



UVHS Wellbeing Support 2020-2021



Signposting families to local and National Mental Health and Wellbeing Support Services



(All the contact details below are subject to change – please check websites for updated details for each organisation)

BACP: British Association for Counselling and Psychotherapy directory of therapists who are BACP recognised www.itisgoodtotalk.org.uk/therapists

Barnados: various services across Cumbria including targeted support, childrens centres, missing from home, My Time (access via CAMHS) www.barnados.org.uk

B-eat: Supporting people affected by eating disorders.
Helpline: 0808 8010677 Youth Line: 0808 8010711 www.beateatingdisorders.org.uk

Bluebell Foundation: works in the South Cumbria area to provide free support for people experiencing grief associated with loss during pregnancy, the death of a baby, child or young person, those with fertility issues and families where a child has a life-limiting or life-threatening illness.

We also provide support for children and young people up to the age of 18 who are grieving through the death or anticipated death of someone important to them.

07516556081 07849400315 <https://www.bluebell.org.uk/>

CAB Citizens Advice Bureau: Provides free, impartial and confidential advice 03444 111 444 www.citizensadvice.org.uk South Lakes Office: 01539 446464

CADAS: Countywide confidential support and help with drug and alcohol issues.
0300 114002 www.cadas.co.uk

CALM Campaign Against Living Miserably: working to prevent male suicide
Helpline: 0800 585858 (open 5pm- midnight) www.thecalmzone.net

Carers Direct: Confidential information and advice for anyone looking after someone else
0300 1231053 www.nhs.uk/carersdirect

Local Carers Associations: www.carerssupportcumbria.org.uk 08443 843 230
Carlisle Carers 01228 542156; Eden Carers 01768 890280; Furness Carers 01229 822 822;
South Lakeland Carers 01539 815970; West Cumbria Carers: 01900 821976

Childline: Free 24 hour confidential helpline for children and young people. 0800 1111 www.childline.org.uk

Child Bereavement UK: www.childbereavementuk.org helpline: 0800 0288840
01539 628 311 cumbriasupport@childbereavementuk.org

CHOC: Cumbria Health on Call Out of hours healthcare in Cumbria Tel:111
www.chocftd.co.uk

Cruse Bereavement Care: Bereavement support Local Help Line: 0300 6003434
www.crusecumbria.org.uk 0844 477 9400 www.crusebereavementcare.org.uk

Cumbria Law Centre: Free legal advice. Tel: 01228 515129
www.cumbrialawcentre.org.uk

Cumbria County Council

Health & Wellbeing Officers for young people under the age of 18 who show substance misuse needs including alcohol. South Cumbria 0790 0060645

Cumbria Gateway – Services and support for people recovering from drug and alcohol abuse.
Tel: 01228 524 450 www.cumbriagateway.co.uk

Cumbria Partnership Trust: www.cumbriapartnership.nhs.uk

A-maze - Help for people with early symptoms of psychosis (aged 14-65) access via GP or A-Maze@cumbria.nhs.uk

ANIS Anorexia Nervosa Intensive Service 07766443261 ANIS@ncumbria.nhs.uk

CAMHS – Child and Adolescent Mental Health Services referral to CAMHS (Tier 3) and My Time (Tier 2) made via CAMHS SPA referral form obtained via local office. No self referral accepted. East (Carlisle & Eden) 01228 603017 camhs.east1@nhs.net West 01900 705800 camhs.west1@nhs.net South 01229 402696 camhssouth@nhs.net

First Step – Help and Support service for people with mild to moderate mental health problems. Selfreferral or via GP. (Also access to SilverCloud Online CBT) 0300 1239122

Single Point of Access Line 24 hour line for referral into mental health services for professionals and clients/ carers who have accessed services in last 3 years 0300 123 9015

Every Life Matters: new suicide prevention charity for Cumbria www.every-life-matters.org.uk

Family Lives: online and helpline resource for families including BullyingUK
www.familylives.org.uk helpline 0808 8002222

Farming Community Network: pastoral and practical support to farming community
Tel: **0845 367 9990** www.fcn.org.uk

Food Banks in Cumbria: details of all food
<http://www.cumbria.gov.uk/welfare/foodbank.asp>

Frank: Advice, information and support for anyone concerned about drugs and substance misuse. 0300 123 6600 www.talktofrank.com

If U Care Share: support for those bereaved by suicide and young people who are feeling suicidal 0191 387 5661 www.ifucareshare.co.uk

KOOTH: www.kooth.com free online counselling service commissioned by Cumbria County Council for 11-25 year olds and web support

MINDLINE CUMBRIA: 0300 5610000 text Mind to 81066
www.mindlinecumbria.org

National Mind: Mind Information Line: 0300123393 info@mind.org.uk
www.mind.org.uk
Mind Legal Line 0300 4666463 legal@mind.org.uk

The Mix: confidential advice and support to under 25s on mental health, sex, drugs, money etc www.themix.org.uk 0808 8084994

MindEd for Families: Safe and reliable advice about young people's mental health, created by experts and parents together <https://mindedforfamilies.org.uk/young-people>

National Self Harm Network: Online support for individuals who self-harm and their families and carers www.nshn.co.uk

NHS 111: Health advice and information service (replaces NHS Direct)

No Panic: Support for anxiety disorders and panic attacks Helpline 0844 967 4848 Youth Helpline 0330 606 1174 www.nopanic.org.uk

PAPYRUS: National organisation dedicated to the prevention of young suicide Hopeline (open til 10pm each day) 0800 068 41 41 www.papyrus-uk.org

POLICE: Non emergency 101

RETHINK: National Organisation providing support to those experiencing severe mental illness, their carers and relatives. 0300 5000 927 www.rethink.org

SAFA: Offering counselling and support for individuals aged 11+ who self harm and to those who support them. Countywide Tel: 01229 832269 www.safa-selfharm.com

Safety Net: Supporting young people affected by rape, sexual abuse or domestic violence in North & West Cumbria 01228 515859 www.safetynet.site

Samaritans: 24 hour free confidential support for people feeling distressed or with thoughts of suicide Freephone 116 123 www.samaritans.org email jo@samaritans.org

Selfharm UK: on line alumni support, parents guide etc www.selfharm.co.uk

SHOUT: *Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.*
- Text Shout to 85258

SupportLine: offers confidential emotional support to children, young adults and adults. Tel: **01708 765200** <http://www.supportline.org.uk>

Winston's Wish Providing support and guidance to bereaved children or anyone concerned about a grieving child. 0808 8020021 www.winstonswish.org.uk

Young Minds: National Organisation committed to improving the emotional wellbeing and mental health of children and young people. www.youngminds.org.uk Young Mind Parent Line 0808 802 5544 and 24 hour free crisis messenger service text **YM** to **85258**

Other online directories:

Cumbria County Council: <http://search3.openobjects.com/kb5/cumbria/asch/home.page>

Cumbria Together: www.cumbriatogether.org.uk

Cumbria Advice Network: www.cumbriaadvicenetwork.org.uk

Hub of Hope: www.hubofhope.co.uk national mental health resource network

Other Resources / websites and apps

MindEd: free e-learning resource for professionals and parents /carers on mental health issues affecting children and young people produced by Royal College of Psychiatry and NHS England. New section on Older Adults mental health www.minded.org.uk

A children and young people's whole system emotional and mental wellbeing support guide for professionals

www.cumbria.gov.uk/elibrary/Content/Internet/537/6683/6687/17172/4279584931.pdf

Time to Change: www.timetochange.org.uk resources, videos, lesson plans on challenging mental health stigma

Doc ready: www.docready.org helps you prepare to talk to your GP about Mental Health for first time

Headmeds: www.headmeds.org.uk straight talking guide to medication and conditions

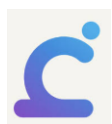
Elefriends: www.elefriends.org.uk online community providing support on mental health (aged over 17)

Big White Wall: www.bigwhitewall.com online community providing support

Boing Boing: www.boingboing.org.uk website with resources and research regarding resilience

NHS List of recommended apps

www.nhs.uk/apps-library/category/mental-health/



CALM HARM: a free app to help distract, resist or manage the urge to self harm.



STAY ALIVE: free app designed by Grassroots to be a virtual suicide prevention resource; includes safety planning etc



MindShift: free app to help young people and young adults deal with anxiety – looking at anxiety management and relaxation and also specific issues such as perfectionism



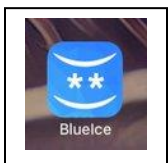
Reasons 2: A free app designed by Washington Mind in conjunction with young people to help improve our wellbeing
Other wellbeing /moodtracker apps include Five Ways to Wellbeing, WRAP, Diary Mood Tracker, Catch it, Virtual Hopebox



Catch it: Learn how to manage feelings like [anxiety](#) and [depression](#) with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



MeeTwo: The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.



Blue Ice: is an evidenced-based app to help young people manage their emotions and reduce urges to [self-harm](#). It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.



ThinkNinja: is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.



Chill Panda: Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.