



Useful sources of further support

Locally

It is important for parents and school to be fully aware of what is offered locally to support families and that this is easily accessible to them and staff in various forms. This list has been provided by the Lichfield Dioceses, which also signpost support on their webpages.

Nationally

Anxiety UK work to relieve and support those living with anxiety and anxiety-based depression.

www.anxietyuk.org.uk/

Catholic Mental Health Project supports the Catholic community to further develop spiritual and pastoral care for mental health. www.catholicmentalhealthproject.org.uk/

Charlie Waller Memorial Trust offers free resources, including guidance and policy templates for use by schools and colleges. www.cwmt.org.uk/

Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. <https://childbereavementuk.org/>

Childline is a free, private and confidential service for children and young people available online, on the phone, anytime facilitated by trained counsellors. www.childline.org.uk/

Education Support Partnership is the UK's only charity providing mental health and wellbeing support services to all education staff and organisations. www.educationsupportpartnership.org.uk

Fixers: young people's stories Fixers are young people using their past to fix the future. They are motivated by personal experience to make positive change for themselves and those around them. Fixers have different backgrounds, interests and life experiences, and come from every corner of the UK. They are motivated by a desire to act on an issue that is important to them or a strong desire to help other people. They also have a voice that they want to be heard, whether that's on eating disorders, drugs, offending, cyberbullying or any other issue that is concerning them.

www.fixers.org.uk/home/news.php

HeadMeds: about mental health medicines **HeadMeds** is a website for young people about mental health medication. www.headmeds.org.uk/

Meetoo a free app that lets users post anonymously and receive support and advice about their worries from other teens. www.meetwo.co.uk/

Mental health access pack is a compact, free resource which aims to: equip you with knowledge and advice, from medical, psychological and theological perspectives; help you support those in your



community who are struggling with mental health issues; help you to discuss issues and share ideas surrounding mental health and the church. www.mentalhealthaccesspack.org/

Mental health matters contains information and resources for parishes, dioceses, chaplaincies and church community groups – and anyone else who's interested – to help improve our work with people experiencing mental illness. www.mentalhealthmatters-cofe.org/

Mentally Healthy Schools brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing. www.mentallyhealthyschools.org.uk/

Mind provides trusted advice and support to empower anyone experiencing a mental health problem. www.mind.org.uk/

MindEd MindEd is a free educational resource on children and young people's mental health for all adults. www.minded.org.uk/

NHS Live Well Youth Mental Health offers resources and signposting for support from external links www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx

PAPYRUS is the national charity for the prevention of young suicide. www.payrus-uk.org/

Reading Well for young people Reading well promotes the benefits of reading for health and wellbeing. <https://reading-well.org.uk/books>

Rethink: living with mental illness provides expert, accredited advice and information to everyone affected by mental health problems. www.rethink.org/living-with-mental-illness/young-people/

Samaritans work to ensure that fewer people die by suicide by working to alleviate emotional distress and reduce the incidence of suicide feelings and suicide behaviour. www.samaritans.org/

The Charlie Waller Memorial Trust provides funded training to schools on a variety of topics related to mental health including twilight, half day and full day INSET sessions. www.cwmt.org.uk

The Children's Society is a national charity that works with the country's most vulnerable children and young people. www.childrensociety.org.uk/

The Mind and Soul Foundation aims to educate – sharing the best of Christian theology and scientific advances; equip – helping people meet with God and recover from emotional distress; encourage – engaging with the local church and mental health services. www.mindandsoulfoundation.org/

Winston's Wish provides specialist child bereavement support services across the UK. www.winstonswish.org/



YoungMinds is the UK's leading charity championing the wellbeing and mental health of young people. <https://youngminds.org.uk/>