

## Self-help / Online & Apps Suggestions

	Contact details
<b>CAMHS&amp;Me</b>	<a href="https://camhs.cnwl.nhs.uk">https://camhs.cnwl.nhs.uk</a> Information about what CAMHS do, who works in CAMHS, what happens during your first appointment, moving on after CAMHS support and tips on how you can take care of yourself.
<b>Anxiety BC</b>	<a href="https://www.anxietybc.com/">https://www.anxietybc.com/</a> AnxietyBC is an online, self-help, and evidence-based resources on anxiety and anxiety disorders. It provides information to help you understand anxiety, as well as resources and tools to help you manage your anxiety. The organization is also the developers of the free MindShift™ app which helps youth and young adults manage anxiety, using step-by-step strategies.
<b>Getselfhelp.com</b>	<a href="https://www.getselfhelp.co.uk/index.html">https://www.getselfhelp.co.uk/index.html</a> This website provides CBT self-help and therapy resources, including worksheets and information sheets and self-help mp3s. Cognitive Behaviour Therapy (CBT) has been proven to help mental health problems.
<b>Young minds</b>	Hillingdon Mind offer support for young people (tel 01895-271559) Crisis Messenger: This is 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. All texts are free and answered by trained volunteers, with support from experienced clinical supervisors.
<b>RCPsych</b>	<a href="https://www.rcpsych.ac.uk/mental-health">https://www.rcpsych.ac.uk/mental-health</a> The website provides a readable, user-friendly and evidence-based information on mental health problems, treatments and other topics, written by psychiatrists with help from patients and carers.
<b>The Mix</b>	<a href="http://www.themix.org.uk">www.themix.org.uk</a> For young people under 25. The Mix offer free phone, email or webchat. You can also use their phone counselling service, or get more information on support services you might need. Freephone: 0808 808 4994 (13:00-23:00 daily)
<b>APPS</b>	
<b>Calm Harm</b>	<a href="https://calmharm.co.uk/">https://calmharm.co.uk/</a> Is A Free Private App That Helps You Manage The Urge To Self-Harm.
<b>Headspace</b>	Learn to meditate and live mindfully; A personal meditation guide, right in your pocket with Hundreds of themed sessions on everything from stress and sleep to focus and anxiety Bite-sized guided meditations for busy schedules SOS exercises in case of sudden meltdowns

## Local resources for signposting Service Users/Families

Agency	Contact details
<b>Children's Wellbeing Practitioner (CWP)</b>	<p>CWPs offer guided self-help strategies to help manage mental health problems such as anxiety, depression and behavioural difficulties and stop them from developing into more severe difficulties. Throughout our sessions we will support you in learning strategies which you will then be able to take away with you and continue using after our sessions are over. You could say that guided self-help is like learning to ride a bike – we'll be your stabilisers during our sessions together, helping you work towards riding the bike on your own once our sessions are over. What do the sessions look like?</p> <ul style="list-style-type: none"> <li>•8 structured sessions</li> <li>•4 sessions face-to-face (1 hour each) and 4 sessions over the phone (30-45 minutes each)</li> <li>•Sessions may take place at CAMHS, school or other settings (we will discuss options with you)</li> <li>•The CWP will explore with you how to understand your difficulties</li> <li>•They will help you to set goals which you will then work towards together</li> <li>•There is also between-session practice to do when learning new strategies</li> </ul>
<b>Link Counselling</b>	<p><a href="https://www.youthwellbeing.co.uk/findservice/link-counselling-service">https://www.youthwellbeing.co.uk/findservice/link-counselling-service</a>            Counselling by appointment for people aged 13-25 who live, work or study in the London Borough of Hillingdon. Help Available: One to one counselling/Therapy for 13-25 years            Address: Fountains Mill81 High Street Uxbridge Middlesex UB8 1JR            Telephone: (01895) 277222, Facsimile: (01895) 232850</p>
<b>Kooth On Line Counselling</b>	<p><a href="https://www.kooth.com/">https://www.kooth.com/</a>            Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. The support is safe and anonymous online support for young people from 13 years and until their 19<sup>th</sup> birthday. The support is available until 10pm.</p>
<b>Brilliant Parents</b>	<p><a href="http://www.brilliantparents.org/">http://www.brilliantparents.org/</a>            Brilliant Parents knows that most parents are brilliant, but we also know, as parents ourselves, that bringing up children is one of the most challenging and emotionally demanding jobs a parent will ever do. Brilliant Parents runs Parenting Courses supporting families across London, working with parents to turn the experience back into something that is positive and rewarding. Brilliant Parents will help you understand your child's complicated behaviours as well as your own and show you ways to communicate with your child.            Tel: 0203 356 9705</p>
<b>Early Help</b>	
<b>HILLINGDON AUTISM CARE &amp; SUPPORT (HACS)</b>	<p><a href="mailto:enquiries@hacs.org.uk">enquiries@hacs.org.uk</a>            Hillingdon Autistic Care and Support are committed to raising awareness, knowledge and understanding of the Autism Spectrum. HCAS meets the needs of each individual on the autism spectrum and their families, achieved through the integration of Family Support, Training and Recreation services. They also provide advice, guidance and support to professionals working with the individual, such as school staff.            Hillingdon Autistic Care &amp; Support            Dudley Place, off Pinkwell Lane, Hayes UB3 1PB            Tel: 0208 606 6780, Fax: 0208 606 6781</p>
<b>Centre for ADHD and</b>	<p><a href="http://www.adhdandautism.org">http://www.adhdandautism.org</a>            Centre for ADHD &amp; Autism Support (Charity No: 1080795) supports, educates</p>

<b>ASD</b>	and empowers individuals with a diagnosis of ADHD and/or autism, their families, and the community. Through raising awareness we change perceptions and break down barriers. Led and run by trained people who have first-hand experience of family members with one or both conditions, 269 Field End Rd, Ruislip HA4 9XA 020 8429 1552
<b>SENDIASS</b>	sendiass@hillingdon.gov.uk Confidential, impartial support and advice for parents, carers, children and young people (up to 25 years) in relation to Special Educational Needs and Disabilities. The service is based at 4E/08, Civic Centre, Uxbridge, Middlesex, UB8 1UW Telephone: 01895 277 001
<b>Early Support Team/Key working</b>	earlysupport@hillingdon.gov.uk Provides early intervention, prevention and SEND services in Hillingdon. 4E/02 Civic Centre, High Street, Uxbridge, UB8 1UW 01895277183
<b>Inclusion Team</b>	<a href="https://children.connecttosupporthillingdon.org/s4s/api/FileManagement/GetFileContent?id=/155/">https://children.connecttosupporthillingdon.org/s4s/api/FileManagement/GetFileContent?id=/155/</a>  Provides support in various settings (schools, playgroups, day nurseries, childminders etc.) in developing high quality inclusive practice and in meeting identified children's needs. London Borough of Hillingdon , 4E/02, Civic Centre, Uxbridge, UB8 1UW Office line: 01895 556 569 (ext: 6569)
<b>Hillingdon Carers</b>	<a href="http://www.hillingdoncarers.org.uk/">http://www.hillingdoncarers.org.uk/</a> The Centre is open five days per week Monday to Friday, except bank holidays: Hillingdon Carers provide a range of information about services of interest to carers from a range of service providers from the statutory social care and health services to other voluntary sector organisations, large and small. Pop in and see us to arrange an appointment with our Carers Advisors or to browse the information on display. Members of staff are always happy to help. Office: 126 High Street, Uxbridge UB8 1JT , Telephone: 01895 811206
<b>Bereavement</b>	<a href="http://www.bereavementcareandsupport.co.uk/">http://www.bereavementcareandsupport.co.uk/</a> When someone close dies, the world can seem a lonely and empty place. At times like this it helps to talk things over with someone who will listen without judging or telling you what to do. At Bereavement Care our team of trained volunteers are here to support adults and children in the London Boroughs of Harrow and Hillingdon and the surrounding area who would like some help in coping with their bereavement. The Lodge, 64 Pinner Road, Harrow, Middlesex, HA1 4HZ
<b>ARCH</b>	ARCH and Young ARCH: Hillingdon drug and alcohol services Old Bank House, 64 High Street Uxbridge, Middlesex, UB8 1JP Tel: 01895 207777 Fax: 01895 207733
<b>Fountains Mill -Sorted -Unique Swagga -Kiss</b>	Young People's Drug & Alcohol Team (12 to 21) (SORTED) Fountain's Mill, 81 High Street, Uxbridge UB8 1JR Tel: 01895 250721
<b>Tourette syndrome clinic</b>	<a href="https://www.gosh.nhs.uk/medical-information/clinical-specialties/neurology-information-parents-and-visitors/clinics-and-wards/tourette-syndrome-clinic">https://www.gosh.nhs.uk/medical-information/clinical-specialties/neurology-information-parents-and-visitors/clinics-and-wards/tourette-syndrome-clinic</a> The Tourette syndrome clinic at Great Ormond Street Hospital (GOSH) is a

	<p>multi-disciplinary clinic headed by Dr Isobel Heyman (Child and Adolescent Psychiatrist), Dr Sarah Aylett (Paediatric Neurologist) and Dr Tara Murphy (Paediatric Neuropsychologist).</p> <p>The Tourette syndrome clinic is a national specialist service that cares for children and young people up to 18 years of age. We have a specialist multi-disciplinary team that works closely with other departments within GOSH, in particular neurology.</p> <p>The care of children is always shared between local services and the specialist service here at GOSH.</p>
<p><b>National Dialectical Behaviour Therapy (DBT), Maudsley</b></p>	<p><a href="https://www.national.slam.nhs.uk/services/camhs/camhs-dialecticalbehaviour/">https://www.national.slam.nhs.uk/services/camhs/camhs-dialecticalbehaviour/</a></p> <p>The service specialises in the assessment and treatment of young people who have a history of self-harm and symptoms associated with borderline personality disorder such as impulsiveness, unstable relationships, anger, difficulties controlling emotions and feelings of emptiness.</p> <p>We provide assessment, treatment, consultation and training. Treatment involves individual therapy and group skills training for the young person. The young person's parents or carers also take part in group skills training.</p> <p>Key areas: Anger, borderline personality disorder, complex post-traumatic stress, eating difficulties, emotion regulation difficulties, impulsiveness, self-harm, suicidal ideation</p>