

Emotional Health

Resource Library

Key

National support - ●

Local support - ●

- **Kooth:** Online mental health and wellbeing support that every age can access. You do not have to share details to register therefore it is confidential and can be accessed 24/7. This website offers self-help support ideas and allows people to connect and support one another through online forums and sharing resources. You can also access live chat counselling through the website. <https://www.kooth.com/>
- **MeeToo app:** This is an online pre-moderated mental health peer support app for students age 11 upwards. It is currently running in 8 schools in North Warwickshire and plans be launched in more schools in the future. <https://www.meetoo.help/>
- **Health uncovered:** A series of podcasts to help young people get in tune with their health and wellbeing. <https://www.covwarkpt.nhs.uk/health-uncovered>
- **CWRISE:** Coventry and Warwickshire's wellbeing and mental health services for children and young people. <https://cwrise.com/>
- **CWRISE:** Coventry and Warwickshire CAMHS crisis team. Contact on: 08081966798
- **Coventry and Warwickshire Mind:** Resources and support for young people struggling with their emotional health. <https://cwmind.org.uk/resources-for-children-and-young-people/>
- **Primary mental health team:** Offer information workshops for parents/carers on a variety of topics such as managing challenging behaviour, understanding sensory needs, understanding anxiety and many more. They also offer 1:1 parent/carer consultations to discuss any concerns. Finally they provide free professionals training. <https://cwrise.com/primary-mental-health/>
- **Shout:** Provides 24/7 help in a crisis. Text service 85258. <https://giveusashout.org/>
- **Young minds:** Health and wellbeing information and advice on a whole range of topics. Advice for urgent help in a crisis. Information on topics like feelings, bullying, anger, eating problems, exam stress, grief, and conditions like ADHD, anorexia, depression and OCD. <https://www.youngminds.org.uk/>
- **Stem4:** Support for teenage mental health. <https://stem4.org.uk/>
- **Barnardo's and Arts connect:** A new programme of art therapy, including drama, music, movement, photography, crafts and film to support young people aged 7-17 in Warwickshire who have mental health challenges. <https://www.artsconnect.co.uk/news-new-arts-programme-for-children-in-warwickshire/>
- **NHS:** Counselling for students struggling with emotional health. <https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/student-mental-health-counselling/>
- **Standing in the gap:** Helping children ages 0-11 manage emotions. On the site you can access resources and workshops on a variety of topics. <https://www.sitgap.org/>

- **Anna Freud On my mind:** Empowering young people to make informed choices about their mental health and well-being. Including support to help you with self-care, urgent help, know your rights and understanding referrals. <https://www.annafreud.org/on-my-mind/>
- **Papyrus:** Offers help and support for anyone thinking about suicide or for anyone who is worried about someone else. <https://www.papyrus-uk.org/>
- **CAMHS resources:** A site for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being. <https://www.camhs-resources.co.uk/>
- **Parenting mental health:** For parents/carers of a child with mental health issues. Offers parents/carers support, training and connection with other in similar situations. <https://parentingmentalhealth.com/>
- **RC Psych:** Support for children/young people/parents and carers around mental health, drugs and alcohol, depression, anxiety, sleep and more. <https://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx>
- **The Kaleidoscope group:** Peer support service for parents/carers of young people who self-harm or have thoughts of suicide.