

PARTICIPATION
CHILDREN AND YOUNG
PEOPLE SERVICES
RESOURCE PACK

If you are feeling unwell or are worried about someone, the following advice and contact details have been designed to help you decide what to do now.

If you are concerned about an immediate risk of harm, either to yourself or someone else please phone 999.

You can call us 24 hours a day on **0800 448 0828**. A mental health navigator will take your call to ensure you get the support that you need.

If you are a young person at risk of self-harm or suicide – the CAMHS crisis team is open 24/7 and can be accessed by calling **0800 170 7055**. Text Shout to **85258** at any time day or night.

If you (or the person you are supporting) are already receiving support from Northamptonshire NHS Healthcare Foundation Trust (NHFT) you should have a care plan. This plan will include details of who you should contact in a crisis, if you cannot find the plan call and need help call **0800 448 0828**.

Please note all information is taken from service providers and is correct at the time of producing this pack. The information is subject to changes. Please check with service provider for the latest updates. This pack is reviewed bi-annually. Please email any suggestions or requests to

Participation@nhft.nhs.uk

Next review date: 01/10/2023

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Northamptonshire Crisis Cafés

Run by an NHFT mental health professional and a MIND peer support worker, they provide support and safety to anyone in need by offering coping mechanisms and management techniques to help reduce the risk of crisis. As well as offering support, professionals can also refer and direct you to further services if required. Crisis Cafés are available for anyone 18 years old or over who are finding themselves in a crisis or need support with their mental health.

There is no need to call and book an appointment, simply drop in to one of the Northamptonshire locations listed to receive support. If you have any questions or to view crisis cafés venues, dates and times you can access the Crisis Cafe webpage

Website: www.nhft.nhs.uk/crisis-cafe

Counselling Support

Northamptonshire MIND

Counselling is available at all the Mind's in the county. The counselling service can help explore the client's situation or any difficulties that they may be experiencing in a safe and confidential environment.

A free initial consultation will be offered where the counselling process will be fully explained. Sessions are held weekly, initial offer is 12 sessions, to be reviewed 6 weeks.

A fee may be charged for additional or further support

Each Mind has their own referral forms. Once the referral has been received, contact with the client will be made to arrange a counselling assessment. Please contact local Mind for further information:

Corby – 01536 267280

Kettering – 01536523216

Rushden – 01933 312800

Daventry – 01327 879416

Northampton – 01604 634310

Wellingborough – 01933 223591

Website: www.northamptonshiremind.org.uk/

The Sarah Agnes Foundation

The Sarah Agnes Foundation provides counselling to individuals of all ages, couples and families both virtually and in person. All of the team are professionally supervised by a BCAP Accredited Supervisor. SAF offer a pay-as-you-can programme to those who need it. Self-referral process online.

Website: www.sarahagnesfoundation.org.uk

Contact Number: 07932 253818

Teamwork Trust

Counselling for adults with any issues- Donation of £10 if working , £5 if not working but will still see if cannot afford it. Self-referral process online.

Website : www.teamworktrust.co.uk/Blogs/counselling

Corby: 01536 40931

Kettering: 01536 511993

Wellingborough: 01933 442066

Emotional Support Lines

Samaritans

To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. Via telephone or email.

Phone: 116 123 (free from any phone)

Email: jo@samaritans.org

Website: [Contact Us | Samaritans](#)

SANEline

If you're experiencing a mental health problem or support someone else, you can call SANEline. 4:30-10:30pm everyday.

Phone: 0300 3047000

Email: info@sane.org.uk

SupportLine

SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse. Support Line also provides support by email and post.

Website: www.supportline.org.uk/about/about-supportline/

Email: info@supportline.org.uk

Phone: 01708 765200.

'SHOUT' (Text Support Line)

If you're struggling to cope and need to talk, trained Shout Volunteers are there 24/7. Shout is a free, confidential, anonymous text support service.

Text: Text SHOUT to 85258

Improving Access to Physiological Therapy (IAPT)/ Northamptonshire Talking Therapies

IAPT/ Northamptonshire Talking Therapies

The Improving Access to Psychological Therapies (IAPT) programme is an ambitious programme of talking therapies run by NHFT to support patients with overcoming their depression, anxiety and better managing mental health. IAPT cannot support people who're actively suicidal (with plans) or those who self-harm.

IAPT services are categorised by three things:

1. Evidenced-based psychological therapies delivered by fully trained and accredited practitioners, matched to the mental health problem and intensity and duration designed to optimize outcomes.
2. Routine outcome monitoring.
3. Regular and outcomes focused supervision.

Once a referral has been made, a 45-minute assessment will happen to determine the appropriate support and the levels needed. IAPT initially offer a 6-week programme that is carried out in GP surgeries, once a week. If they feel further support is needed, they can move patients onto different programmes or refer back into the hub.

Website: www.nhs.uk/service-search/find-a-psychological-therapies-service/

Contact Number: 0300 9991616.

Individuals can also call into the hub to register themselves to IAPT.

Call can also be transferred to IAPT (Admin) on call handling.

Men's Mental Health

Talk Mental Health

Endeavour to remove the fear, stigma and prejudice associated with mental health and promote the importance of self-management through self-awareness, self-help and self-care. Providing in-community support, delivered by local volunteers with lived-experience. Across our support groups we focus on fostering mutual and trusted peer support to offer emotional support, share knowledge and connect.

Peer Support Meetup – Towcester

Mixture of activities, informative talks, personal development workshops and informal chats as a group with NO pressure whatsoever on you to talk should you not want to. Everyone has the opportunity to share any problems they might be facing currently.

Men's Walk & Talk Group- Towcester

Friendly, trusted and safe environment where guys can come to simply get away from everyday life, socialise with others, make new friendships and not feel socially isolated or lonely. This is a Walk & Talk group but, it is not a hike and we walk at a gentle pace with frequent stops to chat. This is a peer-to-peer group facilitated by someone with lived experience of living with mental health issues. We maintain a relaxed and informal approach where: - We are a Safe Space where we develop trust in each other and an environment that we feel supported and supportive of others.

For any further information please see below;

Facebook page: <https://m.facebook.com/MenTalkMentalHealth/>

Website: www.talkmentalhealth.org.uk/

Wellingborough Men's Shed

Men's Shed work hard to inspire and support the development of as many Men's Sheds as possible, for the benefit of men's health and wellbeing. Men's Sheds is a community-driven, member-led entities Supporting in reducing isolation, loneliness and in empowering local community.

Wellingborough Men's Shed operate out of a workshop on 14 Havelock Street where abandoned and donated bicycles are repaired and made good to sell.

Email: wemensshed@gmail.com

Phone: 01933 223591

Campaign Against Living Miserably (CALM)

Leading a campaign against suicide. Support service is struggling with mental health, standing up to stereotypes, and standing together to show life is always worth living. If you are male, you can call CALM or use their webchat service

Helpline: 0800 585858 (5pm-midnight everyday)

Webchat service: www.thecalmzone.net/help/webchat/

Family Support

NHFT 0-19 Service

Northamptonshire Healthcare NHS Foundation Trust 0-19 service provides Healthy Child Programme; a planned series of contacts (face to face or virtual via video call) with children and young people up to 19 years old and their families. These contacts are provided by a healthy visitor for children who are pre-school age, and school nurses who help to look after children who are school age. There is an infant feeding support team; family nurses (if you are under 18 and pregnant), and children's weight management and continence services

Website: www.nhft.nhs.uk/0-19

Children's Admin Hub

Phone: 0800 170 7055 (Mon-Fri 8:30am - 4:30pm)

Email: CUSadminhub.nhft@nhs.net

Specialist Infant Feeding helpline: 077951 10109 for feeding advice and support (Mon - Fri 9am - 3pm)

ChatHealth: text a school nurse for friendly, helpful advice. This service is designed for 11-19 year olds: 07507 329 600 (Mon-Fri 9am-4pm)

Health visitors facebook: www.facebook.com/Healthvisitors

run by local health visitors to bring you the very latest advice and information

School Aged Immunisation service

Phone: 0800 170 7055 (option 5) if you have query relating to your school aged child's immunisations (Monday to Friday 8.30am- 4.30pm)

0-19 Live Chat

Click the orange button on the bottom right-hand side of the page:

www.nhft.nhs.uk/0-19 Book, change or cancel appointments with the 0-19 service, ask for advice, information or signpost to local resources and services. Ask general queries regarding the 0-19 service and also request a call back from a duty health visitor or school nurse regarding your child's health, wellbeing or behaviour.

Prospects

Prospects (part of Shaw Trust Midlands) provides the careers service for Northamptonshire, making sure young people who are Not in Education, Employment or Training (NEET) can access the guidance and support they need to progress.

Website:

www.northamptonshire.gov.uk/councilservices/children-families-education/SEND/local-offer/advice-and-information/2937-prospects-shaw-trust-midlands

www.prospectsnow.me/

Phone: 01604 630033

Strong Start

Strong Start is a team of experienced Early Years professionals who support families in North and West Northamptonshire from pregnancy through to starting school in Reception Class. They closely work with health and children's services and support any parent who gets in touch. Strong Start provide virtual support to parents through telephone, Zoom and social media on a 1:1 and group basis, as well as face-to-face groups in outdoor spaces and community venues

Website:

www.northnorthants.gov.uk/strong-start/strong-start-advice-and-support

www.westnorthants.gov.uk/strong-start/strong-start-advice-and-support

Email: strongstartteam@westnorthants.gov.uk

Phone: 07880 136070

Happier Families

The Happier Families programme aims to support families to learn about and try out tips, skills, and tools to boost the wellbeing of individual members and the family as a whole, to improve the quality of the time they spend together. Its aims are to provide a toolkit to help participants:

- Explore ways to build their own and others' happiness
- Learn tips to try when struggling
- Build happier relationships
- Enjoy family time together more

Website: www.youthworksnorthamptonshire.org.uk/other-services/happier-families/

Email: sclarke@youthworksnorthamptonshire.org.uk

Triple P Online

The Triple P – Positive Parenting Program® can help you be a happier, less stressed parent, even during difficult times. It gives you ways to navigate family life more easily. It will help you encourage your children to develop the kind of social, emotional and academic skills they need to succeed in life. That includes coping with, and bouncing back from, stress and uncertainty. Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behaviour, and prevent problems developing

Website: www.youthworksnorthamptonshire.org.uk/other-services/triple-p-online-referral/

Email: triplep@youthworksnorthamptonshire.org.uk

Phone: 01536 518339

Northamptonshire Children's Trust – Early Help

Early help means working with you and your family to ensure that you receive the right help and support as soon as you need it. Early help is for everybody, for families with children and young people of any age. And it's your choice whether to access it or not. There are lots of reasons why you might want some support including:

- Advice about your child's health, development or behaviour
- How your child is progressing at school
- Caring for a child with a disability or additional needs
- Concerns you have about money or housing that is affecting your family
- Help around domestic abuse, drugs, alcohol or crime
- Bereavement support
- Being a young carer

Website: www.nctrust.co.uk/families-and-carers/Pages/early-help-and-support.aspx

Email: cfss@nctrust.co.uk

Programmes designed to help you and your family

HAPPIER FAMILIES



The Happier Families programme aims to support families to learn about and try tips, skills, and tools that we can use to help increase how happy we all feel and to boost the wellbeing of individual members and the family as a whole and to improve the quality of the time they spend together. It's aims are to provide a toolkit to help participants:

- Explore ways to build their own and others' happiness
- Learn tips to try when struggling
- Build happier relationships
- Enjoy family time together more

six sessions, face to face or virtually

The Triple P – Positive Parenting Program® can help you be a happier, less stressed parent, even during difficult times. It gives you ways to navigate family life more easily. Backed by hundreds of trials and studies, it's like the instruction manual your child didn't come with – and it'll help you encourage them to develop the kind of social, emotional and academic skills they need to succeed in life. That includes coping with, and bouncing back from, stress and uncertainty.

TRIPLE P

POSITIVE
PARENTING
PROGRAMME

Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behaviour and prevent problems developing. Triple P is an online course that the parent completes at a time to suit them.

EMOTION COACHING



Emotion Coaching is an approach to support parents to help their children when they feel distressed. It works for the little things and the big things. It is a naturalistic parenting approach which has been observed in research to have a beneficial impact on children's emotional and physical health, their capacity for empathy and their social relationships.

We offer the programme in two different styles:

- A virtual group programme over 6 weeks in the evening, each session is around 50-60mins
- A one day group programme face to face
- Both are then followed with 3 x 1:1 coaching sessions

Children and Young People

CAMHS in the Community

Weekly drop-in and talk cafes for anyone to talk to a mental health professional in a safe space. Staff will listen and help by providing advice, support or signpost/ refer to the relevant team or organisation.

There is no need to call or book an appointment, please drop in to one of the locations and timings below (these timing are correct as of December 2022):

The Lowdown, 3 Kingswell St, Northampton, NN1 1PP

Monday and Friday- 4pm to 8pm

01604 634385, www.thelowdown.info/drop-ins/

Youth Works at Corby Mind, 18 Argyll Street, Corby, NN18 1RU

Tuesday- 4pm to 8pm

Keystone, 97 Rockingham Road, Kettering, NN16 9HX

Thursday- 4pm to 8pm

01536 518339, www.youthworksnorthamptonshire.org.uk/counselling/drop-in-support-and-sexual-health-service/

Chat, Souster Youth Building, 30 Market Road, Thrapston, NN14 4JU

Wednesday 4pm-8pm

01832-274422 www.chatyouthcounselling.org.uk/

Service Six, 15 Sassoon Mews, Wellingborough NN8 3LT

Saturday - 10am to 2pm

01933 277520 www.servicesix.co.uk/espresso-yourself/

Time2Talk, The Abbey, Market Square, Daventry NN11 4XG

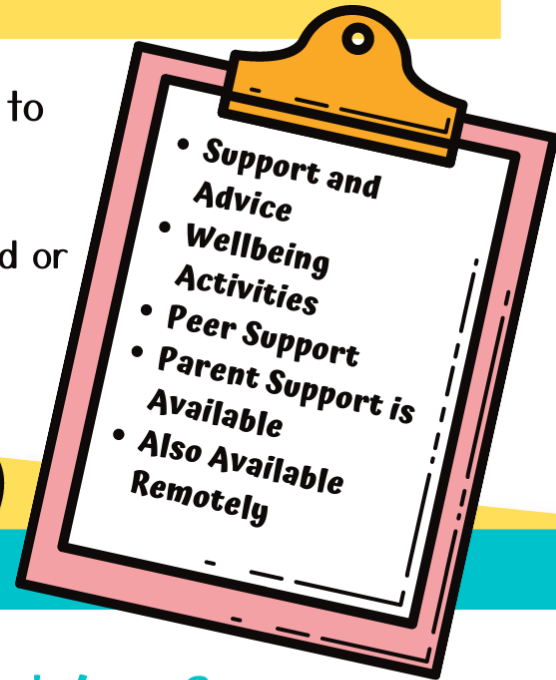
01327 706706

Saturday- 12pm to 4pm

WELLBEING DROP-IN SERVICES FOR 11-18 YEAR OLDS IN NORTHAMPTONSHIRE

If you find yourself needing support, we're here to listen and help in your time of need.

Book an appointment by calling the numbers provided or drop in during our opening times.



Monday's & Friday's 4pm - 8pm

the lowdown, 3 Kingswell Street, Northampton, NN1 1PP - 01604 634385

Tuesday's 4pm - 8pm

Youth Works at Corby Mind, 18 Argyll St, Corby, NN17 1RU - 01536 518339

Tuesday's 4pm - 8pm

Service Six, Raunds Methodist Church, Brook Street, Raunds NN9 6LP - 01933 277520

Wednesday's 4pm - 8pm

CHAT Youth Counselling, Souster Youth Building, 30 Market Road, Thrapston, NN14 4JU - 01832 274422

Wednesday's 4pm - 8pm

Time 2 Talk, Chantry House, 88 Watling Street, Towcester, Northants, NN12 6BT 07385 295008 - 01327 706706

Thursday's 4pm - 8pm

Youth Works, 97 Rockingham Rd, Kettering, NN16 9HX - 01536 518339

Saturday's 10am - 2pm

Service Six, 15 Sassoon Mews, Wellingborough NN8 3LT - 01933 277520

Saturday's 12pm - 4pm

Time 2 Talk, The Abbey, Market Square, Daventry, NN11 4XG - 01327 706706

YoungMinds

Mental health charity for children, young people and their parents, making sure all young people can get the mental health support. YoungMinds offer a text line service that provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Text YM to 85258.

Parents Helpline: 0808 8025544

Website: www.youngminds.org.uk/

Papyrus UK

Charity dedicated to the prevention of young suicide. Supporting young people under 35 who are experiencing thoughts of suicide as well as people concerned about someone else. Phonenumber 9am-Midnight every day.

Phone: 0800 0684141

Text: 07860 039967

Website: www.papyrus-uk.org/

Childline

Support for those under 19 with any issues they're going through. Including mental health support. You can talk about anything. Whether it's something big or small, trained counsellors are there to support. Childline is free, confidential and available any time, day or night. Support can be given over the phone or through a 1-2-1 counsellor chat online.

Phone: 0800 1111

1-2-1 counsellor chat: www.childline.org.uk/get-support/1-2-1-counsellor-chat/

Website: www.childline.org.uk/

The Mix

Free, confidential support for young people under 25 via crisis messenger text service and freephone.

Text THEMIX to 85258. Crisis text line can help with urgent issues such as: Suicidal thoughts, abuse or assault, self-harm, bullying, relationship breakdown.

or call free on **0808 8084994**, phones are open 7 days a week from 3pm-12am.

Website: www.themix.org.uk/

Community Counselling Services

REACH Collaboration provides professional and confidential youth counselling for young people across the County of Northamptonshire. REACH is five existing, agencies:

- CHAT Youth Counselling, **01832 274422**, www.chatyouthcounselling.org.uk/
- Service Six, **01933 277520**, www.servicesix.co.uk
- The Lowdown, **01604 634385**, www.thelowdown.info
- Time 2 Talk, **01327 706706**, www.time2talk.org.uk
- Youth Works, **01536 518339**, www.youthworksnorthamptonshire.org.uk

CHAT Health

Text to **07507 329 600** (Mon-Fri 9am-4pm) to chat with a school nurse. Chat Health is free service for ages 11-19 who want confidential health and advice. The team can advise on alcohol and drugs, body image, bullying, exam anxiety, family issues, healthy eating, mental health, relationships, self-harm, smoking, social networking and other issues.

Website: www.nhft.nhs.uk/0-19

Beat Eating Disorders

National Helpline exists to encourage and empower people to get help quickly. People can phone in or use the webchat. Beat will listen and help to understand the illness and support you to take positive steps towards recovery. They also support family and friends by equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health.

Phone: 0808 801 0677

Website: www.beateatingdisorders.org.uk/

CAMHS Crisis Line and CAMHS Connect

CAMHS Connect is part of the wider Core CAMHS in Northamptonshire and offers online chat and a telephone service for children and young people.

Phone: 0800 170 7055 (St Mary's Hospital)

Website: www.nhft.nhs.uk/camhs/

The Frank Bruno Foundation

The Frank Bruno Foundation primary function is to provide a safe environment with the aim to improve the mental wellbeing of participants who are facing or recovering from mental ill health. The Frank Bruno Foundation directly supports participant in building self-esteem, confidence, resilience and discipline. This is done through the delivery of there RoundByRound 12-week wellbeing and non-contact boxing programme. Complemented by a need led wrap around support service. Programme developed for anyone over the age of 13 years old who has been referred by a professional body.

Website: www.thefrankbrunofoundation.co.uk/

Referrals need to be made by us. Please email [click here to complete referral by emailing lisa@thefrankbrunofoundation.co.uk](mailto:lisa@thefrankbrunofoundation.co.uk) .Once an email is received, a referral form will be sent to complete.

Charlie Waller

Provide mental health training, resources, and consultancy with a focus on children and young people.

Phone: 01635 869754

Website: www.charliewaller.org/

Finances

Jobcentres

Jobcentres provide services for adults attempting to find employment, who need financial aid due to lack of employment and those with an illness which means they are unable to work. Jobcentre services include in-house job-advisors and telephone advisors. Claims can be made for “benefits” such as: Jobseeker’s Allowance, Employment and Support Allowance, Income Support, Universal Credit. For more information, visit local jobcentre.

Phone: 0800 1690190

Step Change

Comprehensive debt advice for people in the UK. Monday-Friday 9:00-17:00 & Saturday 8:00-16:00.

Phone: 0800 1381111

Website: www.stepchange.org/

Citizens Advice Bureau

Provide support with a range of issues, including financial and debt support.

Wellingborough – 0800 144 8848

Kettering - 01536 482281

Corby- 01536 265501

Northampton – 0344 488 9629

Website: www.citizensadvice.org.uk/

Rushden Full Gospel

Rushden Full Gospel provide support to people wanting to get in control of their finances, whether they are in debt or not. For those that are in debt, they offer free support and guidance in helping them to get out of debt. Support is provided through CAP Money Course.

Website: www.rushdenfullgospel.org.uk/project/social-action/

Phone: 01933 418002 (Church Office Number)

Email: rushdenfullgospel@gmail.com

Community Law

Support with all things that require legal support. Community Law Service (Northampton and County) is a registered charity and an independent specialist social welfare advice provider. The aim of the organisation is to improve the health and wellbeing of local residents through tackling social and financial exclusion, alleviating poverty and advancing education. This is achieved through the provision of specialist advice, casework and representation currently in the fields of Welfare Benefits, Debt, Financial Capability, Energy Advice, Housing and Immigration.

Contact: Northampton Office – 01604 621038

Rushden Office – 01933 313020

Wellingborough Office -01933 278248

Website: www.communitylawservice.org.uk/

Turn2us

Helping people in financial hardship to gain access to welfare benefits, charitable grants through an accessible website.

Website: www.turn2us.org.uk

Entitled to -

Check what benefit entitlement you are entitled to. The entitledto benefits calculator will check which means-tested benefits you may be entitled to

Website: www.entitledto.co.uk

Together

Everyone who seeks support is different and their needs are individual to them. Together believe in enabling people to lead their own recovery at their own pace by supporting their decisions about the care they receive. Link to local service finder. Put in postcode/ area code and search for local housing, advocacy and community support services.

Website: www.together-uk.org/service-finder/?location

Policy in Practice

Policy in Practice work with local authorities, housing associations, work and health providers, third sector and other organisations to improve the way support is delivered on the front line. They help organisations analyse the impact of policy, identify and engage the people impacted, and track the effectiveness of interventions.

Website: www.policyinpractice.co.uk

Accommodation Concern

Northamptonshire's leading housing, debt, and benefits advice service – supporting clients by assessing and providing people with the information, support, and skills they need to escape debt, access housing, feed their families and secure the benefits they are entitled to.

Phone: 01536 416560

Email: help@a-c.org.uk

Website: www.accommodationconcern.co.uk

Special Needs Support

Specialist Support Services

The SEND Support Service offers advice and support to children, young people, families, carers and a range of educational establishments for children with a wide range of special educational needs and/or autism, aged 0 to 19 years. Early intervention to assist in identifying a child's special educational needs and disabilities and may provide advise on relevant support.

Contact Number: 01604 364 772

Email:

sss@childrenfirstnorthamptonshire.co.uk

SSS.NCC@northnorthants.gov.uk

SSS.NCC@westnorthants.gov.uk

Website:

www.northnorthants.gov.uk/specialist-send-support-services

www.westnorthants.gov.uk/specialist-send-support-services

SCOPE – Sleep Right

Offers disability information and advice to those living with a disability or caring for someone with a disability. Sleep Right is a free support service, that helps parents and carers of disabled children to improve their child's sleep. Supports families of children with diagnosed/on pathway for investigation for SEND aged 2-18 who have severe sleep problems. Professional referral only.

Website: www.scope.org.uk/family-services/sleep-right/

Phone: 0808 800 3333

Email: sleep.right@scope.org.uk

Mencap Learning Disabilities Helpline

The Learning Disability Helpline is a free helpline service offering advice and support for people with a learning disability, and their families and carers. Advisors are available from 10am to 3pm, Monday to Friday.

Helpline Number: 020 7454 0454

Website: www.mencap.org.uk/

Teamwork Trust Northamptonshire

Corby, Kettering and Wellingborough centres work with and support our Northamptonshire members – adults with mental health needs, autism, learning and physical disabilities – who can choose from our enabling and education projects, activities and counselling programmes. Teamwork Trust offers a friendly, supportive environment where individuals can make new friends, access education, an opportunity to gain employability skills, whilst regaining self-esteem and confidence.

Website: www.teamworktrust.co.uk/

Phone numbers:

Corby- Helen Barber - 01536400931

Kettering - Nattalia Vanzwanenburg - 01536511993

Wellingborough- Majula Mistry - 01933 442066

The Cube Disability

Northamptonshire's largest independent care provider for adults with learning disabilities and autism. Providing a fun and modern care provision for adults, aged 18 and over, with learning disabilities and autism. Also operate a dance school for SEN children and their siblings. Further information and information of support available via there website.

Website: www.thecubedisability.co.uk/

Phone: 01604 843777.

Email: hello@thecubedisability.co.uk

Information Advice Support Service (IASS)

Northamptonshire service run from the Local Authority providing free, confidential, impartial advice, guidance and support to parents of children with SEND. Providing support including training, referral to other statutory and voluntary agencies, access to local and nation support groups, telephone support and face to face meetings.

Website: www.iassnorthants.co.uk/about-us/Pages/default.aspx

Number: 01604 364772 (Monday to Friday (9:30-4:30pm))

Email: contact@iassnorthants.co.uk

En-fold

Enfold ensure that all children, via support to their parents, can access the best services, information and support for them. We also want to ensure all individuals receiving a diagnosis in adulthood, find the right information and support.

Website: www.enfold.org.uk

Number: Call us on 07845 905766

National Autistic Society

Benefits and Money - National Autistic Society. This section has information about benefits that may be available for autistic people and their families and advice on managing money.

Website: www.autism.org.uk/

Northants Parent Forum Group

A Parent Carer Forum is a group of parents and carers of children with special educational needs or disabilities who work with local authorities, education settings, health providers and other providers to make sure that the services they commission, plan and deliver meet the needs of disabled children and families.

Website: www.npfg.co.uk/

The Spectrum Club

Local facebook group for parents and carers who have children with ASD providing mutual support. They run activities in the school holidays.

Facebook: www.facebook.com/groups/130282860352620/

Harry's Pals:

Emotional support to parents who have recently received a diagnosis that their child is severely ill or disabled.

Website: www.harryspals.co.uk/

Email: Harryspalscharity@gmail.com

Sends4dad

A community group supporting dads/male carers that have a child with special educational needs and/or a disability.

Website: www.sends4dad.org.uk/

Carers

Northamptonshire Carers

Northamptonshire Carers aim to offer a comprehensive support service to Carers in collaboration with organisations that complement the service they deliver – to empower Carers in improving their health, wellbeing and quality of life. A carers assessment is a useful way of working out what best fits your circumstances.

Website: www.northamptonshire-carers.org/

Carers Support Line: 01933 677907

Email: carers@northamptonshire-carers.org

Northamptonshire Young Carers Service

The Young Carers Service can offer 1-1 support, social activities, targeted groups, advocacy and family support (such as signposting to relevant agencies) where appropriate. A young carer is aged between 5yrs-17yrs. A young adult carer is aged between 18yrs-25yrs. All assessments, support plans, and support offered are individual to the family and their situation.

Website: www.northamptonshire-carers.org/young-carers

Email: YoungCarersTeam@northamptonshire-carers.org

Phone: 01933 677837

Psychosocial activities

Umbrella Fair organisation

Areas of support: Social interaction, creative activities, CV writing, interview techniques and formal training, Service users are taught skills such as carpentry, electrics and bicycle mechanics by qualified voluntary professionals. The users of the group have refurbished the building and frequently litter pick at the racecourse. Adhoc activities, such as Tai Chi, songwriting groups and health walks. Includes cafe and snack shop.

Website: www.umbrellafair.org.uk

Email: info@umbrellafair.org.uk

MiDos, Apps and Online Support

MiDOS: My Health and Care Directory

Children and Families Service Finder:

www.northamptonshire.gov.uk/councilservices/children-families-education/service-finder

STOPP

STOPP is CBT in a nutshell. Learn this one key skill and you can start to take control of your emotions and your life.

Website: www.getselfhelp.co.uk/stopp/

Apps and Online Support



Sleepio (Sleep):

Sleepio teaches you how to overcome poor sleep using evidence-based CBT skills, helping you to fall asleep faster, stay asleep longer, and feel more energised throughout the day.



Pzizz (Sleep):

Pzizz helps to quickly quiet your mind, fall asleep, stay asleep and wake up feeling refreshed.



Chill Panda (Breathing exercises and responding to feelings):
Family friendly relaxation, breathing exercise and activity app. Allowing those to understand how their bodies respond to different feelings. Monitoring heart rate and stress.



Stress & Anxiety Companion (Workplace stress and anxiety):
NHS-approved mental health app for workplace wellbeing. Giving the tools, techniques and strategies to help manage stress and anxiety at work and improve your mental wellbeing so you can make the most of every working day.



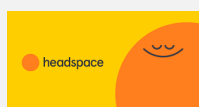
Catch it (Managing feelings):
Learn how to manage feelings like anxiety and depression. Catch It is for anyone who struggles with feelings like anxiety, depression, anger and confusion. Following CBT approaches.



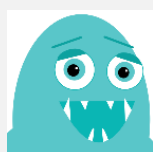
My Possible Self (Controlling thoughts, feelings etc) :
Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Record your experiences and track symptoms to better understand your mental health.



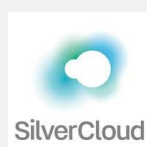
Calm Harm (Self-harm):
Provides tasks to help you resist or manage the urge to self-harm



Headspace (Meditation and Mindfulness):
Learn meditation and mindfulness skills. Choose from hundreds of guided meditations on everything from managing stress and everyday anxiety to sleep, focus and mind-body health.



Rootd (Panic Attack Relief):
Selfcare companion, instant support for panic attacks, CBT lessons on anxiety, journal to gain confidence & deep breathing to find calm



Silvercloud (Interactive programmes):
Provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication, relationship, anger and sleep management, among many others.



Togetherall (Online community):

Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing.



TellMi (formerly MeeToo)

safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, or self-harm to self-esteem. Moderators check everything to keep you safe and in-house counsellors are always on hand if you need extra support.

Calm

Meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions to help you manage anxiety, lower stress and sleep better. 10-minute guided video lessons on mindful movement and gentle stretching.

