



Information and resources for young people and professionals

Useful Websites

Websites for young people

www.mindyourway.co.uk

This is a Cornwall specific young people and mental health website. Mind your way is a new place to get help with your mental health and wellbeing, it's made for young people by young people in conjunction with Hear Our Voice

www.youngminds.org.uk

Here you will find a lot more information on specific mental health issues, including signs and symptoms and how to access support. This can also be a fantastic one to direct young people to as well as parent and carers.

www.thesite.org

Here is wealth of information for professionals, parents/carers and young people. This has a great forum which is really supportive for young people who are experiencing mental health problems and/or self harming, and it is very well moderated so as safe as it gets for young people.

You will also find the video I showed in the training, here: <http://www.thesite.org/mental-health/self-harm/coping-with-self-harm-5692.html>

www.thinkuknow.co.uk

This website is full of resources that you can use for all ages and addresses internet safety for young people.

www.selfharm.co.uk

This is for young people and can give them information about understanding self harm.

www.youngpeoplecornwall.org.uk

Here you can find details of Young People Cornwall projects, but for specific information about session times please advise young people to have a look at the YPC Facebook/Twitter pages.

www.headmeds.org.uk

HeadMeds gives young people in the United Kingdom general information about medication. HeadMeds does not give you medical advice. Please talk to your Doctor or anyone else who is supporting you about your own situation because everyone is different.

www.eefo.net

The EEFO website has a directory of services. Those that have met our Young People Friendly Quality Standards will be EEFO Approved and have the EEFO logo next to their name. As well as the service directory there is information about health and links to people and organisations who can help.

Websites for professionals

boingboing.org.uk

boingboing provides opportunities to learn about resilience. We run regular Resilience Forums, develop Resilience Frameworks, books and other materials, and offer training and talks on resilient approaches to life's challenges. We are currently involved in several research projects, including some on schools-based or 'academic' resilience.

minded.org.uk

This portal contains a wealth of information for anybody working with children and young people. The bite-sized chunks of e-learning are designed to give you the confidence to identify a mental health issue and act swiftly, improving outcomes for the child or young person involved.

Apps for young people

www.docready.org

Doc ready is a website tool to help young people feel more confident and get better results when they see their GP about a mental health issue. It provides information, blogs and a suggestive online checklist young people can take to their appointment.

Findgetgive.com

Find, get, give is a website tool that supports young people to find mental health support in their area. Similarly to trip advisor they can also leave reviews. Organisations can also register information about their service on the site.

www.madlyinlove.org.uk

Madly in Love is a relationship focused website. It provides mental health and relationships advice for young people and their partners.

www.moodbug.me

Moodbug is an Apple only app providing a tool for young people to record and share how they feel with their friends.

www.wellinformed.org.uk

Wellinformed is a website solely for professionals. It provides instant and accurate support regarding children and young people's mental health.

www.inhand.org.uk

In Hand is an Apple and Android App providing young people with a digital friend. It has a range of tools, advice and activities for when young people feel distressed.

www.headmeds.org.uk

Headmeds is a website tool for both young people, parents and professionals. It provides accessible and easily readable information about mental health medication.

Helplines

ChildLine

0800 1111

This is a free and confidential service - the number will not appear on phone bills

<http://www.childline.org.uk/Pages/Home.aspx>

Samaritans

01872 277 277

<http://www.samaritans.org/>

Hear Our Voice

01872 222 447

This can be used for non-emergency support and information

Local and National Services

Child and Adolescent Mental Health Services (CAMHS)

<http://www.cornwallfoundationtrust.nhs.uk/cft/OurServices/ChildrenAndYoungPeople/CAMHS.asp>

Child and Adolescent Mental Health Services (CAMHS), support children and young people up to the age of 18.

For referrals and enquiries, contact the Children's Services Care Management Centre on: 01872 221400.

Hear Our Voice

<http://www.youngpeoplecornwall.org/programmes/74-2/>

Work with 11-25 year olds who are experiencing mental health concerns through 1-2-1 sessions and targeted group work.

Please contact Anna Trehwella – annat@ypc.org.uk or call 01872222447 for more information.

Cornwall and Isles of Scilly Safeguarding Children Board

Multi-agency Referral Unit - 0300 123 1116

Out of Hours Service - 01208 251300

<http://www.safechildren-cios.co.uk/>

Early Help Team

The 11+ commissioning and service improvement team:

works with internal and external providers of youth services in Cornwall to ensure that provision meet the needs of young people effectively

is involved in identifying the pattern of needs within populations of young people in Cornwall and develops a commissioning plan to meet these needs

does development work which improves the reach and impact of 11+ early help and support services,

oversees the delivery of the SHARE mentoring service for young people

supports our Members of Youth Parliament, Youth Forum members and wider work with young people in helping us develop, shape, deliver and evaluate services for young people in Cornwall

Family Information Service

<http://www.cornwall.gov.uk/health-and-social-care/children-and-family-care/11plus-early-help-service/>

MYAPT - My Access to Psychological Therapies

MyAPT is a membership site that helps young people, mental health professionals, CAMHS partnerships and the universities that train them to embed children and young people's participation in the way they deliver psychological therapies.

www.myapt.org.uk

EEFO

The EEFO website has a directory of services. Those that have met our Young People Friendly Quality Standards will be EEFO Approved and have the EEFO logo next to their name.

As well as the service directory there is information about health and links to people and organisations who can help.

www.eefo.net

Cornwall Foundation Trust

Here you can find details on Primary Mental Health Workers, BeMe and Patient Advice and Liaison Service (PALS)

<http://www.cornwallfoundationtrust.nhs.uk/CFT/index.asp>

CHIMAT

We provide information and intelligence to improve decision-making for high quality, cost effective services. Our work supports policy makers, commissioners, managers, regulators, and other health stakeholders working on children's, young people's and maternal health.

www.chimat.org.uk

CLEAR Counselling Service

CLEAR is a unique child/young person centred service in Cornwall, offering counselling face to face and group work with children and young people aged 0-25 yrs who have been traumatised by either direct experience of and/or witnessing physical, psychological, sexual or emotional abuse.

http://cornwall.childrensservicedirectory.org.uk/kb5/cornwall/fsd/organisation.page?id=GXx_n6tjBFQ

BeMe - Cornwall Foundation Trust

For young people and adults aged 18+

<http://www.cornwallfoundationtrust.nhs.uk/CFT/BeMe.asp>

A service for people who would like talking therapies.

Outlook South West

For young people and adults aged 16+

An independent agency providing qualified and experienced psychologists in the South West of the UK.

<http://www.outlooksw.co.uk/>

Health Promotion

Support and encourage good health promotion practice across Cornwall and the Isles of Scilly.

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

Brook

Brook helps more than 275,000 young people every year to make positive and healthy lifestyle choices and to improve their personal health and emotional wellbeing.

Brook provides sexual health services and education across the UK for young people under 25, plus a range of training programmes for professionals using engaging booklets, leaflets, posters and teaching materials.

<https://www.brook.org.uk/find-a-service/regions/cornwall>

SHARE

Information, advice and mentoring for young people

<http://www.share.youthcornwall.org.uk/>

Action for Children

<http://www.actionforchildren.org.uk/>

SEAP

Advocacy and support for health and social care service users.

<http://www.seap.org.uk/>

ABC

Anti-bullying in Cornwall (part of Young People Cornwall)

01872 222 447

This service provides 121 and group work support for children and young people affected by bullying.

<http://www.abccornwall.org.uk/>

KOOTH

Through Kooth, young people in Cornwall have access to a free counselling service. The service will offer face-to-face counselling through young people's centres and some schools across Cornwall. It also includes a free online counselling and support service provided via Kooth.com's website staffed by a team of qualified counsellors.

<http://cornwall.childrensservicedirectory.org.uk/kb5/cornwall/fsd/organisation.page?id=pRQGVkRCyGc>

Dreadnought

A registered Charity working with children and young people aged 7-19 who are experiencing difficulties in their lives – be it emotional, physical or behavioural. Putting positive adult role models into young people's lives and empowering them to make decisions for themselves.

<http://thedreadnought.co.uk/>

YZUP

We are the young person's drug and alcohol service for Cornwall and the Isles of Scilly.

We work with young people from 11 to 19 who are at risk of developing or experiencing problems with their substance use.

<http://addaction.org.uk/landing.asp?section=709§ionTitle=YZUP+++Cornwall>

WILD

WILD is a specialist service for young mothers under 23 years and their children.

WILD is a learning and development charity number 1097693, running groups across Cornwall since 1992.

All of our target groups are mothers or mothers to be, commonly disadvantaged from training and employment opportunities, and experience the wider manifestations of social exclusion.

WILD holds the Queens Award for Voluntary Services, MATRIX accreditation, Beacon Award and EEFO accredited.

<http://www.wildproject.org.uk/>

YAY

YAY is a weekly youth group for young people from the Lesbian, Gay, Bisexual, Transexual and Questioning (LGBTQ) community aged 11-25.

<http://www.lgbtqyouthcornwall.co.uk/>

Intercom Trust

Intercom Trust offer support for the LGBT community in the SouthWest peninsula

<http://www.intercomtrust.org.uk/portal.htm>

Penhaligons Friends

We are a Cornish charity supporting bereaved children, young people, parents and carers throughout the county. We offer children and young people the chance to meet others and share their experiences, as well as practical resources for children and parents.

<http://www.penhaligonsfriends.org.uk/>

Kernow Young Carers

Kernow Young Carers is an Action for Children project and is committed to working with children and young people to make the caring role a more positive experience by offering support, information and guidance, activities and trips, short breaks, school groups, training and educational sessions and local young carers forums.

<http://kernowyoungcarers.org/>

Wave Project

At the Wave Project, we help young people to reduce anxiety and improve confidence through surfing! Our award winning surf courses are proven to help clients feel calmer, more motivated and better about their future.

<http://www.waveproject.co.uk/>

Carefree Cornwall

Giving young people in and leaving care the chance to do things for themselves and others

Carefree is an independent Cornish charity set up in 2005 by a group of 6 young people with one youth worker. We work with young people in and leaving care, and sometimes with young people on the edge of care. Over the years we have grown to be county wide, working with about half of the eligible young people in care in Cornwall at any one time.

<http://www.carefreecornwall.org.uk/>

Young Mum's Will Achieve

Young Mums Will Achieve (YMWA) is an award winning project aimed at pregnant and teenage mums aged 14 to 19 years. The group meets twice a week to provide support, guidance and learning in a relaxed non-school environment. The programme runs for a whole academic year. Childcare is provided by Fit & Fun Kids and is fully funded as part of the provision we offer. Transport is also funded and provided for the programme by Cornwall Council Various locations throughout Cornwall.

<http://www.cornwallfisdirectory.org.uk/kb5/cornwall/fsd/organisation.page?id=o0eLf6QpMiA>