

## St Monica's RC Primary School

### Signposts for Parents.

#### Mental Health and Wellbeing Support:

##### **Kooth**

Free online support for young people. Kooth counsellors are online Monday-Friday, 12 noon till 10pm and weekends, 6pm till 10pm. ( for ages 11+)

[www.kooth.com](http://www.kooth.com)

##### **Young Minds**

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Just as people's bodies can become unwell, people's minds can become unwell too. Mental health problems are more common than you might think – three children in every classroom have a mental health problem. Young Minds offer information to young people and children about mental health and emotional wellbeing. If you need to talk, they can let you know about organisations that listen, plus they offer online support and info.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

##### **ChildLine**

Childline is the UK's free helpline for children and young people. It provides a confidential telephone counselling service for any child or young person with a problem. It comforts, advises and protects. So, if you are worried about anything, big or small – don't bottle it up. It can really help if you talk to someone. If there is something on your mind, ChildLine is there for you. You can visit the Childline Explore section for advice and information on a range of topics. Also, you can get support on the online message boards.

*'Everyone helps each other out and is going through the same things as me – it's a really welcoming place'*

Freephone 0800 1111 (24 hours and the call won't show on your phone bill)

[www.childline.org.uk](http://www.childline.org.uk)

##### **The Mix**

Free, confidential telephone helpline finding young people the best help whatever the problem. Provides free connections to local or national services, and can text information to callers' mobile phones.

Freephone 0808 808 4994 (7 days a week 1pm-11pm)

[www.themix.org.uk/](http://www.themix.org.uk/)

##### **Samaritans**

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

Call 0116 123 (24 hours, 7 days a week)

[www.samaritans.org.uk](http://www.samaritans.org.uk)

##### **FRANK**

Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.



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Freephone 0800 77 66 00 (24-hour service, free if calling from a landline and won't show up on the phone bill, provides translation for non-English speakers)

[www.talktofrank.com](http://www.talktofrank.com)

### **B-EAT youth helpline**

Online community information, help and support for anyone affected by eating disorders.

Call 0845 634 7650 (Monday to Friday evenings, from 4.30pm to 8.30pm,

and Saturdays, 1.00pm – 4.30pm)

[www.b-eat.co.uk/](http://www.b-eat.co.uk/)

### **Kidscape**

Kidscape are the first charity in the UK established specifically to prevent bullying and sexual abuse. The website offers advice and practical skills on how to deal with bullying.

Remember, no-one deserves to be bullied. Nearly everyone is bullied at some time in their lives: by brothers and sisters, by neighbours, by adults or by other children/young people.

If you are being bullied, you may feel scared, vulnerable and quite alone but you owe it to yourself to try and sort out the situation so that the bullying stops.

[www.kidscape.org.uk](http://www.kidscape.org.uk)

### **It Gets Better Project**

Project created to inspire hope for young people facing harassment. A place where young people who are lesbian, gay, bi, or trans can see clips of other people's coming out stories.

[www.talktofrank.com](http://www.talktofrank.com)

### **Brook Advisory Service**

Brook is the UK's leading provider of sexual health services and advice for young people under 25. The charity provides free and confidential sexual health information, contraception, pregnancy testing, advice and counselling, testing and treatment for sexually transmitted infections and outreach and education work.

[www.brook.org.uk](http://www.brook.org.uk)

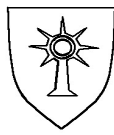
### **Winston's Wish**

The death of a parent, brother or sister is one of the most fundamental losses a child will ever face. At Winston's Wish, they believe that bereaved children need support to make sense of death and rebuild their lives. The Winston's Wish Helpline offers support, information and guidance to all those caring for a bereaved child or young person.

Helpline 08452 03 04 05 (Monday – Friday, 9am to 5pm,

and Wednesday evenings, 7pm to 9.30 pm)

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)



# St Monica's RC Primary School

## Local organisations for support:

### Rethink Mental Illness Manchester Support Groups

## Rethink Mental Illness Manchester Group

Open to: Carers and People with Mental Illness

📍 Old Bank Building  
Hanover Street  
Manchester  
M15 4ZT  
View on map

☎ (M) 07816 754032 (Mary)  
✉ rethinkmanchester@gmail.com

🕒 The group meets on the 2nd  
Thursday of the month, from 6.00pm  
until 7.30pm

👤 Group Coordinator: \_

## Mind.

Phone: 0161 769 5732

Email: [info@manchestermind.org](mailto:info@manchestermind.org)

Website: <http://www.manchestermind.org>

Opening hours: Monday to Friday, 9am - 5pm



## NHS

Mental health services are free on the NHS, you may need a referral from your GP to access them. Some mental health services allow people to refer themselves.

If you are feeling anxious/worried/stressed/low in mood or struggling to sleep and are over 16 years old with a Trafford GP, it's easy to get help and refer yourself to Trafford

Psychological Therapies to find out how they can help!

Self refer online [www.gmmh.nhs.uk/tpt/](http://www.gmmh.nhs.uk/tpt/)

Or call 0161 3571350

Including services for drug problems, alcohol problems and psychological therapies ( IAPT) services. <https://www.nhs.uk/service-search/other-services/services> - Links to all mental health services available.

## Online support group

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

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.

New Parent support groups. <https://www.nct.org.uk/>

Courses, workshops and groups such as:

- early days postnatal course



NCT Nearly New Sales



Baby First Aid



Family-friendly fun



Local parent support



Parent socials



Local NCT community



## St Monica's RC Primary School

- introducing solid foods
- baby massage
- Pregnancy yoga
- Baby and Mum Yoga
- Parent groups and socials

### Family Lives

Becoming a parent is hard work, and it can be even harder without family or friends around to support you. You may be worried about how you will cope financially or how you will continue to study or afford childcare while looking after your baby.

Family Lives is available free 24/7 if you need someone to talk to call our free and confidential helpline on 0808 800 222 (previously known as Parentline).