

Helpful resources

Organisations

YoungMinds

www.youngminds.org.uk

YoungMinds is the UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

YoungMinds parents helpline: 0808 802 5544
48-50 St John Street, London, EC1M 4DG

MindFull

www.mindfull.org

MindFull is a brilliant new service for 11 to 17-year-olds, providing support, information and advice about mental health and emotional wellbeing; helping you to overcome life's ups and downs and feel confident and happy about who you are. You choose the type of support you receive and, because MindFull is online, you can get it whenever you want it, wherever you are.

Every Child Matters

www.education.gov.uk

Every Child Matters is a shared programme of change to improve outcomes for all children and young people. It takes forward the Government's vision of radical reform for children, young people and families.

ChildLine

www.childline.org.uk

Childline is a counselling service for parents, children and young people. It also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English. Help and advice is free and confidential.

Childline: 0800 1111 (available 24 hours a day)

Child and Maternal Health Intelligence Network

www.chimat.org.uk

Provides information and intelligence to improve decision-making for high quality, cost effective services. Our work supports policy makers, commissioners, managers, regulators, and other health stakeholders working on children's, young people's and maternal health.

National Statistics Online

www.ons.gov.uk

This site gives free access to data produced by the Office of National Statistics, government departments and devolved administrations.

Early Intervention Foundation

www.earlyinterventionfoundation.org.uk

Championing and supporting early intervention measures to tackle the root causes of social problems amongst children and young people, from 0 to 18 years old.

Department of Health

www.dh.gov.uk

The aim of the Department of Health (DH) is to improve the health and wellbeing of people in England. This site provides health and social care policy and guidance publications and statistics.

Rethink Mental illness

www.rethink.org

Rethink is a national mental health membership charity. It works to help everyone affected by severe mental illness recover a better quality of life. Its aim is to make a practical and positive difference by providing hope and empowerment through effective services, information and support.

0300 5000 927 (open 10am to 1pm Monday to Friday)

Email: advice@rethink.org
Rethink Mental Illness
89 Albert Embankment,
London, SE1 7TP

Samaritans

www.samaritans.org

Samaritans is a confidential emotional support service for anyone in the UK and Ireland. The service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Volunteers offer support by responding to phone calls, emails and letters. Alternatively, people can drop into a branch to have a face to face meeting. UK helpline: 08457 90 90 90

You can also email Samaritans at jo@samaritans.org, write to Chris, PO Box 9090, Stirling, FK8 2SA or if you are deaf or hard of hearing use the single national minicom number 08457 90 91 92.

Time to Change

www.time-to-change.org.uk

Time to Change is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness. Time to Change is England's biggest programme to challenge mental health stigma and discrimination.

The Association for Young People's Health (AYPH)

www.youngpeopleshealth.org.uk

A charity and membership forum, creating a focus for everyone working in the field of young people's health across the UK, to promote and support the health and wellbeing of young people by encouraging and facilitating more effective communication between practitioners, working to raise the profile and understanding of young people's health needs, Improving access to information, resources, innovation and best practice, and promoting evidence-based practice by making research findings more accessible and supporting new studies into young people's health.

Mental Health Foundation

www.mentalhealth.org.uk

UK charity focussing on mental health research, policy and service improvement.

Mind

www.mind.org.uk

Info Line: 0300 123 3393
Helplines open Monday to Friday 9.00am – 6.00pm
Email: info@mind.org
National mental health charity, which offers an excellent range of materials on all aspects of depression and manic depression. It also lists details of local Mind Associations.

Recovery approaches

There are a number of tools, support structures and ways of thinking (philosophies or frameworks) that promote recovery. Examples (with related internet links) include:

Human Givens

www.hgi.org.uk

The Tidal Model

www.tidal-model.com

Adapted Expert Patient Programmes

www.expertpatients.co.uk

Story telling or narratives

www.scottishrecovery.net

Community development

Wellness Recovery Action Planning (WRAP)

www.mentalhealthrecovery.com

Early Intervention Foundation

www.earlyinterventionfoundation.org.uk

Championing and supporting early intervention measures to tackle the root causes of social problems amongst children and young people, from 0-18 years old.

Useful publications

Better mental health outcomes for children and young people: a resource directory for commissioners National CAMHS Support Service (2011)

Munro review of child protection (2011)

Mental health key facts for young people
www.ayph.org.uk/publications/228_AYPH_Key-Data_Chapter6.pdf
Interesting for showing what young people worry about.

Mental Health and Emotional Wellbeing Summary of AYPH Research Update No.1 Written by Elaine Harris and edited by Emma Rigby, January 2010
www.ayph.org.uk