

## For More Information...



### MoodJuice

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health>

Moodjuice is an online resource designed to help think about emotional problems and work towards solving them. It has information and advice for those experiencing troublesome thoughts, feelings and actions.

### YOUNGMINDS

#### YoungMinds

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

YoungMinds are a mental health charity for children, young people and their parents.



#### Bucks Mind

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

Mind Buckinghamshire offer resources for a range of experiences, including mental health difficulties, tips, and advice for treatments.



#### Sport in Mind

<https://www.sportinmind.org/>

Useful resources. Youth programme, national citizen service.

### HEALTH TEENS

Health for Teens – <https://www.healthforteens.co.uk/>

### NSPCC

NSPCC Healthy Relationships - <https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/>

## For 1:1 Support...

### Youthline

**Youthline** - They are a trusted Youth Counselling service offering free counselling. This can be particularly helpful for young people that need a space to talk about their difficulties.

<https://www.youthlineuk.com/>

### kooth

**Kooth** - Kooth is an online BACP accredited mental wellbeing community for those aged 10 to 25. Offers free, safe & anonymous online support. <https://www.kooth.com/>



ChatHealth

**ChatHealth** – Support for young people. If you are aged 11 – 19 years old and need some advice, you can text a school nurse in total confidence. It could be that you have worries about issues such as relationships, healthy eating, drugs and alcohol, anxiety, stress, low mood, bullying, self-harm, body changes, dealing with medical conditions at school, smoking or sleep.

<https://cypf.berkshirehealthcare.nhs.uk/our-services/public-health-nursing-health-visiting-school-nursing-immunisation/text-a-health-visitor-or-school-nurse/>

**Text:** 07312 263266

## For Advice and Support for ADHD and Autism...



**IASS (Information Advice and Support Service)** IASS is a free, impartial and confidential service offering information to young people with special educational needs and disabilities (SEND) and to their parents and carers (Bracknell Forest Council: [Home - Bracknell Forest IASS](#)).



**Autism Berkshire** - Autism Berkshire for support around suspected autism. More information can be found on <https://www.autismberkshire.org.uk/>



**Parenting Special Children** - for support around suspected Autism/ADHD More information can be found on <https://www.parentingspecialchildren.co.uk/>.



**GEMS4Health** - They support families in East Berkshire with free workshops & activities for those with a diagnosis of Autism/ADHD or are on the waiting list for assessment. <https://www.gems4health.com/>

[cypf.berkshirehealthcare.nhs.uk](https://cypf.berkshirehealthcare.nhs.uk)



## Family Support...



**Parenting Programmes.** Workshops and programmes designed for parents experiencing a range of challenges, including child-on-parent violence, behaviour difficulties, parental conflict, and more.

**Website:** <https://www.bracknell-forest.gov.uk/children-and-family-services/family-hubs/parenting-referrals>



**Early Help Hub.** Support for families. Early Help can provide additional support and information to families through one to one family work. The offer is extensive and includes support with;

- Education and Learning
- Boundaries, Behaviours and routines
- Family Relationships
- Keeping Safe (including domestic abuse, exploitation and harm)
- Wellbeing
- Emotional Needs
- Physical Health
- Home and Money
- Progress to work and future ambitions
- Substance Misuse

To make a self referral to Early Help please follow the link to Bracknell Safeguarding Children webpage: [www.bracknell-forest.gov.uk/mash](http://www.bracknell-forest.gov.uk/mash). All referrals to Early Help are made via MASH as to make sure the right services are considered to offer the best support for your family's needs.

**Phone:** 01344 354382

**email:** [early.help@bracknell-forest.gov.uk](mailto:early.help@bracknell-forest.gov.uk)

[cypf.berkshirehealthcare.nhs.uk](http://cypf.berkshirehealthcare.nhs.uk) 

