### Services available in South Gloucestershire for Children and Adolescents in Need

#### Anxiety and depression

- **Useful books:**
  - ‘What to do when you worry too much’ Huebner (Age 6-12)
  - ‘Helping Your Anxious Child’. Rapee et al.
  - ‘Talking Back to OCD’ March and Benton
  - ‘Breaking Free From OCD; a CBT guide for young people and their families. Derisley
  - ‘Think Good, Feel Good’ Paul Stallard
  - ‘What To Do When Your Brain Get’s Stuck: A Kid’s Guide to Overcoming OCD’ Huebner
  - ‘Think Good, Feel Good’ Paul Stallard

- School Health Nurse
- The Kingswood Bourne Family project – Play therapist works with children with many different needs. Charges apply. 0117 9478441
- Anxiety UK – Provides information and support for those living with anxiety [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) Helpline – 08444 775 774 Monday-Friday 09.30-5.30
- Information booklet for children with obsessive and compulsive behaviours [www.ocdkids.org](http://www.ocdkids.org)
- Information for young people, families and professionals on depression [www.cwmt.org.uk](http://www.cwmt.org.uk)
- Self help guides for young people with a range of emotional/mental health difficulties [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)
- For adolescents with emotional/mental health and relationship difficulties [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)
- CALM (Campaign Against Living Miserably) Helpline for males aged 15-24 0800 58 58 58 7 days a week 5pm-midnight [www.thecalmzone.net](http://www.thecalmzone.net)
- [www.youngminds.org.uk](http://www.youngminds.org.uk) – information on a wide range of mental health difficulties and telephone support for parents
- Mother for Mothers – information and support for mothers suffering with post-natal depression Helpline (limited times) 0117 9756006 [www.mothersformothers.co.uk](http://www.mothersformothers.co.uk)

#### Attention Deficit Hyperactivity Disorder

- Information and resources for parents and teachers [www.addiss.co.uk](http://www.addiss.co.uk) 020 8952 2800
- Information about ADHD for parents [www.netdoctor.co.uk/adhd](http://www.netdoctor.co.uk/adhd)
- Practical tools for teachers and parents to help with behaviour management [www.myadhd.com](http://www.myadhd.com)

#### Autistic Spectrum Condition

- Leading UK charity for people on the autism spectrum and their families [www.autism.org.uk](http://www.autism.org.uk)
- National charity for children and young people on the autistic spectrum [www.ambitiousaboutautism.org.uk](http://www.ambitiousaboutautism.org.uk)
- Incredible Kids – A safe & supportive space to play together as a family - specific times – Christ The King Church, Bradley Stoke. [incrediblekids.org.uk](http://incrediblekids.org.uk) 07889951114
- National Autistic Society helpline Monday-Friday 10am-4pm 0808 800 4104 [autismhelpline@nas.org.uk](mailto:autismhelpline@nas.org.uk)
- NAS education rights and advice service 0808 800 4102 email: educationrights@nas.org.uk They aim to get back within 7 days
- Information from Supportive parents re sources of information and support groups for parents and carers [www.supportiveparents.org.uk/storage/Appendix%203.doc](http://www.supportiveparents.org.uk/storage/Appendix%203.doc)
- Butterflies Haven – support and social events for parents/carers, children and youths who are or may be on the autistic spectrum - [www.butterflies-haven.co.uk](http://www.butterflies-haven.co.uk)
- Asperger Syndrome Foundation – Promoting awareness and understanding of Asperger’s Syndrome [www.aspergerfoundation.org.uk](http://www.aspergerfoundation.org.uk)
- Practical advice & downloads for professionals and parents on topics such as dyspraxia, dyslexia, autistic spectrum conditions [www.boxofideas.org](http://www.boxofideas.org)
<table>
<thead>
<tr>
<th>Autistic Spectrum Condition Cont’d/……</th>
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<tbody>
<tr>
<td>- Information site on all stages of transition for schools, employers and parents <a href="http://www.spldtransitions.co.uk">www.spldtransitions.co.uk</a></td>
</tr>
</tbody>
</table>
| - Early Bird and Cygnet groups – a range of courses for parents/carers whose children have been diagnosed on the autism spectrum  
  Contact Eryl Daniels – 01454 863623 or eryl.daniels@southglos.gov.uk |
| - Young Sibs: For siblings of disabled children [www.youngsibs.org.uk](http://www.youngsibs.org.uk) |
| - South Glos Children & Young People’s Information Service - 01454 868008 |

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<thead>
<tr>
<th>Recommended books</th>
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<tbody>
<tr>
<td>- ‘The Autistic Spectrum: a guide for parents and professionals’ Lorna Wing</td>
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<tr>
<td>- ‘Asperger’s Syndrome: a guide for parents and professionals’ Tony Attwood</td>
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<tr>
<td>- ‘Autism: a social skills approach for children and adolescents’ Aarons and Gittens</td>
</tr>
<tr>
<td>- ‘Freaks, Geeks and Asperger Syndrome: A user guide to adolescence’ Jackson</td>
</tr>
<tr>
<td>- ‘Autism Spectrum Disorders: Practical strategies for teachers and other professionals’ Fulton</td>
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<tr>
<th>Bereavement</th>
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<tr>
<td>- Winston’s Wish – <a href="http://www.winstonswish.org.uk">www.winstonswish.org.uk</a></td>
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<tr>
<td>- The Rainbow Centre – <a href="http://www.rainbowcentre.org.uk">www.rainbowcentre.org.uk</a></td>
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<tr>
<td>- Information and support for bereaved children <a href="http://www.childhoodbereavementnetwork.org.uk">www.childhoodbereavementnetwork.org.uk</a></td>
</tr>
<tr>
<td>- Cruse Bereavement Care. <a href="http://www.rd4u.org.uk">www.rd4u.org.uk</a> and young people’s helpline – Mon-Fri 9.00-5pm. 0808 808 1677</td>
</tr>
<tr>
<td>- <a href="http://www.childdeath.helpline.org.uk">www.childdeath.helpline.org.uk</a> Freephone helpline for anyone affected by the death of a child – 0800 282 986</td>
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<th>Bullying/Discrimination</th>
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<tr>
<td>- Bullywatch – 01454 318753 <a href="http://www.bully-watch.co.uk">www.bully-watch.co.uk</a></td>
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<tr>
<td>- BeatBullying – Resources and information for young people, parents and schools. On-line support for young people <a href="http://www.beatbullying.org">www.beatbullying.org</a></td>
</tr>
<tr>
<td>- Large Resource on school and workplace bullying <a href="http://www.bullyonline.org">www.bullyonline.org</a></td>
</tr>
<tr>
<td>- Kidscape – Information on preventing bullying. Includes helpline for parents/carers – 08451 205 204 <a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a></td>
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<tr>
<td>- Support Against Racism - 0117 9420060 <a href="http://www.sariweb.org.uk">www.sariweb.org.uk</a></td>
</tr>
<tr>
<td>- Britkid - An interactive site game that deals seriously with the issues of race and racism in today’s Britain <a href="http://www.britkid.org">www.britkid.org</a></td>
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<tr>
<th>Challenging behaviour</th>
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<tr>
<td>- Useful books: ‘The Explosive Child’ Ross Greene</td>
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<tr>
<td>- ‘The Incredible Years’ Webster-Stratton (For parents of 0-8 year olds)</td>
</tr>
<tr>
<td>- ‘What to Do When Your Temper Flares: A Kid’s Guide to Overcoming Problems with Anger’ Huebner</td>
</tr>
<tr>
<td>- ‘What to Do When You Grumble Too Much: A Kid’s Guide to Overcoming Negativity’ Huebner</td>
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<tr>
<td>- Parenting groups – referral through First Point to the Family Intervention Support Service by professional. Open CAF required.</td>
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<tr>
<td>- Behaviour Support Team (Accessed through school according to traded service agreement)</td>
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<tr>
<td>- Southern Brooks Project. Work with children and families. Referral through CAF and self referral. Please contact office for support available 01454 868 570 <a href="http://www.southernbrooks.org.uk">www.southernbrooks.org.uk</a></td>
</tr>
<tr>
<td>- Breakthrough – Activity-based mentoring service for children and young people. Placements require a funding source. 01454 864616 <a href="mailto:breakthrough@southglos.gov.uk">breakthrough@southglos.gov.uk</a></td>
</tr>
<tr>
<td>- Make It Mentoring – working alongside children and young people up to 19 to build confidence and resilience, including those with special educational needs. Charges apply. 01454 299593 <a href="http://www.makeitmentoring.co.uk">www.makeitmentoring.co.uk</a></td>
</tr>
<tr>
<td>- Online information for parents/carers on understanding and dealing with children’s behaviour – <a href="http://www.kidsbehaviour.co.uk">www.kidsbehaviour.co.uk</a></td>
</tr>
</tbody>
</table>
### Common Assessment Framework (CAF)
- A CAF assessment should be considered for any child or young person with additional needs that are not being easily met. For information and advice – CAF support: First Point – 01454 866000

### Counselling services for young people
- IAPT (Improving Access to Psychological Therapies) Lift Psychology offering 1-1 and group work for 16 years up. 0117 3784270 [www.lift.awp.nhs.uk](http://www.lift.awp.nhs.uk)
- Network Counselling – for ages 11 and up. Contribution required. 0117 9507271 [info@network.org.uk](mailto:info@network.org.uk)
- Individual and family counselling 0117 9424510 [www.bridgefoundation.org.uk](http://www.bridgefoundation.org.uk) (charges apply)
- Relate Avon. Counselling services now available for young people aged 10-18. 0117 9428444, [www.relate-avon.org.uk](http://www.relate-avon.org.uk) (Charges apply)
- Get Connected – Telephone and email support for under 25’s. Freephone 0808 808 4994 (1pm-11pm). Text 80849 [www.getconnected.org.uk](http://www.getconnected.org.uk)
- Information regarding adolescent mental health [www.youngminds.org.uk](http://www.youngminds.org.uk)
- ChildLine – free helpline for children and young people to talk about any problem 24 hours a day, 7 days a week. 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- Telephone and online support from young people to young people [www.youth2youth.org.uk](http://www.youth2youth.org.uk) *(Helpline temporarily closed Jan 2014)*

### Deliberate Self-harm
- Indigo Project supports young people aged 13-19 who self-harm. 07790645078 [www.indigoproject.co.uk](http://www.indigoproject.co.uk) info@indigoproject.co.uk
- National Self Harm Network – support, advice and advocacy services. Online support via support@nshn.co.uk (Average response time 72 hours). Helpline – 0800 622 6000 (Limited times) [www.nshn.co.uk](http://www.nshn.co.uk)
- Information for young people, family and professionals [www.papyrus-uk.org](http://www.papyrus-uk.org)
- Harmless – User led & provides support, information & training to people who self harm, their friends and family [www.harmless.org.uk](http://www.harmless.org.uk)
- Hopeline UK helpline – Resources and support for those dealing with suicide, depression or emotional distress – 0800 068 4141
- TESS – Text &email support for girls & women up to 25 who self injure. Text 0780 0472908. Email – TESS
- Information and fact sheets re self harm [www.lifesigns.org.uk](http://www.lifesigns.org.uk)
- Reasonably priced information booklets for young people who self harm, their family and friends and for those who have been abused as children - [www.basementproject.co.uk](http://www.basementproject.co.uk)
- Survivors of bereavement by suicide – includes support information and helpline – 0844 5616855 9am-9pm [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

### Domestic Abuse
- Survive 0117 9612999 [www.survivedv.org.uk](http://www.survivedv.org.uk) – Domestic abuse service for women and children in South Gloucestershire
- Domestic abuse service for women and children in Bristol [www.nextlinkhousing.co.uk](http://www.nextlinkhousing.co.uk)
- The Hide Out – provides information and support for children and young people affected by domestic abuse [www.thehideout.org.uk](http://www.thehideout.org.uk)
- Back on Track group run by Survive for 7-11 year olds who have witnessed domestic abuse and are safe – 0117 9613065
- Freedom Programme 16-24 run by Survive for young women who are experiencing abuse and violence in their own relationships – contact Helen Chignell on 0117 9613065
- National Domestic Violence Helpline – 24 hour freephone - 0808 2000247
- Support for same sex victims of domestic abuse – 0300 999 5428 - [www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)
| Drug/Alcohol Abuse | Young People’s Drug and Alcohol Service - 01454 868763. Email - ypservice@southglos.gov.uk Confidential helpline: 0800 77 66 00 – Mon-Fri 9am-4pm.  
www.talktofrank.com Helpline – 0300 123 66000 – freephone 24 hours. Text – 82111  
National Association for children of alcoholics www.nacoa.org.uk 0800 358 3456  
Drinkline - 0800 917 8282 |
|-------------------|-------------------------------------------------------------------------------------------------|
| Eating difficulties | GP  
School Health Nurse – based at the Locality Hubs  
Eating Disorder Association – www.b-eat.co.uk Youth helpline – 0845 6347650  
Information about eating problems and many suggestions for coping and improving eating habits - www.something-fishy.org  
REACH – Weight management programme for overweight children between 4-11 years and parent/carer. www.southglos.gov.uk/reach or 01454 868535  
Slimming World – From aged 11 up accepted if accompanied by parent and with written permission from GP. www.slimmingworld.com 0844 897 8000  
Weight Watchers – From aged 10 up if accompanied by parent and approval letter from GP www.weightwatchers.co.uk 0845 345 1500  
Food banks give food and essential household items to individuals and families in crisis – voucher available from some schools and community Hubs – more information from First Point 01454 86 6000 http://www.resoundbristol.co.uk/community/food-bank/ |
| First Point - Children and Young Peoples Services (CYPS) | CAF support 01454 866000  
Accepting referrals for Preventative services 01454 866000  
Social Care duty desk where there are child protection concerns 01454 866000 |
| Homelessness | Locality Children and Young People’s Service: Details below  
South Glos youth housing – Kingswood site - 0117 9352881. Yate site – 01454 325165 www.sgyh.org  
Independent People – Housing support and advice to young people aged 16-25 www.1625ip.co.uk  
Housing and homeless charity www.shelter.org.uk |
| Lesbian, gay, bisexual, trans | Bristol based youth group 07900730415 www.wellaware.org.uk/organisations/958-freedom-youth-bristol  
EACH – educational action challenging homophobia. 1-1 support to individuals who have been or continue to be target of homophobic incidents. 0808 1000 143. www.eachaction.org.uk  
www.queeryouth.net  
www.stonewall.org.uk  
Individual and Family support for teenagers and children with gender identity issues www.mermaidsuk.org.uk  
Gires – Provides information & education to those affected by gender identity and intersex conditions. www.gires.org.uk  
Depend – Free, confidential, non-judgmental advice, information and support to family members and friends of transexual people www.depend.org.uk |
| Low Self-esteem | School mentor/counsellor  
https://moodgym.anu.edu.au/welcome/new/splash - For adolescents with emotional/mental health and relationship difficulties  
Breakthrough Project – accessed through school  
The Site – Online guide to life for 16-25 year olds www.TheSite.org.uk |
| Mental Health Consultation | • Primary Mental Health Specialists are available to professionals for advice, support and training where there are concerns about a child’s mental health for ante-natal -17 year olds: South Gloucestershire Child and Adolescent Mental Health Service (CAMHS) 01454 862431  
• Children and Adult Mental Health - List of links to other sites re mental health issues and helpline numbers  [www.mind.org.uk](http://www.mind.org.uk) |
|---|---|
| Parenting Support | • Southern Brooks Project. Work with children and families in some areas of S.Glos. Referral through CAF  01454 866 570  
[www.southernbrooks.org.uk](http://www.southernbrooks.org.uk)  
• A group for parents who have children with disability/additional needs  [www.sglospc.org.uk](http://www.sglospc.org.uk)  01454 501009 (please leave a message)  
• Parenting advice and support -  [www.familylives.org.uk](http://www.familylives.org.uk)  24 hour helpline – 0808 800 2222  
• The Kingswood Bourne Family project – Parenting courses and adult counselling.  0117 9478441  
• Resound Family Resource team – Parenting courses and Parent Buddies for parents living in BS16 area. For more information contact Resound on 0117 3050969  
[janh@resoundbristol.co.uk](mailto:janh@resoundbristol.co.uk)  
[jayne@resoundbristol.co.uk](mailto:janeye@resoundbristol.co.uk)  
• Parenting support and groups available – referral to the Family Intervention Support Service through First Point referral where there is an open CAF  
• The Children’s Information Service for South Glos for parents of children aged 0-18.  01454 868008  
• Information and resources for parents and professionals  [www.zerotothree.org](http://www.zerotothree.org)  
• Homestart – voluntary charity, befriending/support for parents with children under 5 who are in need.  0117 9501170  
[www.home-start.org.uk](http://www.home-start.org.uk)  
• Young Minds Parents Helpline  0808 802 5544 – 9.30am-4pm Mon-Fri or  
email [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)  
• Parents Under Pressure – 20 week programme for parents who have a child under 2 and a half and are on a drug or alcohol treatment programme – NSPCC  0117 9543650  
• Parental Mental Health & Child Welfare Network  [www.pmhcwn.org.uk](http://www.pmhcwn.org.uk)  
• Details of national and local organisations offering support -  [www.1bigdatabase.org.uk](http://www.1bigdatabase.org.uk)  
• Marriage Care - Catholic relationship counselling service available to individuals and couples regardless of marital status, religious beliefs or sexual orientation. Donation required  [www.marriagecare.org.uk](http://www.marriagecare.org.uk)  
• Divorce Aid – advice and information for parents and children  [www.divorceaid.co.uk](http://www.divorceaid.co.uk) |
| Private Therapy | • Counselling and Psychotherapy in Bristol  [www.bridgefoundation.org.uk](http://www.bridgefoundation.org.uk)  
• British Association for Counselling and Psychotherapy  [www.bacp.co.uk](http://www.bacp.co.uk)  
• Family Therapy and Systemic Practice  [www.aft.org.uk](http://www.aft.org.uk) |
| Sexual health and teenage pregnancy | • Child exploitation online protection centre  [www.ceop.police.uk](http://www.ceop.police.uk)  
• Sexual health and advice  [www.nhs.uk/worthtalkingabout](http://www.nhs.uk/worthtalkingabout)  
• S.Glos C card scheme accessed through GP surgeries, youth centres, School Health Nurses and some schools  
• Brook Young People’s Clinic free and confidential drop in:  1 Unity Street, Bristol.  020 7284 6040  [www.brook.org.uk](http://www.brook.org.uk)  
Free and confidential information –  0808 802 1234  
• Information on sexual health and services in South Gloucestershire -  [no-worries.youthunltd.com](http://www.no-worries.youthunltd.com)  
• No Worries drop-in clinics for young people, no appointment needed – Cadbury Heath Health Centre  Mondays 6pm-8.15pm  
Westgate centre, Yate – Wednesdays 6.15-8.30pm  
Patchway Hub – Wednesdays 5.30pm-7.45pm |
| Sexual Abuse | • Information and counselling services to support children and adults who have been affected by rape/sexual assault.  
[www.turntothebridge.org](http://www.turntothebridge.org)  0117 3426999  
• Avon Sexual Abuse Centre, including groups for 11-18 years olds who have experienced sexual trauma  [www.the-green-house.org.uk](http://www.the-green-house.org.uk)  0117 9351707  
• Rape and Sexual Abuse Support for women and girls  [www.sarsas.org.uk](http://www.sarsas.org.uk)  Helpline:  0808 801 0456 (free from landlines & most mobiles  
• Kinergy – counselling service for survivors of sexual abuse and rape aged over 16 –  0117 9087712;  [www.kinergy.org.uk](http://www.kinergy.org.uk)  
• Reasonably priced information booklets for young people who self harm, their family and friends and for those who have been abused as children -  [www.basementproject.co.uk](http://www.basementproject.co.uk) |
### Special educational needs and disability

- **Inclusion support** – for children with a statement of educational needs – accessed via annual review process or school education officer. [incrediblekids.org.uk](http://incrediblekids.org.uk) 07889951114
- **Incredible Kids** – A safe & supportive space to play together as a family - specific times – Christ The King Church, Bradley Stoke. incrediblekids.org.uk 07889951114
- **Supportive Parents**— Information and support line – 0117 9897725 [www.supportiveparents.org.uk](http://www.supportiveparents.org.uk)
- **Special Friends Club** – Support for families with children with special educational needs by organising activities [www.specialfriendsclub.org.uk](http://www.specialfriendsclub.org.uk) 07783 322650
- **Whizz-Kids** – For disabled young people aged 10-18 years – youth club, wheelchair skills training, work placements, leadership programmes, residential camps and more. t.dowan@whizz-kidz.org.uk or phone 07584 134 697 for more information
- **Bournstream** – A dedicated play site near Wotton-Under-Edge for children/young people with disabilities or special educational needs and their families [www.bournstream.org.uk](http://www.bournstream.org.uk) 01453 845568
- **Practical advice & downloads for professionals and parents on topics such as dyspraxia, dyslexia, autistic spectrum conditions** [www.boxofideas.org](http://www.boxofideas.org)
- **A range of free information sheets about challenging behaviour** [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)
- **Young Sibs:** For siblings of disabled children [www.youngsibs.org.uk](http://www.youngsibs.org.uk)
- **The Yellow Book** - An information resource for children & young people with additional needs – [www.southglos.gov.uk/yellowbook](http://www.southglos.gov.uk/yellowbook)
- **Information on learning disabilities for parents and teachers** [www.ldonline.org](http://www.ldonline.org)

### Youth Services

- **Youth Inclusion Support Service** – accessed with referral through First Point or youth drop in at the locality Hubs.
- **Make It Mentoring** – working alongside children and young people up to 19 to build confidence and resilience. Charges apply. 01454 299593 [www.makeitmentoring.co.uk](http://www.makeitmentoring.co.uk)
- **Kingswood Bus Project** – For young people aged 11-25. Activities and support facilitated by youth workers [www.kingswoodbusproject.co.uk](http://www.kingswoodbusproject.co.uk)
- **Information for youth in S.Glos on anything from sexual health to transport to youth centres** – [www.youthunltd.com](http://www.youthunltd.com)
- **Fairbridge** – work with young people aged 13-25 who are difficult to engage. [www.fairbridge.org.uk](http://www.fairbridge.org.uk)
- **Information and signposting regarding young people’s mental health** [www.right-here.org.uk](http://www.right-here.org.uk)

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Updated by Angie Davey - Primary Mental Health Specialist (School-age) S.Gloucestershire CAMHS  
Details correct at time of going to press – February 2014