

Community Support

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|  | <p>Shout – Free, confidential, 24/7 text messaging service for anyone in the UK. Shout will connect you to a volunteer to share mental health worries with and offer advice and support. The shout website also contains resources for mental wellbeing.</p> <p>To access: text ‘shout’ to 85258</p> <p>Website: giveusashout.org</p> |
|  | <p>Kooth is an online mental health service, a product of XenZone, for children and young people aged 11-18 years which offers online counselling and emotional wellbeing support. Kooth also offers virtual school assemblies for mental health awareness, virtual staff information sessions about the Kooth service and targeted virtual group workshops for young people in school. For young people to sign up please visit www.kooth.com. For more information about accessing school support please email msmith@kooth.com</p> |
|  | <p>Papyrus run a suicide prevention hotline every day of the year 9am till midnight 0800 068 4141 through this they offer confidential support and advice to young people and anyone worried about a young person with thoughts of suicide. They also offer help and advice on their website for those thinking of suicide, worried about someone who may be thinking of suicide and professionals.</p> <p>Website: Home Papyrus UK Suicide Prevention Charity (papyrus-uk.org)</p> |
|  | <p>Childline – Childline is a free confidential service for anyone under the age of 19, where you can call to talk about anything big or small that you are going through. Councilors are available everyday 7:30 am – 3:30 am. Call 0800 1111. The Childline website also offers advice and support on topics such as bullying, abuse, relationships and feelings for children as well as videos and message boards. The Childline YouTube channel also has lots of educational videos about different mental health topics.</p> <p>Website: www.childline.org.uk</p> |
|  | <p>Young Minds – has resources to educate children and young people about mental health and wellbeing. Also run a crisis messenger service for young people experiencing a mental health crisis, access is</p> |

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| | <p>free and 24/7 text 'YM' to 85258. A helpline is also available for parents and carers concerned about their child's mental health on 0808 802 5544 (9:30am - 4pm, Mon - Fri). Website: https://youngminds.org.uk/</p> |
| | <p>Samaritans is a mental health support charity which offers support to talk about any issue. Support is available for all ages of children, young people and adults at any time on the freephone number 116 123 and via email at jo@samaritans.org. Samaritans Self-Help App is available to download to help keep track of feelings, get recommendations for how to help in coping with feelings and staying safe in a crisis. Samaritans also offer schools talks and workshops, Step by Step program to provide practical support to help schools prepare for and recover from a suspected or attempted suicide and free online teaching resources, DEAL: Developing Emotional Awareness and Listening, for educational professionals designed to help develop resilience in young people.</p> <p>For information about accessing school support please email walthamforest@samaritans.org or visit https://www.samaritans.org/how-we-can-help/schools/contact-samaritans-education-team/</p> |
| | <p>Calm Harm – provides tasks that can help you resist or manage the urge to self-harm.</p> |
| | <p>Head Space – aim to help you learn skills for meditation and mindfulness.</p> |
| | <p>Charlie Waller Memorial Trust – Educates children and young people as well as those responsible for them including parents/ carers and teachers about mental health and wellbeing. They offer mental health training covering topics such as, anxiety, depression, eating disorders and suicide. They work to embed meaningful positive change. They also offer free guides and workbooks for professionals, young people and parents/carers. They can be contacted via their website (Contact The Charlie Waller Trust, Mental Health Charity) or via phone Monday to Friday 9-5 on +44 (0) 1635 869754</p> |
| | <p>Banardo's- help children through the trauma of sexual abuse and exploitation. Provide support for young people in care. They give children caring for a loved one the help and support. Banardo's run many services in Waltham Forest including a befriending service for 14-19 year olds with a moderate learning disability, and nurseries. A full list of the services offered by Banardo's in Waltham Forest can be</p> |

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| | found here: https://www.barnardos.org.uk/what-we-do/services?lat=51.5886383&lng=-0.0117625&q=Waltham+Forest%2C+UK&ct=service |
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Other

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|  <p>WF Traded Services EDUCATIONAL PSYCHOLOGY SERVICE</p> | <p>Educational Psychology Service is a WF traded service which supports children, young people, adults (0-25yrs), families, school staff and other practitioners through tailored comprehensive individual assessments, bespoke training/workshops, working with groups of children/young people to facilitate emotional and social development, strategic work with schools/provisions to develop whole school positive and effective special educational practice, individual interventions to bring about positive change (e.g. Cognitive Behavioural approaches, motivational interviewing, solution focused brief therapy), free ‘parent drop-in’ sessions and more.</p> <p>Website: https://wftradedservices.uk/Services/2697</p> <p>Office Number: 0208 496 1732 or 07776589597</p> <p>Email: educationalpsychologyservice@walthamforest.gov.uk</p> |
|  <p>WF Traded Services Services that work with you BACME</p> | <p>Behaviour Attendance and Children Missing Education (BACME) is a Council service to enhance reforms to make sure teachers have the necessary powers to maintain discipline and improve attendance in schools. BACME work closely with schools, parents/carers and young people to provide a cost effective service that contributes to real improvements in attendance. BACME offer a range of guidance for schools and colleges on behavior, school attendance and licensing. This is also a WF Traded Service. To refer or request support email BACME-Referral@walthamforest.gov.uk or call 0208 4961718.</p> |
|  <p>Anti-Bullying Alliance</p> | <p>Anti-Bullying Alliance – Offer free CPD training for anyone who works with children, the training is particularly focused on reducing bullying of disabled and SEN children but applies to all children. The website also contains interactive anti-bullying information for parents/carers. Also offer the all together hub, a whole school anti- bullying program that offers resources and</p> |

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| | <p>wellbeing questionnaires for children. Website: Anti-Bullying Alliance United against bullying (anti-bullyingalliance.org.uk)</p> |
|  | <p>Waltham Forest Parent Forum – A voluntary group of parents/ carers of children and young people with special educational needs and/ or disabilities. They work with local authorities to make sure families voices are heard in the planning and provision of services. Hold a variety of support groups for parents/ carers at informal coffee mornings where members discuss issues and get support. Times/ dates/ locations can be found at: https://www.walthamforestparentforum.com/support</p> <p>Main website: https://www.walthamforestparentforum.com/</p> |
|  | <p>Early Help- works in partnership with other professionals, parents and carers to intervene early in a child's life to ensure that children have the best start in life. The aim is to address problems at the earliest opportunity - before they can escalate. They support people 0-18 and up to 25 with disabilities. Their website offers resources, toolkits and training.</p> <p>Website: https://thehub-beta.walthamforest.gov.uk/earlyhelp</p> <p>Functional Family Therapy is a short-term, high quality family therapy model to explore what is working well within the family developing strategies for family challenges based don family strengths and the relationship between family members.</p> |
|  | <p>Reading Well for Children – a booklist has been created to support the health and wellbeing of children. The books are available for free at public libraries and targeted at ages 7-11. Book topics include coping with feelings and worries, anger, daily life and getting through a tough time.</p> <p>For a copy of the list please visit www.readingagency.org.uk</p> |
|  | <p>Family Lives offers a confidential and free helpline service for families in England and wales for emotional support, information, advice and guidance on any aspect of parenting and family life. Helpline hours Monday to Friday 9am to 9pm, Weekends 10am to 3pm. For support call 0808 800 2222, email askus@familylives.org.uk or visit www.familylives.org.uk</p> |

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|  | <p>Good Thinking: Contains resources and signposts apps, podcasts, blogs, how to guides, and workbooks for issues such as, anxiety, sleep, low mood and stress. Specific sections directed towards parents and carers and children/ young people. Lists helplines and texting services for support with mental health as well as self-assessment tools. Website: https://www.good-thinking.uk/</p> |
| | <p>Carefree Kids- This service provides one-to-one support to vulnerable or troubled children in local schools through non-directive therapeutic play sessions. By offering young people a safe and confidential space, at a regular time each week, it is possible for those who attend sessions with volunteers to work through the difficulties they face at their own pace and in their own way. Carefree Kids provides free training and supervision for volunteers. £15 per session payable to the school that makes the referral. Tel: 020 8558 7799 Email: cfk@carefreekids.co.uk Website: www.carefreekids.org</p> |
| | <p>Contact a family- Freephone Helpline, family linking and networking for parents, advice and information including publications (for parents and professionals) and online directory - the essential guide to medical conditions, disabilities and support groups. Local, regional and nation offices plus volunteer parent representatives in the UK. Website: www.cafamily.org.uk Email: info@cafamily.org.uk Tel: 020 7608 8700 Fax: 020 7608 8701 Helpline: 0808 808 3555</p> |
| | <p>Dad's group- is a group that meets up every half term to discuss special needs. They invite speakers who can cover areas like statement, diagnosis, "What is the best way of supporting my disabled child?", "Should I chose special needs or mainstream school?" It is Six evenings a year, 6pm to 8pm at Le Delice Café (Walthamstow). Contact Andreas or visit www.walthamforestparentforum.com/dads-group to find out the date of the next group, then just come along. Email: andreas.arnmar@hillyfieldacademy.com</p> |
| | <p>Waltham Forest Parent Partnership- This service aims to offer impartial information and support to parents and carers of children with Special Education Needs living in the borough of Waltham</p> |

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| | <p>Forest. Visit the Parent Partnership page of Waltham Forest Council's.</p> <p>Tel: 020 8496 5230 0800 587 2521 Email: parent.partnership@walthamforest.gov.uk</p> |
| <p>WeHeartCBT</p> | <p>WeHeartCBT is a collection of free resources aimed at helping children and young people who are struggling with anxiety and/or low mood related mental health difficulties. Resources are based on Cognitive Behavioural Therapy (CBT) and are made for mental health professionals, schools and parents/families. Resources were developed by a Children’s Psychological Wellbeing Practitioner and former Primary School Teacher, are evidence based and use existing research as part of Improving Access to Psychological Therapies (IAPT) and based on NICE guidelines. For more information and free resources visit www.weheartcbt.com</p> |

Support for parents themselves

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| <p>Access therapy - Anxiety UK - Affordable access to therapeutic support for members aged 18 and over.</p> |
| <p>Improving access to psychological services (IAPT)- Waltham Forest NELFT NHS Foundation Trust</p> |
| <p>BACP site – Paid one-to-one therapists https://www.bacp.co.uk/search/Therapists</p> |