**Online resource pack**

*Please note we update our resource pack every quarter. If you have any services you feel would be helpful to have on our resource pack please email* *counsellingtriage@nolimitshelp.org.uk**.*

[Crisis numbers 1](#_Toc1464804147)

[Mental health 2](#_Toc1607394913)

[Parent/ carer support 6](#_Toc601745131)

[LGBTQ+ 8](#_Toc755165044)

[Abuse and bullying 8](#_Toc450340612)

[A Therapeutic Story with Creative Activities for Children Aged 5-10 9](#_Toc85158905)

[A Cognitive Behavioural Therapy Workbook on Anger Management 10](#_Toc866088445)

[A mindful journal for young people with short stories and activities 10](#_Toc235971262)

[A Children Story to Teach children The Importance of Listening and Following Instructions 10](#_Toc1572961083)

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| **Service** | **Description** | **Website or contact details**  |
| Crisis numbers |
| NHS 111 | NHS Crisis numbers.  | 111 |
| Papyrus Hopeline | PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. | Call: 0800 068 4141Text: 88247Email: pat@papyrus-uk.org |
| Samaritans | Can be contacted by telephone, letter, e-mail and mini-com. There's also a face-to-face service, available at their local branches. | Website: [Samaritans.org](https://www.samaritans.org/)Phone: 116 123 |
| National Suicide Prevention Helpline | Offers a supportive listening service to anyone with thoughts of suicide. | Website: [spuk.org.uk](https://www.spuk.org.uk/)Phone: 0800 689 5652 |
| Childline | Childline is a service that provides support to young people. Please note that there is an under 12's part on Childline which does not include the message boards which may not be appropriate for under 12 year olds.To access this part of - Childline front page > 'Info and advice >' Childline for under 12s'. | Website: [childline.org.uk](https://www.childline.org.uk/)Phone: 0800 1111 |
| Shout | 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It’s a place to go if you’re struggling to cope and you need immediate help. Text ‘SHOUT’ to 85258. | Website: [giveusashout.org](https://giveusashout.org/) |
| Saneline | A national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. | Website: [sane.org.uk](https://www.sane.org.uk/how-we-help/emotional-support/saneline-services)Phone: 0300 304 7000 |
| CALMS | You can call the CALM on 0800 58 58 58 (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the CALM webchat service. | [thecalmzone.net](https://www.thecalmzone.net/)0800 58 58 58 (5pm–midnight every day) |
| Mental health |
| Battle scares | We help those who struggle with self-harm by running easy-to-access services for them and for those who support them (families, carers, friends and professionals).  | [Battle Scars - Home](https://www.battle-scars-self-harm.org.uk/) |
| Teen Sleep Hub | Getting the support you need to achieve a good night’s sleep | [Home - Teen Sleep Hub](https://teensleephub.org.uk/) |
| The Sleep Charity | The Sleep Charity, incorporating The Sleep Council, provide advice and support to empower the nation to sleep better. We campaign to improve sleep support and access to high quality information, raise awareness of the value of a good night’s sleep and promote understanding around the complexities of sleep.  | [https://thesleepcharity.org.uk/information-**support**/children/](https://thesleepcharity.org.uk/information-support/children/)  |
| E-Wellbeing | e-wellbeing is a digital wellbeing service for young people run by YMCA DownsLink Group. Our aim is for all young people to be able to access the right support and information around their emotional health and wellbeing, in the right place at a time that is right for them. | [Home Page - e-wellbeing](https://e-wellbeing.co.uk/) |
| Kooth | Online Mental Wellbeing Community. Free, safe and anonymous support. | [kooth.com](https://www.kooth.com/) |
| The Mix | Aimed at people under 25. Their helpline is open between 16:00 and 23:00 7 days a week. | [themix.org.uk](https://www.themix.org.uk/) |
| Barnardo’s | The largest and oldest national children’s charity in the UK. | [barnardos.org.uk](https://www.barnardos.org.uk/) |
| Help is at Hand | Help is at Hand provides people affected by suicide with both emotional and practical support.   | [Help is at Hand.pdf (www.nhs.uk)](https://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf) |
| My Happy Mind | Giving today’s children the skills to thrive in tomorrow’s world. | [myhappymind.org](https://myhappymind.org/) |
| OCD Action | OCD Action works for a society where OCD is better understood and diagnosed quickly, where appropriate treatment options are open and accessible, where support and information is readily available and where nobody feels ashamed to ask for help. | [ocdaction.org.uk](https://ocdaction.org.uk/) |
| OCD UK | A charity dedicated to improving the mental health and wellbeing of people whose lives are affected by Obsessive Compulsive Disorder by providing information, advice & support services. | [ocduk.org](https://www.ocduk.org/) |
| OCD and the brain | This website serves as a knowledge hub designed by researchers, charities and people living with OCD to make the latest brain research on OCD more accessible. | <https://ocdandthebrain.com/>  |
| Alumnia | This is a 7-week course that would be able to support young people aged 10 – 17 years old in yourself  harm. | [selfharm.co.uk](https://www.selfharm.co.uk/) |
| Young Minds | Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help..  | [youngminds.org.uk](https://www.youngminds.org.uk/) |
| Stop. Breathe. Think. | Stop Breathe Think gives eligible young people aged 8-21 access to free 1-1 counselling sessions.    | [stopbreathethink.org.uk](https://www.stopbreathethink.org.uk/) |
| Tellmi | A safe, inclusive digital community where young people can help themselves and each other. Tellmi is a scalable mental health solution and our evidence based innovation is transforming outcomes for young people and generating substantial savings for the NHS. | [Tellmi](https://www.tellmi.help/) |
| Self Injury Support | Self injury support is a fantastic and unique resource. They always listen, even if you aren't able to talk about self-injury | [Self Injury Support](https://www.selfinjurysupport.org.uk/) |
| Our Mental Health Space - Sussex Partnership NHS Foundation Trust - Youtube | At Sussex Partnership NHS Foundation Trust we provide mental health services for children and young people in Sussex and Hampshire. | <https://www.youtube.com/channel/UC6tlR00hEPDri9m_2EB2QCA/videos>  |
| The Children and Young People’s Mental Health Coalition | The Children and Young People’s Mental Health Coalition brings together organisations to campaign jointly and provides a strong unified voice speaking out about children and young people’s mental health. | <https://cypmhc.org.uk/>  |
| Charlie Waller Trust  | We provide mental health training, resources and consultancy with a focus on children and young people. | [Charlie Waller Trust, mental health charity](https://www.charliewaller.org/) |
| Mental health lead resource hub | This resource hub has been created in partnership with and funded by the Department for Education, with new resources added regularly.  | <https://mentallyhealthyschools.org.uk/whole-school-or-college-resources/> |
| BEAT  | This Eating Disorders Awareness Week you can help us raise awareness of ARFID and increase understanding that it is not about being fussy or attention seeking but is a condition with serious consequences for health. | <https://edaw.beateatingdisorders.org.uk/>  |
| Shore | Shore is part of The Lucy Faithfull Foundation, a charity working to prevent all forms of child sexual abuse. | [Home - Shore (shorespace.org.uk)](https://shorespace.org.uk/) |
| Parent/ carer support |
| Back to Basic | Empowering parents and carers to support their child’s emotional wellbeing within the home | <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics> |
| NVR Practitioner Consortium | NVR Practitioners Consortium supports parents and carers to use the Non Violent Resistance (NVR) parenting approach and offers Continuing Professional Development to practitioners working with families | [Training for Parents and Practitioners - NVR Practitioners Consortium](https://nvrpc.org.uk/) |
| Citizens Advice | We give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem. Our national charity and network of local charities offer confidential advice online, over the phone, and in person, for free. | [citizensadvice.org.uk](https://www.citizensadvice.org.uk/) |
| Family Lives | Family Lives provides targeted early intervention and crisis support to families. | [familylives.org.uk](https://www.familylives.org.uk/) |
| Young mind parent helpline | We offer tailored information, advice and support to parents and carers who are concerned about their child or young person’s mental health. You can speak to us over the phone, or chat to us online.You can use our Helpline service if you are the parent or main carer of a child or young person aged 25 or under. Our service is available across the UK. It is free and confidential. | [Parents Helpline | Mental Health Help for Your Child | YoungMinds](https://www.youngminds.org.uk/parent/parents-helpline/) |
| Gingerbread | We are fighting to create a society where all single parents and their children thrive.We challenge. We support. We connect. | [Home | Gingerbread](https://www.gingerbread.org.uk/) |
| LGBTQ+ |
| Gender Identity Research & Education Society | An organisation whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender. | [gires.org.uk](https://www.gires.org.uk/) |
| Mermaids | Mermaids supports gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. | [mermaidsuk.org.uk](https://mermaidsuk.org.uk/) |
| Abuse and bullying |
| NSPCC | We’re the leading children’s charity in the UK, specialising in child protection. We’re the only UK children’s charity with statutory powers, which means we can take action to safeguard children at risk of abuse. | [nspcc.org.uk](https://www.nspcc.org.uk/) |
| Sexual Trauma & Abuse Restorative Therapies (START) | Call our Advice & Support Line on 01962 868 688 or 01962 864 433Anonymous SMS Text helpline service: 07860 027 793 Available 24 hours.  | [start-org.uk](https://start-org.uk/) |
| Rape Crisis | If something sexual happened to you without your consent – or you're not sure – you can talk to us.  | [Support for children and young people | Rape Crisis England & Wales](https://rapecrisis.org.uk/get-help/support-for-children-and-young-people/)  |
| Kidscape | Information and advice for parents, carers and young people with concerns about school bullying and abuse. | [kidscape.org.uk](https://www.kidscape.org.uk/) |
| NAPAC | National Association for People Abused in Childhood offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect. | [napac.org.uk](https://napac.org.uk/) |
| National Centre for Domestic Violence | A free, fast emergency injunction service to survivors of domestic abuse and violence. | [ncdv.org.uk](https://www.ncdv.org.uk/) |

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| Helpful Books |
| Gilly the giraffeSelf-esteem activity book | A Therapeutic Story with Creative Activities for Children Aged 5-10 | [Gilly the Giraffe Self-Esteem Activity Book: A Therapeutic Story with Creative Activities for Children Aged 5-10 (Therapeutic Treasures Collection): Amazon.co.uk: Dr. Karen Treisman: 9781785925528: Books](https://www.amazon.co.uk/Gilly-Giraffe-Self-Esteem-Activity-Book/dp/1785925520) |
| The colour monster  | A fun, bright pop-up book about a monster who explores colour through his emotions. | [The Colour Monster Pop-Up: Amazon.co.uk: Anna Llenas: 9781783703562: Books](https://www.amazon.co.uk/Colour-Monster-Anna-Llenas/dp/1783703563/ref%3Dsr_1_3_sspa?crid=1ZMBU8Q96L83Q&keywords=the+colour+monster+book&qid=1700214298&s=books&sprefix=the+colour+monster%2Cstripbooks%2C71&sr=1-3-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1) |
| Starving the Anger Gremlin | A Cognitive Behavioural Therapy Workbook on Anger Management | [Starving the Anger Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anger Management: 4 (Gremlin and Thief CBT Workbooks): Amazon.co.uk: Kate Collins-Donnelly: 9781849054935: Books](https://www.amazon.co.uk/Starving-Anger-Gremlin-Children-Aged/dp/1849054932/ref%3Dsr_1_1?crid=2YAGZ2D27LEA5&keywords=the+anger+gremlin+book&qid=1700214384&s=books&sprefix=the+anger+gremlin+book%2Cstripbooks%2C70&sr=1-1) |
| Children’s worry book | A mindful journal for young people with short stories and activities | [Children's Worry Book: A mindful... by Mindfulness, Childrens (amazon.co.uk)](https://www.amazon.co.uk/Childrens-Worry-Book-mindful-activities/dp/1985117967/ref%3Dsr_1_1?crid=16FOHU8KR7930&keywords=children%27s+worry+book&qid=1700214548&s=books&sprefix=childrens+worry+book%2Cstripbooks%2C77&sr=1-1) |
| Teach your dragon to understand consequences | A Children Story to Teach children The Importance of Listening and Following Instructions | [Teach Your Dragon To Follow Instructions: Help Your Dragon Follow Directions. A Cute Children Story To Teach Kids The Importance of Listening and Following Instructions.: 20 (My Dragon Books): Amazon.co.uk: Herman, Steve: 9781948040600: Books](https://www.amazon.co.uk/Teach-Your-Dragon-Follow-Instructions/dp/1948040603/ref%3Dsr_1_1_sspa?crid=2QV4H9CRC2JJQ&keywords=teach+your+dragon+to+understand+consequences&qid=1700214838&s=books&sprefix=teach+your+dragon+to+understand+consequences%2Cstripbooks%2C69&sr=1-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1) |
| A Terrible Thing Happened | the book explores the emotional struggles faced by children who have witnessed a traumatic event. From anxiety and nightmares to anger and trouble, it portrays the range of feelings commonly experienced by young trauma survivors. | [A Terrible Thing Happened: A Story for... by Margaret M. Holmes (amazon.co.uk)](https://www.amazon.co.uk/Terrible-Thing-Happened-Margaret-Holmes/dp/1557987017) |
| When Harley Has Anxiety | A skills activity workbook to help manage worries and fears.  | [When Harley Has Anxiety: A Fun CBT Skills Activity Book to Help Manage Worries and Fears: A Fun CBT Skills Activity Book for Overcoming Worries and Fears : Regine Galanti, Vicky Lommatzsch, Vicky Lommatzsch: Amazon.co.uk: Books](https://www.amazon.co.uk/When-Harley-Has-Anxiety-Activity/dp/0593435451) |
| A Different Sort of Normal | The beautiful true story of one girl's journey growing up autistic - and the challenges she faced in the 'normal' world | [A Different Sort of Normal: Amazon.co.uk: Balfe, Abigail, Balfe, Abigail: 9780241508794: Books](https://www.amazon.co.uk/Different-Sort-Normal-Abigail-Balfe/dp/0241508797) |
| You Are Awesome: Find Your Confidence and Dare to be Brilliant at (Almost) Anything | Practical, insightful and positive, this is the book to help children build resilience, embrace their mistakes and grow into successful, happy adults. | [You Are Awesome: Find Your Confidence and... by Syed, Matthew (amazon.co.uk)](https://www.amazon.co.uk/You-Are-Awesome-Confidence-Bestseller/dp/1526361159) |
| What Do YOU Think?: How to agree to disagree and still be friends | The third children's book by bestselling mindset author and two-time Olympian, Matthew Syed will help readers to find their voice, flex their social superpowers, and speak up with kindness and confidence. | [What Do YOU Think?: How to agree to disagree and still be friends: Amazon.co.uk: Syed, Matthew: 9781526364937: Books](https://www.amazon.co.uk/What-Do-YOU-Think-disagree/dp/152636493X) |
| THE NEURODIVERGENT FRIENDLY WORKBOOK OF DBT SKILLS | A workbook of Dialectical Behaviour Therapy skills reframed to be neurodivergent friendly with the added bonus of accessible mindfulness practices, sensory strategies and managing meltdowns. | [https://static1.squarespace.com/static/635a1360b5d4b729bdb834f2/t/63d80a77dccd32294cad27d6/1675102845455/DBT+Neurodivergent+Friendly.pdf](https://static1.squarespace.com/static/635a1360b5d4b729bdb834f2/t/63d80a77dccd32294cad27d6/1675102845455/DBT%2BNeurodivergent%2BFriendly.pdf)  |
| UNMASKED: The Ultimate Guide to ADHD, Autism and Neurodivergence Hardcover – 26 Oct. 2023by Ellie Middleton (Author) | Whether you are neurodivergent, suspect you might be, or want to be a better ally, UNMASKED will help you make sense of it all, and put the power in your hands. | <https://www.amazon.co.uk/UNMASKED-Ultimate-Guide-Autism-Neurodivergence/dp/0241651980>  |
| All Emotions are OK: Booklet for Children | “All Emotions are OK” is a heartfelt booklet designed for children and their families to explore and embrace a wide range of emotions. | <https://www.socialworkerstoolbox.com/all-emotions-are-ok-booklet-for-children/>  |
| Untypical: How the world isn’t built for autistic people and what we should all do about it Hardcover – 16 Mar. 2023by Pete Wharmby (Author) | It’s time to remake the world – the ground-breaking book on what steps we should all be taking for the autistic people in our lives. | <https://www.amazon.co.uk/Untypical-world-autistic-people-should/dp/0008529264>  |

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| Helpful Apps |
| Dreamy Kid MeditationAges 3-17 | This app is for parents who want to involve their families in meditation and mindfulness activities  | [DreamyKid • Kids Meditation App • DreamyKid The #1 Kids Meditation App](https://dreamykid.com/) |
| Mind DocAges 17+ | An app to log your moods and your mental health. It asks you to fill out questions for 14 days and then gives you an insight on and summarise your symptoms, behaviours and genral emotional wellbeing to help you recognise patterns and find the best rescources for you.  | [MindDoc: Your Mental Health Companion](https://minddoc.com/us/en) |
| Smiling MindAges 7+ | Meditation and mindfulness for all ages. The content is personalised for different age groups. They also have programmes developed in other languages.  | [Smiling Mind](https://www.smilingmind.com.au/) |
| Stay AliveAges 4+ | This is a suicide prevention recourse with useful information and tools to help people in a crisis. It includes a customisable safety and wellness plans, guidance and advice for supporting someone in a crisis.  | [StayAlive - Essential suicide prevention for everyday life](https://www.stayalive.app/) |
| Calm HarmAges 13+ | This app provides some immediate techniques to help break the cycle of self-harm behaviours and explore the underlying triggers.  | [Home - Calm Harm App](https://calmharm.co.uk/) |
| DistrACT | This app provides self-harm and suicide prevention information. Includes a ‘chill zone’ for relaxation. | [distrACT | Waiting Room (nclwaitingroom.nhs.uk)](https://www.nclwaitingroom.nhs.uk/distract) |
| MyPossibleSelfAge 18+ | Includes a journal and mood diary to track how you are feeling and offers advice and information on healthy living.  | [My Possible Self: The Mental Health App](https://www.mypossibleself.com/) |