



DIRECTORY OF SERVICES

YOUNG SOMERSET

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COVID-19 SUPPORT

- Young Somerset - <https://www.youngsomerset.org.uk/Pages/Category/covid-19-support>
- Young Minds - <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- UK Youth - <https://www.ukyouth.org/2020/03/18/coronavirus-advice/>
- Place 2 be - <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
- How to Manage Quarantine - <https://www.independent.co.uk/life-style/health-and-families/coronavirus-mental-health-self-isolate-how-to-manage-quarantine-a9404431.html>
- Looking After Yourself and Colleagues - <https://medium.com/loneliness-lab/loneliness-and-home-working-how-to-look-after-yourselves-and-your-colleagues-c5d247782921>
- Covid-19 Care Cards - <https://www.youngsomerset.org.uk/covid-19-care-cards>

APPS

- **Calm** – Provides tools and techniques for managing stress and anxiety through meditation and mindfulness.
- **Calm Halm** – Helps manage urge to self-harm.
- **Catch It** – Learn how to manage feelings like anxiety and depression. Teaches tools and techniques to look at problems in a different way, and to improve mental wellbeing.
- **CBT Thought Diary** – An app to help young people track and record their thoughts and emotions.
- **Daylio** – Keep a private journal without writing anything down! Add your pick and activities you have been doing during the day. Add notes and record your mood over months.
- **distrACT** – Self-help and distractions against self-harm. Access to details about support services, and information about what to do in a crisis.
- **Family Lives** – Advice about bullying and supporting through exam stress. Helpline 0808 800 2222
- **FearTools** – An app designed to help combat anxiety, including Generalized Anxiety Disorder, Phobias, and Social Anxiety.
- **Gingerbread** – Offers support for single-parent families. Provides expert advice and practical support for single Mums and Dads in England and Wales. Advice from benefit sanctions to employment and education.
- **Happify** – An app designed to improve overall wellbeing and happiness. Includes interactive games and activities, which earns points, which can be used to unlock extra activities.
- **Happy Maps** – Support and resources for parents about children and young people’s mental health. Family Lives – Advice about bullying and supporting through exam stress.
- **Headspace** – Guided meditation.
- **Healthy Minds** – Problem solving tools aimed at students struggling with emotions and stress.

- **InHand** – An app to help young people through the ups and downs of life; it suggests activities to help based on how you rank your mood.
- **Meetwo** – A safe and secure forum for young people to discuss issues affecting their life. Anonymous advice from experts regarding mental health, self-harm, relationships, and friendships.
- **Mindshift** – An app specifically for young people to help manage their anxiety. There are lots of tools, techniques, and advice.
- **Mood Panda** – Half mood tracker/half social network. Allows young people to keep their mood private or share it publicly for support from other Mood Panda users.
- **Mood Scope** – A mood tracking tool.
- **Moodfit** – An app to track and improve your mood if you're experiencing symptoms of stress, anxiety or depression.
- **MoodMission** – Teaches new and better ways of coping with stress, low mood, anxiety, and depression.
- **Moodometer** – An app as well as an online resource, which helps children and young people monitor and understand their emotional wellbeing.
- **MoodTools** - Feeling sad or depressed? Lift your mood with free, evidence-based tools <http://www.moodtools.org/>
- **Personal Zen** – Interactive games to help reduce stress.
- **Recovery Record** – A self-help tool for children and young people suffering from eating disorders.
- **Rise Up** – Support for people struggling with food, dieting, exercise and body image. Allows you to log meals and emotions, provides self-monitoring homework and education and information about general wellbeing and mental health.
- **SAM (Self-Help for Anxiety Management)** – Help with anxiety management which includes interactive games and tools, and an anxiety tracker.
- **Sane** – Information and resources, as well as emotional support for those affected by mental health. Helpline 0300 304 7000 Text care (confidential service with a reply in 72 hours)
- **Sanvello** – Teaches mindfulness skills and provides mood and health tracking tools that can be used to improve mental and physical health.
- **Silvercloud** – A wide range of supportive and interactive programmes and tools for issues such as anger management, stress management, relationships, sleep, relaxation, depression, and anxiety.
- **Smiling Mind** – A daily guide for managing stress and anxiety through mindfulness and meditation.
- **Stay Alive** – A suicide prevention resource. Lots of useful information and tools to stay safe in a crisis.
- **Stop, Breathe and Think** – A guide to meditation, which recommends certain meditations based on how you're feeling.
- **Stressheads** – An interactive app, which helps young people distract from immediate stress by games, journal-keeping, and access to advice about triggers, stress, symptoms, exams, money, and relationships.

HELPLINES & TEXT SERVICES

- **Anorexia and Bulimia Care** – A national eating disorders organisation providing on-going care, emotional support, and practical guidance for anyone affected by eating disorders.
<http://www.anorexiabulimiacare.org.uk/> Helpline 03000 11 12 13
- **Bullying UK** – Offers support and advice to young people and families.
<https://www.bullying.co.uk/> Confidential helpline 0808 800 222 Open Monday-Friday 9am-9pm, Saturday-Sunday 10am-3pm Email askus@familylives.org.uk
- **Campaign Against Living Miserably (CALM)** – A website for men seeking support around issues such as abuse, drugs and alcohol, depression, anxiety etc. Webchat available 5pm-12pm every day <https://www.thecalmzone.net/> Helpline open 5pm-12pm every day. 0800 58 58 58
- **Childline** – Free and confidential support and information via message boards, 1-1 telephone calls, and online support. <https://www.childline.org.uk/> / 0800 1111
- **Family Lives** – Advice about bullying, and supporting through exam stress.
www.familylives.org.uk / Helpline 0808 800 2222
- **Fancy a Chat** – A service set up by Young Somerset for young people wanting a chat with a youth worker or wellbeing practitioner. <https://www.youngsomerset.org.uk/fancy-a-chat>
- **Frank** – Information about drugs, their effects and the law around them.
<https://www.talktofrank.com/> Helpline 0300 123 6600 Open 24/7, 7 days a week. Text support 82111 Email <https://www.talktofrank.com/contact>
- **Kooth** – Safe and anonymous online chat support for young people until 10pm – friendly counsellors, self-help and community support. www.kooth.com
- **LGBTQ + Switchboard** - Helpline, support and advice for anyone who is struggling with their gender identity. 0300 330 0630 / Open 10am-10pm every day Online chat chris@switchboard.lgbt
- **LGBTQ Foundation** – A national charity delivering advice, support and information services to the LGBT community. Also offers support for sexual health, substance misuse, and domestic abuse. <https://lgbt.foundation/> Helpline 0345 330 30 30 / Open Monday to Friday 10am-6pm
- **Mermaids UK** – Individual and family support for teenagers and children with gender identifying issues. <https://mermaidsuk.org.uk/> Helpline 0808 801 0400 Open Monday-Friday 9am-9pm
- **Mindline Somerset** – 24/7 Emotional support helpline / 01823 276892
- **Mindline Trans+** - Confidential emotional, mental health support for people that identify as Transgender, Agender, Gender Fluid, Non-Binary etc. Also supports family members and friends of young people. <http://mindlinetrans.org.uk/> Helpline 0300 330 5468 / Open Mondays and Fridays 8pm-12pm
- **Papyrus Hope Line UK** - Confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide and anyone concerned a young person may be having thoughts of suicide. pat@papyrus-uk.org / Call: 08000684147 / Text: 07786209697 / <https://www.papyrus-uk.org/help-advice/about-hopelineuk>
- **Samaritans** – Free, confidential emotional support for those experiencing distress, self harm, or suicidal feelings. Call: 116 123 / <https://www.samaritans.org/>
- **Self-Injury Support** – Provides information and support for girls and women who self-harm. Email and web chat available. <https://www.selfinjurysupport.org.uk/> Telephone helpline available 0808 800 8088 Text support available 07537 432 444

- **Shout** – A free and confidential 24/7 text service for anyone in a crisis. Text SHOUT to 85258
- **TESS** – Text and email support service for women and girls affected by self-harm. Text service available Tuesdays, Wednesdays and Thursdays from 7pm-09:30pm 07537 432 444 Email and web chat available www.selfinjurysupport.orh.uk
- **The Mix** – Support for under 25's around a variety of issues such as mental health, exam stress, relationships, and drugs. www.themix.org.uk Helpline 0808 808 4994 Crisis Text Service, Text 'THEMIX' to 85258, 1:1 chat <https://www.themix.org.uk/get-support/speak-to-our-team> / Open 7 days a week 4pm-11pm
- **Winston's Wish** - Supporting children and young people after the death of a parent or sibling. Face to Face Support, Freephone National Helpline, Online Chat, Getting Support and Support Information. <https://www.winstonswish.org/>

SUPPORT

GENERAL SUPPORT

- **Your local GP/GP out of hours/111/ 999**
- **Counselling4Yeovil** – Affordable, professional counselling for people of any age. <https://counselling4yeovil.org.uk/>
- **CYP Somerset ED** – Resources to support schools, colleges, getset services, children's centres and the wider children and young people's workforce to improve the health and wellbeing of children and young people in Somerset. https://www.cypsomersethealth.org/new_home
- **Doc Ready** – Prepares young people for their first visit to their GP to talk about their mental health. <http://www.docready.org/#/home>
- **Sedgemoor CAB** – Advising, supporting, empowering people and driving social change. The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including debt, housing, benefits, legal, discrimination, employment, immigration, consumer and other problems. www.sedgemoorcab.org.uk
- **Somewhere House** - Somewhere House aims to reach individuals who most need help through a variety of services, including low cost counselling, educational workshops and community projects. They see clients in Burnham, Highbridge, Cheddar, Bridgwater and local schools. www.somewherehousesomerset.org
- **The Space (Cheddar)** - Weekly drop-in centre in Cheddar for young people aged 13-18 years <http://cheddarpatientgroup.co.uk/the-space-2/>

MENTAL HEALTH SUPPORT

- **Anxiety UK** – Live chat and email support for children and young people experiencing anxiety. <https://www.anxietyuk.org.uk/>
- **Bipolar-Somerset** - Provides advice, information and support. www.bipolar-somerset.org.uk
- **Equilibrium Bipolar Organisation**, Somerset Providers services which are designed to give people affected by bipolar the opportunity to lead a stable life. Self-Help Group, Telephone Helpline and 1-1 Consultations <https://bipola7.wixsite.com/equilibrium/services>

- **Head Meds** – Information for young people around medication, mental health and life. <https://youngminds.org.uk/find-help/medications/>
- **In Charley's Memory** – 1:1 counselling service for children and young people aged 11-25. Based in Burnham on Sea. www.incharleymemory.co.uk Telephone number 01278 557490
- **Mind In Somerset** - Information and signposting to services for young people in Somerset www.mindinsomerset.org.uk
- **Mind In Somerset- Youth Matters** - For young people aged 11-17 and 18-24 who are living with mental health distress in Mendip and South Somerset, providing 5 venues where young people can have one to one targeted mental health support. (Yeovil, Bridport, Langport, Chard and Frome. <https://www.mindinsomerset.org.uk/our-services/young-people/youth-matters/>)
- **No Panic** – A voluntary charity who helps people that suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorder and other related anxiety disorders. <https://nopanic.org.uk/> ng to end domestic violence against women and children. <https://www.womensaid.org.uk/>
- **Oasis Talk** – Offers free self-help guides on depression, anxiety, panic attacks, sleeping, improving self-esteem, and mindfulness.
- **OCD Action** - Telephone, Email and Local Group Support for OCD sufferers. Also includes resources including forums and articles. www.ocdaction.org.uk
- **One You** – A useful website with apps and resources for mental health and general wellbeing topics.
- **Rethink Mental Health** Charity - Support & advice www.rethink.org
- **Somerset Talking Therapies** – Offering a wide range of treatments for adults over 18 years of age who are registered with a GP surgery in Somerset and need support with their mental health. Includes online resources for self-help. www.somersetalkingtherapies.nhs.uk
- **Stem 4** - Eating disorders, depression, anxiety and self-harm affecting teenagers www.stem4.org.uk
- **Students Against Depression** – Information, advice, and real-life stories for students suffering with depression. <https://www.studentsagainstdespression.org/>
- **Young Minds** – From eating disorders, to abuse, anxiety, and depression – suggests support for a huge range of difficulties for young people and their parents/carers. <https://youngminds.org.uk/>
- **Young Somerset** – Provides 1:1 Low Intensity Cognitive Behavioural Therapy for young people experiencing difficulties with low-mood, anxiety, stress, phobias, and other mental health difficulties. Get in touch via <https://www.youngsomerset.org.uk/wellbeing-support>
- **Youth Matters** – Support for young people aged 11-24 living with mental health distress. 1:1 listening sessions or groups located in Yeovil, Langport, Chard and Frome. Further information about location, timings and referral at <https://www.mindinsomerset.org.uk/our-services/young-people/youth-matters/>).

EATING DISORDER SUPPORT

- **ABC** - Anorexia and bulimia care www.anorexiabulimia.org.uk
- **Beat** – Online support, resources and self-help groups on all types of eating disorders. <https://www.beateatingdisorders.org.uk/>

- **Somerset and Wessex Eating Disorders Association (SWEDA)** – Provides support to anyone suffering from, or supporting someone with an eating disorder. Services include counselling, self-help groups, training for health care providers, and a college support service. <https://www.swedauk.org/>

SELF-HARM AND SUICIDE SUPPORT

- **Harmless** – Provides support, information, and training to people who self-harm, as well as their families. www.harmless.org.uk
- **Mind** – An online support with information on how to support someone feeling suicidal. <https://www.mind.org.uk/media/5452271/how-to-support-someone-who-feels-suicidal-2017.pdf>
- **Mind In Somerset** - Bereavement Service (ROAR) Relax- Open- Accept- Receive Young people's peer support group that offers a safe space when you can be with other young people who have also lost someone important to suicide. <https://www.mindinsomerset.org.uk/our-services/young-people/roar/>
- **National Suicide Prevention Alliance** – Online resource for support/how to cope with suicidal thoughts. https://www.nspa.org.uk/resources/?resource_category=providing-individual-support
- **Staying Safe** – An online resource with information and support for suicidal thoughts. www.stayingsafe.net

ABUSE SUPPORT

- **CEOP Police** – Provides information about keeping young people safe online, and if you are concerned about online sexual abuse. www.ceop.police.uk
- **Phoenix Project** - Support for children and young people around sexual abuse www.barnados.org.uk/somersetphoenixproject.htm
- **Somerset and Avon Rape and Sexual Abuse Support (SARSAS)** – Confidential support for those who have experienced sexual violence or abuse at any time in their lives. SARSAS provide information, emotional support, signposting advice, and can help you access counselling services. <http://www.sarsas.org.uk/helpline/>
- **Survivors UK** – A helpline for men 18 and over who have experienced rape or sexual abuse at any time in their lives. <https://www.survivorsuk.org/>
- **Victim Support** – Supporting children and young people who have been affected by crime. Also provides support for parents and professionals who work with children and young people. <https://www.victimsupport.org.uk/help-and-support/young-victims-crime>
- **Women's Aid** – A national charity working to end domestic violence against women and children. <https://www.womensaid.org.uk/>

STUDENT SUPPORT

- **Safe Space** – Empowering students to affect change by supporting student-led efforts to positively impact their own schools and local communities. <https://www.glsen.org/>
- **Student Minds** - Resources and support for students containing detailed information on different challenges that university life can bring. www.studentminds.org.uk

LGBTQ SUPPORT

- **2BU Somerset** – Resources and support for lesbian, gay, bisexual and transgender young peoples in Somerset. www.2bu-somerset.co.uk

BEREAVEMENT SUPPORT

- **Cruse** – Bereavement support for adults and young people. www.cruse.org.uk
- **Grief Encounters** - Free support service for bereaved children and their families to help alleviate the pain caused by the death of someone close. Confidential Helpline, Specialist Resources and E-Counselling Services <https://www.griefencounter.org.uk/>
- **Hope Again Youth** - website of Cruse Bereavement Care. A safe place where you can learn from other people, how to cope with grief, and feel less alone. <https://www.hopeagain.org.uk/>
- **Josephine's Star** – A charity offering counselling/support to families and children after bereavement in Somerset. www.josephinesstar.org.uk
- **Somerset Suicide Bereavement Support** - Help and support people and the community in Somerset who have been bereaved by suicide, or whose life has been affected by a suicide. www.somersetmentalhub.org.uk

BULLYING SUPPORT

- **Bullying UK** - Bullying support and advice for young people, parents and professionals www.bullying.co.uk
- **Somerset Anti-Bullying** - Provides online information service for young people, parents/carers and professionals seeking advice on bullying www.somerset.org.uk/sites/bullying
- **You-th Space Wessex Counselling Service** - Free counselling service in Frome for the 15- 18 year olds for problems regarding school, being bullied, friends etc. <https://wessexcp.co.uk/youthspace.php>

RESOURCES

- **101 things to do at home** - <https://www.youngsomerset.org.uk/101-fun-things-to-do-at-home-while-in-self-isolation>
- **Action for Happiness Calendar** - <https://www.actionforhappiness.org/calendars>
- **CBT Doodling for Kids**
- **CBT Toolbox for Children and Adolescents**
- **Charlie Waller Memorial Trust (CWMT)** - Support & resources for depression www.cwmt.org.uk
- **GetSelfHelp** – Online resources for CBT and self-help worksheets to help with anxiety, low mood, panic attacks, and other mental health issues. <https://www.getselfhelp.co.uk/worrytree.htm>

- **Grassroots** - Suicide prevention information and resources <https://www.prevent-suicide.org.uk/find-help-now/downloadable-resources/>
- **Little Book of Mental Health Life Hacks** - The little book of Mental Health Life Hacks is packed with ideas and links to support your own mental health and includes true stories from people who have tried them out
https://www.cypsomersethealth.org/resources/Mental_Health/Mental_Health_Life_Hacks/Mental_Health_Life_Hacks_Booklet_Self.pdf
- **Mind Ed** – Free educational resources on children and young people’s mental health for adults. <https://www.minded.org.uk/>
- **Place2Be** - Online resources and provides counselling in schools www.place2be.org.uk
- **SASP Be Active At Home** - <https://www.sasp.co.uk/be-active-at-home>
- **Somerset Children & Young People Health and Wellbeing** - Somerset Wellbeing Framework and other resources www.cypsomersethealth.org.uk

SUPPORT FOR PARENTS/GUARDIANS

- **101 fun things to do when self-isolating** - Here are 101 things you can try at home with your kids to keep them (and you!) entertained. <https://www.youngsomerset.org.uk/101-fun-things-to-do-at-home-while-in-self-isolation>
- **Education Psychology Service (EPS)** - helpline for parents/carers of a child in Somerset or North Somerset and would like to speak to a Psychologist with any concerns arising for you, or your family during this time. If you would like to access this service, then please email EPShelpline@somerset.gov.uk with the following information:
- **FFLAG** – National voluntary organisation and charity dedicated to supporting parents and their lesbian, gay, bisexual and Trans children. <https://www.fflag.org.uk/> / Helpline 0845 652 0311
- **Gingerbread** – Offers support for single-parent families. Provides expert advice and practical support for single Mums and Dads in England and Wales. Advice from benefit sanctions to employment and education.
- **Happy Maps** – Support and resources for parents about children and young people’s mental health. www.happymaps.co.uk
- **Harmless** - Provides support, information, and training to people who self-harm, as well as their families. www.harmless.org.uk
- **Parent Toolkit** - www.cypsomersethealth.org/parent_and_carer_toolkit and Mental Health Toolkit: www.cypsomersethealth.org/mental_health_toolkit
- **Sane** – Information and resources, as well as emotional support for those affected by mental health. Helpline 0300 304 7000 Text care (confidential service with a reply in 72 hours) http://www.sane.org.uk/what_we_do/support/textcare/
- **SASP Be Active At Home** - This has masses of ideas grouped by demographic. We have a new Mum and baby page which might be useful for any young people who are pre or post natal and feeling isolated at this time. We also have adapted activities for people with disabilities. <https://www.sasp.co.uk/be-active-at-home>

- **Somerset Choices Parenting Programmes** - In Somerset there is a range of parenting support programmes delivered by different practitioners and offered at different times in a child's life from toddlers to teens www.somersetchoices.co.uk
- **SSAL Online Workshops** – Contact charlottejohnson@youngsomerset.org.uk for further details
 - Your name
 - The name of your child's school (or 'EHE' if Electively Home Educated)
 - Times and dates that you are not available for consultation If email is not possible, then call 01823 357000.
- **Young Minds** – Support and advice for parents and families worried about their children and young people's behaviour and mental health. Helpline 0808 802 5544 / <https://youngminds.org.uk/find-help/for-parents/>

TALKING TO YOUR CHILD ABOUT CORONAVIRUS

- **Child Mind:** <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- **Young Minds** - <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

OTHER DIRECTORIES

- **Somerset Choices** - <https://choices.somerset.gov.uk/025/>
- **Somerset Direct** - <https://www.somerset.gov.uk/social-care-and-health/#health-and-wellbeing>
- **Somerset Mental Health Hub** - <http://www.somersetmentalhealthhub.org.uk/directory/all>
- **Wellbeing South Somerset** - <https://wellbeingsouthsomerset.org/directory/>