If you have any welfare concerns about your child, you can contact:

1. Their tutor via [office@camshill.com](mailto:office@camshill.com) or on 01329 231641
2. Their Year Team (Head of Year / Assistant Head of Year) via [office@camshill.com](mailto:office@camshill.com) or on 01329 231641
3. Our Designated Safeguarding Lead Mrs Sara Brooker via [office@camshill.com](mailto:office@camshill.com) or on 01329 231641. We have a team of 9 Designated Safeguarding Leads overseen by Mrs Brooker.
4. The Headteacher, Mrs Harrison-Jones via [headteacher@camshill.com](mailto:headteacher@camshill.com) or on 01329 226548
5. Our dedicated email [mentalhealthsupport@camshill.com](mailto:mentalhealthsupport@camshill.com) overseen by Mrs Newman
6. Our SEND team via [send@camshill.com](mailto:send@camshill.com).

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# Mental Health Support Services for Parents/Carers & Information

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## **italk**

italk is the Improving Access to Psychological Therapies (IAPT) service for most of Hampshire. We're a partnership between Solent Mind and Southern Health NHS Foundation Trust. All of our treatments are available free of charge on the NHS for people aged 16 and over, who are registered with a GP in the areas of Hampshire such as Fareham, Waterlooville and Eastleigh.

You can complete your own referral online or over the phone.

Website: <https://www.italk.org.uk/self-referral/>

Telephone number: 023 8038 3920

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## **Fareham and Gosport Wellbeing Service**

You can self-refer yourself to the Wellbeing Service if you are aged 18 or over, have a GP in the Fareham & Gosport area and experience mild to moderate mental health problems like anxiety, stress, low mood or self-esteem or depression.

Website: <https://www.solentmind.org.uk/support-for-you/our-services/fareham-and-gosport-wellbeing-service/>

Telephone number: 023 8017 9049

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## **CALM Helpline**

Their helpline is for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

Telephone number: 0800 58 58 58 (open 5pm-midnight)

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## **Papyrus HOPELINEUK & Email**

UK is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.

Call: 0800 068 4141

Text: 07860 039 967

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

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## **SHOUT Text Service**

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Text: 85258

YoungMinds Parent Helpline

Phone: 0808 802 5544 (9:30am - 4pm, Mon - Fri).

Webchat: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/#parents-webchat>

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### **Action for Children**

Free and confidential live chat with a qualified parenting coach in the UK. We can talk about anything that supports family life, caring for children or managing your own wellbeing. Some parents get in touch to chat about their day or talk about things they can't tell anyone else.

Website: <https://parents.actionforchildren.org.uk/>

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### **Get Self Help**

Cognitive Behaviour Therapy (CBT) has been proven to help mental health problems. This website provides CBT self help and therapy resources, including worksheets and information sheets and self help mp3s.

Website: [Getselfhelp.co.uk](http://getselfhelp.co.uk) CBT self help and therapy resources

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### **Mind**

A charity providing advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

Infoline: 0300 123 3393

Peer support: [Finding peer support | Mind](#)

Website: [Home | Mind](#)

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### **Mind & Solent Mind**

Charities providing advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

Website: <https://www.solentmind.org.uk/>

### **Support and Resources for Parents/Carers:**

Understanding Mental Health Problems

Families Toolkit

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### **The Samaritans**

Understanding and challenging the social elements that impact suicide.

Website: <https://www.samaritans.org/>

### **Support and Resources for Parents/Carers:**

If you are worried about someone else

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#### **CALM**

Leading a movement against suicide.

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

### **Support and Resources for Parents/Carers:**

Worried about someone

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#### **Papyrus – Prevention of Young Suicide**

For children and young people under the age of 35 who are experiencing thoughts of suicide or for individuals who are concerned about a young person who may be having these thoughts.

Website: <https://www.papyrus-uk.org/>

### **Support and Resources for Parents/Carers:**

Supporting you child

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#### **Childline**

Puberty, Gender Identity, Building confidence and self-esteem and Parents and Alcohol.

Website: <https://www.childline.org.uk/>

### **Support and Resources for Parents/Carers**

Supporting a family member with a Mental Health Issue

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#### **YoungMinds:**

The UK's leading charity fighting for children and young people's mental health.

Website: <https://youngminds.org.uk/>

### **Support and Resources for Parents/Carers**

Help for parents

Parents guide to Support A-Z

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#### **The Ollie Foundation**

Visit this website to access resources to help if you are struggling with suicidal thoughts.

Website: <https://theolliefoundation.org>

## Support and Resources for Parents/Carers

Help for someone - Talking about Suicide

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### HeathInmind

Tips for managing stress and anxiety:

<https://www.healthinmind.org.uk/resources>

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### Every Mind Matters

Looking after a child or young person's mental health

Website: <https://www.nhs.uk/oneyou/every-mind-matters/>

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### HealthInMind

Free online courses – Living well with stress, dealing with worry, managing your mood and finding stability:

Website: <https://www.healthinmind.org.uk/online-courses>

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### Mental Health Foundation

Our mission is to help people understand, protect and sustain their mental health. A brilliant website for resources.

Website: <https://www.mentalhealth.org.uk/>

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# LGBTQ+, Transgender, Gender & Sexuality Support Services for Parents/Carers & information

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## **FFlag**

A national voluntary organisation and charity dedicated to supporting families and their LGBTQ+ loved ones. Visit website or call for help as a family member.

Website: <https://www.fflag.org.uk/>

Confidential helpline: 0300 688 0368

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## **Switchboard LGBT+ helpline**

We are a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. Helpline available for family and friends.

Website: <https://switchboard.lgbt/how-we-can-help>

Helpline: 0300 330 0630

Email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)

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## **Family Lives**

People contact us about all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support.

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

Helpline: 0808 800 2222

Email: [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

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## **Mermaids UK**

Mermaids provide a range of helpline services supporting transgender youth, up to and including the age of 25. We also support families and professionals.

Website: <https://mermaidsuk.org.uk/contact-us/>

Helpline: 0808 801 0400

Email: [info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk)

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## **Gendered Intelligence**

Gendered Intelligence, established in 2008, is a registered charity that exists to increase understandings of gender diversity and improve trans people's quality of life.

Website: <http://genderedintelligence.co.uk/>

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### **Stonewall Youth**

Information available for families and friends.

Website: <https://www.youngstonewall.org.uk/about-us/news/10-ways-step-ally-non-binary-people>

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### **The BeYou Project**

Offering support and information for families and friends.

Website: <https://thebeyouproject.co.uk/for-parents-carers-and-friends/>

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### **The Proud Trust**

The Proud Trust is a lifesaving and life enhancing organisation that helps LGBT+ young people empower themselves, to make a positive change for themselves, and their communities.

Website: [For Parents, Carers and Friends](#)

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### **LGBT Foundation**

Delivering advice, support and information services to lesbian, gay, bisexual and trans (LGBT) communities.

Website: <https://www.lgbt.foundation/>

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### **Mermaids**

Mermaids has been supporting transgender, nonbinary and gender-diverse children, young people, and their families since 1995.

Website: <https://mermaidsuk.org.uk/>

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### **NSPCC**

Visit their website for information on sexuality and sexual orientation.

Website: <https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexuality-sexual-orientation/>

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### **YoundMinds**

Visit their website for information on supporting your child with gender identity issues.

Website: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gender-identity-issues/>

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## Eating Disorder Support Services for Parents/Carers & Eating Disorder Information

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### **Beat Eating Disorders**

You are never alone with your eating disorder. We are here to support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.

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

Helpline: 0808 801 0677

Webchat: <https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one>

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### **Anorexia & Bulimia Care**

ABC's helplines are here for you to discuss issues about food and eating and initially the reasons why you (or the person you care about) have developed disordered eating or an eating disorder. Parents and carers also call us in distress if they suspect an eating disorder or have had their suspicions confirmed and are unsure of next steps.

Helpline: 03000 11 12 13

Book an appointment for support: <https://www.picktime.com/ABCsupport>

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### **F.E.A.S.T**

If you are a parent or caregiver for someone with an eating disorder, you can click on the help/chat button on the bottom right of your screen to chat in real time with an experienced caregiver parent. If none of our staff or volunteers are online, leave a message and we will get back to you by email asap.

Website: <https://www.feast-ed.org/i-need-help/>

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### **Family Lives**

People contact us about all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying, teenage risky behaviour and mental health concerns of both parents and their children.

Website: <https://www.familylives.org.uk/advice/teenagers/health-wellbeing/eating-disorders-help>

Helpline: 0808 800 2222

Email: [askus@familylives.org.uk](mailto:askus@familylives.org.uk).

## Sex and Relationships Support Services for Parents/Carers & information

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### **NSPCC**

If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.

Helpline: 0808 800 5000

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### **National Sexual Health Helpline**

If you would like to talk to someone about a sexual health issue, you can call the national sexual health helpline free.

Telephone number: 0300 123 7123.

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### **Child Exploitation and Online Protection command**

Are you worried about online sexual abuse or the way someone has been communicating with you online? Make a report to CEOP.

Website: <https://www.ceop.police.uk/Safety-Centre/>

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### **Big Talk Education**

At BigTalk Education we believe that parents are central to the successful delivery of high quality Relationship & Sex Education. On this page you will find information, support and resources. We explain what we mean by 'high quality, age appropriate RSE', demonstrate why it is so vitally important and detail how BigTalk Education, with the support of parents, can keep your children safe, healthy and happy.

Website: <https://www.bigtalkeducation.co.uk/parents/>

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### **NSPCC**

Many parents and carers feel unsure about how to talk to their child about sex, sexuality and relationships. We have advice to help you support your child and keep them safe.

Website: <https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/>

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### **BISH**

BISH is a guide to sex, love and you for everyone over 14.

Website: <https://www.bishuk.com/parents/>

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## **NHS Sexual Health Information**

Website: <https://www.nhs.uk/live-well/sexual-health/>

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## **ThinkUKnow**

As parents and carers, thinking about your child in a relationship, sexual or otherwise can feel daunting. What's normal, what should you be worried about, how do you have 'the talk'? Take a look at information available to equip yourselves for those 'trickier' conversations.

Website: <https://www.thinkuknow.co.uk/parents/>

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## **FPA The Sexual Health Company**

Talking to your children about growing up, relationships, sex (and everything else that goes with it) doesn't have to be difficult. We have tips and advice to give you the confidence and knowledge to talk to your children whatever their age.

Website: <https://www.fpa.org.uk/relationships-and-sex-education/parents-and-carers>

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## **UK Government**

Relationships, sex and health education: guides for parents.

Website: <https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

# Safer Internet Use Support Services for Parents/Carers & Safer Internet Use Information

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## UK Safer Internet Centre

You don't need to be an expert on the internet to help keep your child stay safe online. Our advice and resources are here to support you as you support your child to use the internet safely, responsibly and positively.

Website: <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

If you encounter sexual images or videos of someone under the age of 18 online, please **report anonymously and confidentially via our website**.

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## NSPCC

It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.

Website: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Telephone number: 0808 900 5000

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

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## Parents Protect

List of services available for you to access regarding safer internet use.

Website: <https://www.parentsprotect.co.uk/internet-safety-links.htm>

# Substance Misuse Support Services for Parents/Carers & Substance Misuse Information

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## **FRANK**

Need some friendly, confidential advice

Website: <https://www.talktofrank.com/contact-frank>

Telephone number: 0300 123 6600

Text: 82111

Email: [frank@talktofrank.com](mailto:frank@talktofrank.com)

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## **Mind**

Get information on where and how you can find support for addiction and dependency. This guide includes support options for addictions to drugs, alcohol, sex, tobacco and gambling.

Website: <https://www.mind.org.uk/information-support/guides-to-support-and-services/addiction-and-dependency/addiction-and-dependency-resources/>

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## **WeAreWithyou**

Get free, confidential support with alcohol, drugs or mental health from one of our local services or online.

Website: <https://www.wearewithyou.org.uk/>

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## **Adfam**

These pages provide you with information to help you cope with your loved one's drug or alcohol use as well as links to other sources of support and advice.

Website: <https://adfam.org.uk/>

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## **Famanon**

Families anonymous is a world-wide fellowship of family members and friends affected by another's abuse of mind-altering substances, or related behavioural problems.

Website: <http://famanon.org.uk/>

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## **Alcoholics Anonymous**

AA is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.

Website: <https://www.alcoholics-anonymous.org.uk/Home>

Helpline: 0800 9177 650

Email: [help@aamail.org](mailto:help@aamail.org)

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### **YoungMinds**

If you are worried about your child's use of drugs or alcohol, here is our advice and information on where you can get help.

Website: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-drugs-and-alcohol/>

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### **Change Grow Live**

We know how worried you might be if you think your child (or a young person you care about) is drinking or using drugs. Keep reading for information about teenagers, drugs and alcohol. There is also advice on how you can support your family member.

Website: <https://www.changegrowlive.org/advice-info/family-friends/parents-carers-drugs-alcohol-info>

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### **Partnership to End Addiction**

It can be a jarring and frightening time if you suspect or find out your child is using drugs or alcohol. The most important thing you can do is to confront it. But how, exactly, is the best way to do this?

Website: <https://drugfree.org/how-to-confront-your-child-about-drug-use-understand-reasons-why-help-them-get-support/>

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### **Kids Helpline**

Know the facts and get support in order to help your teen manage the risks involved in drug and alcohol use.

Website: <https://kidshelpline.com.au/parents/issues/teens-using-drugs-and-alcohol>

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## Friends and Friendship Information to Help You Support Your Child

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### **HealthyChildren.org**

Friendships are important, but your guidance and monitoring of activities are needed for your child to be safe and successful.

Website: <https://www.healthychildren.org/English/family-life/work-play/Pages/What-Parents-Can-Do-to-Support-Friendships.aspx>

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### **TheyAreTheFuture**

What to do if your child is struggling with the transition to secondary school

Website: <https://www.theyarethefuture.co.uk/help-child-transition-secondary-school/>

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### **Family Lives**

Information on how to best support your child to make new friends.

Website: <https://www.familylives.org.uk/advice/secondary/behaviour/making-friends/>

## Building a Positive Relationship with Your Child Information

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### Raising Children

Positive relationships between parents and children are important for all areas of children's development.

Website: <https://raisingchildren.net.au/newborns/connecting-communicating/bonding/parent-child-relationships>

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### YoungMinds Helpline

YoungMinds helpline offers you specialist support to help you understand your child's behaviour and give you practical advice on what to do next.

Website: [Parents Helpline - YoungMinds](#)

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### CAMH

A search of their website will produce lots of different information resources for you to access, to help you understand your child's behaviour and how you can help build a healthy relationship.

Website: [Tips for Building Healthy Relationships with Your Teenagers | CAMH](#)

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## Bereavement Support Services for Parents/Carers

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### [Cruse Bereavement Care](#)

Grief is a natural process, but it can be devastating. We are here to support you after the death of someone close.

Website: [Cruse Bereavement Care |](#)

Helpline: 0808 808 1677

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### [Brake](#)

Brake has a free support service if you are bereaved, seriously injured, or helping a road crash victim.

Website: [Home | Brake](#)

Telephone number: 0808 8000 401

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### [Child Bereavement UK](#)

We help children and young people (up to age 25), parents and families, to rebuild their lives when a child grieves or when a child dies.

Website: [Child Bereavement UK](#)

Helpline: 0800 02 888 40

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### [Child Death Helpline](#)

The death of a child is unimaginable unless it's something you've been through yourself. That's why our helpline is operated by a dedicated team of volunteers who are all bereaved parents. If you're a parent who has lost a child of any age, under any circumstances, and however recently or long ago, we're here to help. We can also offer support to grandparents, siblings and the extended family, as well as professionals who have been impacted by the death of a child.

Website: [Child Death Helpline - Home](#)

Helpline: 0800 282 986

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### [The Good Grief Trust](#)

If you have been affected by a sudden bereavement during this crisis and need support, advice and guidance, you can visit our website or ring our helpline.

Website: [Home – The Good Grief Trust](#)

Telephone number: 0800 2600 400

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### **Widowed Young Support**

Whether your partner died recently or some time ago Care for the Family's Widowed Young Support is here to listen and support you through your loss. Support is available to those aged 50 and younger, or over 50 if you still have dependent children.

Website: [About widowed young support - Care for the Family](#)

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## **Bereavement Information**

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### **BEAD Project**

Our aim is to be a source of information, support and hope for anyone whose loved one has died as a result of drug or alcohol use.

Website: [Welcome to BEAD | The BEAD Project](#)

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### **Survivors of Bereavement by Suicide**

We exist to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.

Website: [Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide \(uksobs.org\)](#)

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### **At A Loss**

We provide the UK's signposting website for anyone bereaved and those supporting them.

Website: [AtaLoss.org](#)

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### **Care For the Family**

A directory of organisations to support anyone who is seeking help for a bereavement.

Website: [Bereavement support organisations - Care for the Family](#)

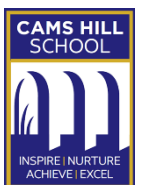
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### **Winston's Wish**

We support children and young people after the death of a parent or sibling

Website: [Winston's Wish - giving hope to grieving children \(winstonswish.org\)](#)

# Notes Page





**Website: [www.camshill.com](http://www.camshill.com)**

**This booklet: <https://www.camshill.com/signposting-and-information-for-parents-and-carers-v3/>**