

Specific to Sandwell

School nursing public health services

<http://www.bhamcommunity.nhs.uk/patients-public/children-and-young-people/services-parent-portal/school-health-services-school-nursing/sandwell-school-nursing/>

Telephone: 0121 612 2974

The School Health Nurses are able to give confidential advice, care and support to young people, children and their parents/carers. The school has a drop in session for parents each half term. You do not need an appointment for this. Dates are shared with Parents in advance of these sessions.

Action for Children

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

Telephone: 0121 522 5431

The local Action for Children are able to work with families where there is at least one child who is under the age of 8 years old. They have a variety of services and can work in a variety of different ways.

Kaleidoscope

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

Telephone 0121 565 5605

Kaleidoscope are Primary Mental Health Workers who are able to offer a variety of therapies as well as counselling services.

Beam

<https://www.childrenssociety.org.uk/beam/sandwell>

Beam runs drop-in services across Sandwell three times a week, an appointment is not necessary. They focus on listening to young people's and children's concerns.

Where can I get help?

Organisations that can help Parents to support their Child's Wellbeing and Mental Health.

Perryfields



Primary

Many different organisations can help you to support your child's wellbeing and mental health. We have collected some of the organisations' website and contact details here. It is hoped that you find this leaflet useful should you require support.

National Organisations.

Youth Wellbeing Directory

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

This website lets you search for a list of local and national organisations for anyone up to the age of 25. There is also additional important information and support.

Royal College of Psychiatrists (RCPSYCH)

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

The 'Parents and Youth Info A-Z' provide information for young people, parents and carers about mental health.

National Institute for Health and Care Excellence (NICE)

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

Includes evidence-based guidance and advice. It can help to understand social, emotional and mental health conditions and their recommended treatments.

Young Minds

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

Parent Helpline: 0808 802 5544

Young Minds is a charity that is committed to improving the emotional wellbeing and mental health of children and young people. They run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25.

Young Minds - Young Carers -

<https://youngminds.org.uk/find-help/looking-after-yourself/young-carers/>

This is information about how to spot if young carers need support, and how to get help for them.

ChildLine

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

Children and Young People's Helpline: 0800 1111

This is a confidential service provided by the NSPCC. It offers free support for children and young people up to the age of nineteen on a wide variety of problems.

NSPCC

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

Parent Helpline: 0808 800 5000

This charity works to prevent abuse including online abuse so that children are kept safe.

Relate

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

Telephone Number: 0121 643 1638

Relate are able to offer counselling for any child or young person who is having problems. Sessions can be arranged by telephoning.

Women's Aid

Adults: <https://www.womensaid.org.uk/>

Young People and Children: <http://thehideout.org.uk/>

This national domestic violence charity provides services to support abused Women and children. The HideOut is a website to help children and young people.

Beat Eating Disorders UK

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

Telephone: 0808 801 0677

The website has information on what to do if you're worried about a friend or family member. It also has information on how you can support someone with an eating disorder.

Child Bereavement UK

<https://childbereavementuk.org/>

Telephone: 01494 568900

The Child Bereavement UK website has information about how to support bereaved young people and children.

Edwards Trust

<https://edwardstrust.org.uk/>

Telephone: 0121 454 1705

Supporting children and families facing loss and surviving bereavement across the West Midlands