**SEMH Parent Workshop – Further sources of support and information**

* **Young minds** – UK charity for children and young people’s mental health. They have a library of tools and resources to download at <https://youngminds.org.uk/resources/>
* **Young minds parent support helpline** - Call 0808 802 5544 for free Mon-Fri from 9.30am to 4pm
* **Barnardo’s WRAP Groups -** Young people attend a 10-week peersupport group programme calledWellness Recovery Action Plan. It isa plan that young people make forthemselves, to help them feel betterand more in control, understand theirfeelings and stay well. To find outmore information or make a referral,please call *01274 513300* or email**:** [*WRAPBradford@barnardos.org.uk*](mailto:WRAPBradford@barnardos.org.uk)
* **Kooth** is an app which is aimed specifically at children and young people. There are features such as magazine articles, personal experiences and tips for a positive mind-sets, a daily journal feature, safe discussion boards and a ‘chat with a professional’ option. Find out more here: <https://www.kooth.com/>
* **Smiling Mind app** - Technology can be a great tool for encouraging mindfulness in children. This app features lots of mindfulness and meditation activities specifically designed for parents and children to do together. <https://www.smilingmind.com.au/smiling-mind-app>
* **SHOUT** - Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Anyone of any age, who is a resident in the UK, can text the service for support. text ‘Shout’ to 85258 for 24/7 crisis text support or visit <https://giveusashout.org/> for more information.
* **SHR hub** – the Barnardos ‘See Hear Respond Support Hub’ contains links to resources and support on a range of topics including emotional wellbeing, SEND, and Coronavirus <https://www.barnardos.org.uk/see-hear-respond-support-hub>
* **Parent forum** – The Parent Forum for Bradford and Airedale is an organisation which provides peer support for parents and carers of children with SEND. See <https://pfba.org.uk/> for more information.
* **First Response** is a service that supports people experiencing a mental health crisis. It is for people of all ages in Bradford, Airedale, Wharfedale and Craven. If you are experiencing something which makes you feel unsafe, distressed or worried about your mental health you should contact First Response on 01274 221181
* **The BREW project** is a new and simple concept: A child or young person (aged 5-17) can access a confidential and non-judgmental one-to-one support session via telephone or zoom call within 48 hours of their request. Wellbeing advisers are there to speak with, support and help children and young people find solutions to problems, concerns and issues they are experiencing in life and with their mental health/emotional wellbeing. To book a session on behalf of a child/young person, call 01422 730015 or email support@invictuswellbeing.com
* **Know Your Mind** is Mind in Bradford’s children and young people’s service, and is part of the Youth in Mind in City partnership. They support children and young people from 8 to 19 (or up to 25 with additional needs) in the Bradford central area who are experiencing challenges around mental health and emotional wellbeing.

Email [knowyourmind@mindinbradford.org.uk](mailto:knowyourmind@mindinbradford.org.uk) or call 01274 730815.

* **Healthy Minds –** Young people’s mental wellbeing services. See separate leaflet for range of services available.
* **Carers Resource -** provide [information](https://www.carersresource.org/information), [advice and support](https://www.carersresource.org/what-we-do/for-carers/) to carers, to the people they care for and to professionals who work with them. Carers’ Resource is an independent, award-winning Yorkshire charity which is open to everyone and offers emotional and practical help to enable them to cope. <https://www.carersresource.org> or call 01274 449660

**Advice and Guidance links**

<http://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour/>

<http://www.youngminds.org.uk/for_parents/worried_about_your_child/behaviour_problems>

<http://www.cafamily.org.uk/media/629551/behaviour_17_june.pdf>

<http://www.livestrong.com/article/75282-parents-effect-child-behavior/>

<http://kidshealth.org/parent/emotions/>

<http://www.parenting.com/child/behavior>

<http://www.empoweringparents.com/child-behavior-problems>

<http://www.improveyourparenting.com/parents-behavior.html>

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health>

<https://witherslackgroup.co.uk/sen-mental-health-resources/?utm_campaign=SEN%20Mental%20Health%20webinar%20series&utm_medium=email&_hsmi=110408956&_hsenc=p2ANqtz-8m6Ml51xwNHuYpjnUx5XB88ZXO7XAvdrVOUJdqYW0TQD_ZjZ13lp_ytsqBe_iKvkSsCAkjv1YNE3CQ7agGLc0w3CWAQidyw5Xevd4gZLCMteEXZFw&utm_content=110408956&utm_source=hs_automation>