

## YOUNG PERSON AND PARENT/CARER ADVICE SHEET

### SAFETY ADVICE:

#### Young person

- Reach out to trusted adult
- Let them know how you are feeling

#### Parent / carer

- Remain calm
- Let the young person share how they are feeling
- Agreed code word may be useful

1. If you are the young person feeling suicidal or at risk of hurting yourself, the best thing you can do is reach out to an adult you trust, to share how you are feeling so they can support you in keeping safe and get you the right support.

2. If you are the parent/carer, it's really important to remain calm and understanding if your child is sharing how they are feeling. It may be helpful to agree a code word if your child finds it too difficult to use words such as 'suicidal' or 'self-harm' etc, to make you aware that they are feeling at risk. It may be helpful to identify anything the young person is thinking they may use to harm themselves with, to remove and lock these items away; and to increase supervision.

8.45a.m. - 5.00 p.m.

- **First Point of Contact**  
01422 300 001 for advice and support.

If between 8.00 a.m. - 8.00 p.m.

- Contact the **Crisis Team** on  
**01484 343763**

If between 8.00 p.m. - 8.00 a.m.

- **Night Owls** for crisis support, a listening line and guidance to young people, parents and carers
- 0800 148 8244
- Text: 07984 376 950
- Chat: [wynightowls.org.uk](https://wynightowls.org.uk)

### 3. Contact the First Point of Contact during office hours on 01422 300 001 for advice and support.

Once the First Point of Contact is closed (4.30 p.m.) up to 8 p.m. you can contact the Crisis Team on **01484 343763**.

After 8 p.m. you can contact Night Owls, a confidential support line, 8 p.m. – 8 a.m. every night for all children, young people, and parents/carers in West Yorkshire – Bradford, Calderdale, Kirklees, Leeds, and Wakefield. It can provide crisis support, alongside a listening line and guidance to young people, parents and carers. Call the number for free: **0800 148 8244**, text on: **07984 376950 (charges may apply)**, or chat on: [www.wynightowls.org.uk](http://www.wynightowls.org.uk)

### USEFUL HELPLINES, WEBSITES, APPS AND BOOKS:

1. **Kooth:** <https://www.kooth.com/> Kooth is a **FREE**, safe anonymous online counselling and support service for children and young people aged 10-25 years. Kooth can offer confidential 1 to 1 online counselling, self-help resources, peer to peer forums and has interesting articles written by young people for young people. It's open until 10pm 365 days a year.
2. **Young Minds Crisis Messenger:** Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help **text YM to 85258**. (Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus). Also known as SHOUT: <https://www.giveusashout.org/get-help/> <https://youngminds.org.uk/>
3. **Childline:** Comforts, advises and protects children 24 hours a day and offers free confidential counselling. **Phone 0800 1111** (24 hours)
4. **Samaritans:** <https://www.samaritans.org/>, a listening service for those struggling to cope, **call 116123**, email [jo@samaritans.org](mailto:jo@samaritans.org)
5. **The Mix:** **0808 808 4994**, [www.themix.org.uk](http://www.themix.org.uk) **text THEMIX to 85258**. The Mix is the UK's leading support service for young people. *'We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service'*.
6. **Papyrus:** preventing young suicide, call their **hopeline 0800 068 4141** or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) (Weekdays 9am-10pm, weekends 2pm-10pm), useful resources at <https://papyrus-uk.org/>
7. **Calm Harm:** a free app which guides you through tasks to help you resist or manage the urge to self-harm. You can access it on Google Play or AppStore. <https://calmharm.co.uk/>
8. [stem4 - supporting teenage mental health](http://stem4.org.uk) A really useful website for teens, families and professionals. Their 'Combined Minds' free app helps caregivers support their young people with their wellbeing.
9. **Stay Alive App:** (free) provides useful contacts for those feeling suicidal, advice if you are worried about someone who is suicidal and advice and tools to help you to stay safe.
10. **National self-harm network:** [www.nshn.co.uk](http://www.nshn.co.uk) to learn about self-harm and what it really means.
11. [www.kidshealth.org.uk](http://www.kidshealth.org.uk) for advice on all physical and mental health.
12. Excellent Eating disorder advice can be found here: <http://www.b-eat.co.uk/>

13. Book: *'Breaking Free from OCD'* by Derisley, Hayman, Robinson and Turner – may be useful for families with these issues.
14. National Autistic Society [www.autism.org.uk](http://www.autism.org.uk) UK's leading charity for those with autism and their families.
15. Domestic abuse survivor info: <http://www.freedomprogramme.co.uk/> or call 0808 2000 247.
16. British Dietetics Association <https://www.bda.uk.com/> to learn the best ways to eat and drink for your body's health.
17. Clear Fear: an app which helps manage symptoms of anxiety using a CBT approach. [www.clearfear.co.uk/](http://www.clearfear.co.uk/)
18. Move Mood: an app to manage symptoms of depression. [www.movemood.co.uk](http://www.movemood.co.uk)
19. Chill Panda: an app to help children aged 6-12 understand their fears and worries and provide family-friendly relaxation strategies. <http://chillpanda.co.uk/>
20. Feeling Good (16+, and 11-15 versions): an audio mind-body programme which takes you through a set of visualisation and relaxation exercises to help you manage low mood and anxiety. [www.feelinggood.app/](http://www.feelinggood.app/)
21. On My Mind: <https://www.annafreud.org/on-my-mind/> aims to empower young people to make informed choices about their own mental health.
22. ThinkNinja: an app which guides you through skills to help with exam stress, sleep issues, low mood and create realistic goals, using videos and interactive activities. <https://www.healios.org.uk/services/thinkninja1>
23. Together All: <https://togetherall.com/en-gb/> An online anonymous community, courses and resources to support young people with their mental health
24. Combined Minds: an app which helps parents and carers support young people who are anxious. [www.combinedminds.co.uk/](http://www.combinedminds.co.uk/)
25. Safer Internet <https://www.saferinternet.org.uk> for advice on internet safety including gaming etc.

## **GENERAL SLEEP ADVICE:**

In order to get your sleep on track, the following tips should be considered and carried out at the same time each night in order to “re-train” your brain that bed is for sleeping and is a restful place to be. This will probably not happen overnight but will need to be maintained for a while. Don’t give up if it doesn’t work first time!

1. Bed time should be the same time every night.
2. Wake up same time every day.
3. No sleeping during day.
4. Movement / exercise during the day may help you sleep better but avoid vigorous activity too close to bedtime.
5. No computer / television for one hour before bedtime as this fools the brain into thinking it is daylight and therefore time to wake up.
6. Create a restful environment – cool enough, dark enough, comfortable bed / pillows.
7. A hot bath / shower before bed can relax your body and can aid you falling asleep.
8. A hot milky drink and snack will release enzymes from the milk and the snack will help you feel a bit fuller and content, both aiding in falling asleep. Certain foods have been found particularly helpful, such as almonds, kiwi, camomile tea, walnuts, cherries, chicken/turkey.
9. Some people find gentle relaxing music useful (nothing aggressive or depressing!)
10. Reading can be a relaxing activity to prepare for bed/sleep.
11. If in bed for longer than 15-30 mins without falling asleep, get out of bed and do something relaxing (no computer or television!) before trying again when ready.
12. Relaxation techniques can help when lying in bed unable to sleep, especially writing your worries down so you can address them the next day if needed.

**Calderdale Open Minds (CAMHS)**  
**Northpoint Wellbeing**  
**24-26 Commercial Street**  
**Halifax**  
**HX1 1TA**

<https://northpoint.org.uk/>

<https://openmindscamhs.org.uk/>