



## Mental Health Resources and Contacts:



### Child and Adolescent Mental Health Services (CAMHS)

Children and young people may need help with a wide range of issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing. Parents, carers and young people can receive direct support through the Child and Adolescent Mental Health Service. For more details go to:

<https://childrenandfamilyhealthdevon.nhs.uk/camhs/>

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### Kooth

This website provides free mental health support with their online counsellors. For children and young people aged 10-25, It is a free sign up service and includes resources, discussion boards and helpful tips and articles. For more information go to: [www.kooth.com](http://www.kooth.com)

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**The Young Devon Wellbeing Service** has a range of options for Young People who are struggling with their mental health and are looking for support. They offer a number of individual and group options including a Wellbeing Conversation with a therapist, Person Centred Counselling and CBT sessions with a Wellbeing Practitioner. They also run a Wellbeing Cafe in a number of venues across Devon where Young people can join a group focussed around mental health where they can have a good time, connect with others, show others that someone else cares, listen, talk and be part of something. Currently support is provided online, by telephone and face to face

The Wellbeing service is a self-referral service and can be accessed by either emailing [wellbeingenquiries@youngdevon.org](mailto:wellbeingenquiries@youngdevon.org) or visiting the Young Devon website.

<https://www.youngdevon.org/>

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**Headlight** is a peer support group network that has been set up to support young people age 13-25 living with mental health issues. In addition, 1-2-1 mentoring and support is provided to young people in need. Headlight facilitate two groups currently in East Devon, based in Axminster and Ottery St Mary, with both running senior and junior groups fortnightly. The service is free and open to young people who feel they could benefit from engagement with Headlight. For more information and referring into Headlight please contact Aaron Clark, the Project Manager on [aaron.clark@actioneastdevon.org.uk](mailto:aaron.clark@actioneastdevon.org.uk)

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### NHS Mental Health Services

Services across Devon offering a range of different types of treatments and therapies for people experiencing problems with low mood/depression, anxiety or stress. Whatever you need to know about coping with stress, anxiety or depression, or generally improving your emotional wellbeing, they are here to help, they offer practical, useful information, interactive tools and videos of people's stories to support you. For more details go to:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

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**The Mix** is the UK's leading support service for young people. They are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to them via their online community, on social, through their free, confidential helpline or counselling service.

Find out more go to: <https://www.themix.org.uk/> or call the Helpline: 0808 808 4994

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**TALKWORKS** is a free NHS service offering psychological therapies for common mental health difficulties, such as depression and anxiety disorders. They work with adults over the age of 18, and offer online workshops to support individuals who are struggling. You can self-refer to TALKWORKS without seeing a GP. TALKWORKS are part of the NHS and all services are available free of charge: <https://www.talkworks.dpt.nhs.uk/>

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### Thrive - Wellbeing Toolkit Resources

Resources Categories include:

- Activities for children up to 11yrs
- Activities for children up to 16yrs
- Activities for children up to 7yrs
- Resources for parents and carers

[https://www.thriveapproach.com/resources/?fbclid=IwAR1udIq0NvXubRRRT9CFX7cJa7dBZaapvZmnGutlQSumpLTFvdxDZ8qgz\\_M](https://www.thriveapproach.com/resources/?fbclid=IwAR1udIq0NvXubRRRT9CFX7cJa7dBZaapvZmnGutlQSumpLTFvdxDZ8qgz_M)

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They provide expert knowledge to professionals, parents and young people through the Parents' Helpline, online resources, training and development, outreach work and publications. To find out more go to:

<https://www.youngminds.org.uk/> or call Parents helpline - 0808 802 5544

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**B-eat – Beating eating disorders** Information on anorexia, bulimia, binge-eating disorders, EDNOS and other kinds of eating disorders. To find out more go to:

<https://www.beateatingdisorders.org.uk/about-beat/> Beat's free and confidential Helpline services provide support and information 365 days a year. Call [0808 801 0677](tel:08088010677) for the

Helpline, [0808 801 0811](tel:08088010811) for the Student line or [0808 801 0711](tel:08088010711) for the Youth line.

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

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### Haven at Open Door Exmouth

This Christian based charity offers a range of support, Haven being one of them, Haven is a safe space for young people to meet, a peer support group to learn coping strategies, to be listened to, and to realise that they are not alone. It does not replace professional

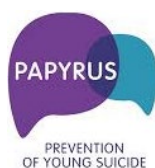
services, but hopefully adds to them and helps to support young people while they are waiting to access professional help.

Haven runs two support groups for young people, one for primary aged children and the other for secondary aged young people. Sessions alternate fortnightly. They also run a parent support group on the first Monday night of each month.

For details on dates and times go to: <http://www.opendoorexmouth.org.uk/our-projects/haven/>

Address: Church Street Exmouth, EX8 1PE.

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**Papyrus** A mental health charity dedicated to preventing young suicide. Call 0800 068 41 41 or Text 07860 039 967 for any young person who is experiencing thoughts of suicide or for anyone who has concerns for a young person who may be in distress.

For more details go to [www.papyrus-uk.org](http://www.papyrus-uk.org) or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

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ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

### Childline Info and advice

Childline are here for you, whatever's on your mind. They will support you. Guide you. Help you make decisions that are right for you.

Their tips and techniques, ideas and inspiration, can help you feel more in control. And you can access them in your own time, at your own pace.

To access the free phonenumber and text service for young people to contact a counsellor, go to:

<https://www.childline.org.uk/get-support/>

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### NHS Every mind Matters

This website offers a range of mental health advice with an interactive quiz that's designed to help you feel more in control of your emotional mental wellbeing.

For more details go to: [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

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### Nip in the Bud

Nip in the Bud® was set up to encourage awareness about mental health disorders in young children.

If left untreated, they could also develop into serious mental and physical health problems. Nip in the Bud's films illustrate the behaviours common in different conditions in children, along with explanations and information on how to follow up and get help. The films are accompanied by downloadable fact sheets explaining the symptoms to look out for, to spot early signs of distress which may require further monitoring.

Find out more at: <https://nipinthebud.org/>

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**Stem4** is a Charity that promotes positive mental health for teenagers and encourages them to build resilience and manage difficult emotions with online resources.

For more details go to: [www.stem4.org.uk](http://www.stem4.org.uk)

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### Tor Support

Tor Support works directly with young people to:

- Alleviate emotional and psychological distress through professional counselling
- Improve quality of life, self-esteem, happiness and relationships
- Help improve life chances and foster more positive adult lives

Tor Support provide free, professional, confidential counselling for young people aged 5-25, in Okehampton and its surrounding parishes. They also have good links with other organisations and can help you to find your way to the support you need. For more information go to: <https://torsupport.org.uk/about/>

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### BOUNCE!

**BOUNCE!** offers a number of services that can be tailored to meet the needs of the child, family and school. This mix and match approach means more support for more children and families and delivers better outcomes. The Bounce! Consist of a team of experienced and highly skilled therapists offer a

range of interventions. For more details go to: <https://www.bouncebrighterfutures.co.uk/>

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### The integrated Brain in Hand system

Brain in Hand is a digital self-management support system for people who need help remembering things, making decisions, planning, or managing anxiety. It's not condition-specific, but is often used by people who are autistic, who have learning difficulties, or who are managing mental health challenges. Combining human support and digital self-management technology, Brain in Hand helps people live more independently.

The system is approved by government departments and in use throughout health, social care and higher education settings across the UK.

For more information go to: <https://braininhand.co.uk/>

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**Useful Apps** - These apps all support Young people to reduce their anxiety through distraction and encourages relaxations and mindfulness.



Search your app provider to download.





SPARKING THE CONVERSATION AROUND MENTAL HEALTH

**Spark UK** - Spark is a new mental health website run by young people for young people. Their aim is to raise awareness of mental health in teenagers across the UK and provide resources for schools to use. Spark UK is based in North Devon. All of the team are aged between 13-16 and still attend full-time education. Find out more about Spark UK, read their useful resources and sign up for digital copies of their half-termly 'The Spark Newsletter' written by young people for young people here: <https://www.sparkuk.co.uk/>

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**Molehill Mountain** is an app to help autistic people understand and self-manage anxiety. You can use Molehill Mountain to explore the causes and symptoms of anxiety

- track your worries and the situations that trigger anxiety
- get evidence-based daily tips to understand more about anxiety
- feel more confident to self-manage anxiety

Get Molehill Mountain on the App Store



Get Molehill Mountain for Android



**ThinkNinja**

**Free during the coronavirus (COVID-19) crisis**

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.



**Harmless** is a passionate organisation who work to address and overcome issues related to self-harm and suicide.

They place people with lived experience at the heart of their service and do their very best to surround the people they help with compassion and

practical help and support to bring about measurable and meaningful change.

For more information go to: <https://harmless.org.uk/>

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- Support individuals who self-harm to reduce emotional distress and improve their quality of life.
- Support and provide information for family and carers of individuals who self-harm.
- Raise awareness of the needs of people who self-harm, dispel myths and combat discrimination
- Empower and enable those that self-harm to seek alternatives to self-harm and further help where appropriate.

For more details go to: <https://nshn.co.uk/>

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### **Children and Family Health Devon**

The CAMHS team have put together information specifically around self-harm.

This is in the form of a 45-minute video: <https://vimeo.com/471039602/aa9f061e5a>

This is best accessed through Google Chrome.

Please click on the link above to watch the information.

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***This is not an exhaustive list, there may be other services in the area, we would be happy to include these. If you have any additions, updates or amendments to this list please email [Amandasmithson@nhs.net](mailto:Amandasmithson@nhs.net) or [Kris.dent@nhs.net](mailto:Kris.dent@nhs.net)***

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## **Notes:**

