

Online and support Networks for Young people, Parents and Carers

Below is a list of support networks for anyone struggling with Mental Health issues during this time of isolation. The list is not a full list and you can find more support online help if required.

Parents/Carers please make sure you are happy with the sight your young person may want to access and that you have discussed fully the benefits of support. These sites are safe and recommended Sue Warburton- Youth Worker at Milltown House.

Young people and children

<https://www.childrenssociety.org.uk/coronavirus-and-support>

<https://www.mind.org.uk/information-support/forcoronavirus-wellbeing/press-releases/youngminds-advice-for-young-people-and-parents-on-mental-health-impactof-coronavirus>

<https://www.mind/org.uk/information-support>

<https://youngscot/campaign/naional/coronavirus/children-and-young-people>

<https://www.247mentalhealthhelpline.com/live-chat>

<https://www.mindut.org.uk/get-support/mindou-online>

<https://www.betterhelp.com>

<https://www.sane.org.uk>

<https://www.anxiety.orh.uk/live.chat>

<https://www.childline.org.uk/1-1chat>

<https://themix.org.uk>

<https://earlybreak.co.uk/what-we-do/emotional-health-wellbeing-services/streetwise/>

<https://www.bigwhitewall.com>

Parents/carers

www.penninecare.nhs.uk/accessburyteam

<https://samaritans.org>

<https://shinealightonsuicide.org.uk/bury-local-support-young-people>

<https://www.gov.uk/government/publication/covis-19-guidance-on-supporting-children-and-peoples-mental-health-and-wellbeing/guidance-for-parents-carers>

<https://www.bury.gov.uk/index.aspx/>

(the above link is an online e-portal offering advice to help adults identify-understand and support C&YP with mental health issues.)

Young Minds: Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

Your G.P Practice: Express you are concerned about the mental health and wellbeing of an individual and then you will be put through to correct support

999 in an emergency only

111 for advice and guidance

116 123 Samaritans

0800 1111 Child Line

0808 808 4994 The MIX

Healthy Minds and Healthy Young Minds Bury 0161 253 5258

Early Break (Streetwise @ earlybreak wellbeing) Bury 0161 723 3880

Techniques- Click on the Links below for help with mindful techniques and support



How
to...mindfulness (1) |



mindfulness-2018-
mind (1).pdf

Milltown House 0161 764 6873 / Spring Lane School 0161 724 2900