

## External Support for Mental Health and Wellbeing

### Addiction

<https://www.compass-uk.org/services/warwickshire-cypdas/> A free, confidential substance misuse service for children and young people who need support around their own or another person's drug or alcohol use.

### Alcohol

<https://nacoa.org.uk/> Providing information, advice and support for everyone affected by a parent's drinking.

<https://www.compass-uk.org/services/warwickshire-cypdas/> A free, confidential substance misuse service for children and young people who need support around their own or another person's drug or alcohol use.

### Anxiety

<https://www.anxietyuk.org.uk/> Anxiety UK delivers a wide range of services including: therapy service, helpline & text service, courses & groups, calm club, research fund, webinars, anxious times magazine.

### Bereavement

<https://www.winstonswish.org/> supporting children and young people after the death of a parent or sibling.

<https://www.guysgift.co.uk/> bereavement support for children and young people in Coventry and Warwickshire.

<https://warwick.ac.uk/services/wss/topics/lossdeathandgrief/> useful information on bereavement and grief, including stages of grief, how to move through loss, and coping techniques. Includes additional resources recommended by the University of Warwick.

### Counselling and Therapy

<https://www.healthymindservice.com/self-referral> Improving Access to Psychological Therapies (IAPT) for Warwickshire, self-referral ages 16+.

<https://www.bacp.co.uk/> therapist directory for those accredited by the BACP.

<https://www.pinktherapy.com/en-us/findatherapist.aspx> therapist directory that includes the therapist's sexuality and gender identity.

<https://hubofhope.co.uk/> find local services and therapists specific to your needs.

### Disability

<https://www.sibs.org.uk/> for siblings of those with a disability.

## Drugs and Substance Misuse

<https://www.compass-uk.org/services/warwickshire-cypdas/> A free, confidential substance misuse service for children and young people who need support around their own or another person's drug or alcohol use.

## Eating Disorders

<https://www.beateatingdisorders.org.uk/> leading national charity supporting those with eating disorders and those that care for them.

<https://stem4.org.uk/eating-disorders/> information around anorexia nervosa, bulimia nervosa and binge eating disorder.

<https://helpfinder.beateatingdisorders.org.uk/> find local services to support those with disordered eating.

## LGBTQA+

[https://wisf.sharepoint.com/sites/KHS\\_Staff/Staff\\_Shared/Staff%20Information/Pastoral%20Resources/Gender%20and%20sexuality/KHS%20Letterhead%20Pride%20Fair%20Info%20and%20Support.pdf](https://wisf.sharepoint.com/sites/KHS_Staff/Staff_Shared/Staff%20Information/Pastoral%20Resources/Gender%20and%20sexuality/KHS%20Letterhead%20Pride%20Fair%20Info%20and%20Support.pdf) for document containing approved LGBTQA+ resources and charities.

<https://genderedintelligence.co.uk/support/families> offers support for parents and carers of young trans, non-binary, gender diverse and questioning young people and children.

<https://www.beaumontsociety.org.uk/parents-of-young-trans.html> an association for the transgender community to facilitate mutual support and communication in order to improve the health, emotional well-being and confidence of transgender people.

<https://www.annafreud.org/on-my-mind/lgbtqi-mental-health/> resource on LGBTQI+ mental health.

<https://www.youngminds.org.uk/young-person/coping-with-life/sexuality-and-mental-health/> sexuality and mental health, from youngminds.

[A Guide to Safe Binding](#) LGBT Foundation. <https://www.spectrumoutfitters.co.uk/> and <http://www.gc2b.co> are recommended companies that produce binders and contain guides on how to bind safely.

## LGBTQA+ sex and relationships

<https://www.loveisrespect.org/resources/lgbtq-relationships-and-dating-violence/> resource for LGBTQ+ relationships.

<https://www.tht.org.uk/hiv-and-sexual-health/sexual-health/trans-people> Terrence Higgins Trust information for trans and non binary people's sexual health.

<https://thebeyouproject.co.uk/get-advice/sex-and-sexual-health/> LGBTQA+ specific sex education.

## Mental Health

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

<https://www.themix.org.uk/> Mental health support and information for under 25s.

<https://web.ntw.nhs.uk/selfhelp/> information on a range of mental health conditions.

<https://dimensions.covwarkpt.nhs.uk/> free online tool providing personalised information to support an individual's well-being and mental health.

<https://www.annafreud.org/on-my-mind/> helping young people make informed choices about their mental health and wellbeing.

## Relationships

<https://www.loveisrespect.org/> answering your questions about dating, relationships, safety and supporting others with their relationships.

## Self Harm

<https://www.selfharm.co.uk/> Free online Self-harm support for 14-19s. Alumina is a free, online 7 week course for young people struggling with self-harm.

<https://www.selfinjurysupport.org.uk/> support for women and girls. Resources and training.

## Self-Help

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health#mental-health-self-help-guides>

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Others> Looking after others.

## Sex and Relationships

<https://thebeyouproject.co.uk/get-advice/sex-and-sexual-health/> LGBTQA+ specific sex education.

<https://www.fumble.org.uk/> articles and information about sex, for teenagers.

## Sexual Violence

<https://safeline.org.uk/> Offer a range of services and information for those affected by or at risk of sexual violence and abuse.

<https://rapecrisis.org.uk/> raises awareness and provides specialist support to survivors of sexual violence and abuse.

## Sleep

<https://cerebra.org.uk/get-advice-support/sleep-advice-service/> resources and services to help improve sleep.

<https://onboarding.sleepio.com/sleepio/nhs-sleepio/122#1/1> Sleepio is a 6 week online program designed by sleep experts and based on cognitive and behavioral techniques.

<https://hunrosa.co.uk/resources/> guiding and advising teens and parents around sleep hygiene and managing sleep difficulties.

## Suicide

<https://www.papyrus-uk.org/> charity for prevention of young suicide.

<https://www.papyrus-uk.org/papyrus-hopelineuk/> Hopelink is Papyrus' helpline for anyone up to age 35 experiencing thoughts of suicide, or for those concerned about a young person.

<https://theolliefoundation.org/> delivering suicide awareness, intervention and prevention training by empowering professionals and young adults in their own communities to lead suicide prevention activities.

## Tools to keep calm

<https://www.childline.org.uk/toolbox/calm-zone/> breathing exercises, activities, games and videos to help let go of stress.