

Emotional Wellbeing Support

Service	Contact details
Hub of Hope	https://hubofhope.co.uk/ - a one stop shop to find support for mental health, wellbeing, abuse prevention and care. Local and national services.
CAMHS & Me	camhs.cnwl.nhs.uk - Information about what CNWL 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.
Young Minds	Young Minds (youngminds.org.uk) provide information, advice and support to young people experiencing mental health concerns and their parents including: <ul style="list-style-type: none"> Information about mental health concerns and what support may be available (youngminds.org.uk/find-help/conditions/) 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. Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm).
ChildLine	www.childline.org.uk/ - A free, private and confidential service where you can talk about anything on 0800 1111.
Shout	www.giveusashout.org/ - 24/7 text service for anyone in crisis on 85258.
Mental Health Self-Help Guides	web.nth.nhs.uk/selfhelp/ - These booklets were written by clinical psychologists with contributions from service users & NHS staff from Northumberland.
The Mix	www.themix.org.uk is 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.
Good Thinking	www.good-thinking.uk provides tools and resources around managing anxiety, stress, sleep difficulties and low mood.
AFC Self-Care	www.annafreud.org/on-my-mind/self-care/ provides a list of strategies for young people to use to manage / maintain their emotional wellbeing.
Harmless	www.harmless.org.uk provides strategies on managing urges to self-harm
Calm Harm	Calm Harm (calmharm.co.uk) is a free app that helps manage urges to self-harm.
BlueIce	BlueIce (www.oxfordhealth.nhs.uk/blueice/) is a prescribed evidence-based app to help young people manage their emotions and to reduce urges to self-harm.
Smiling Mind	Smiling Mind (www.smilingmind.com.au/smiling-mind-app) is a free app and website that provides mindfulness exercises for young people and adults.
Stop-Breathe-Think	Stop-Breathe-Think (www.stopbreathethink.com/) guides people through meditations for mindfulness & compassion.
SAM	SAM (sam-app.org.uk/) is an app to help you understand and manage anxiety.
Daylio	Daylio (daylio.webflow.io) helps track your mood & activities.
MeeTwo	MeeTwo (www.meetwo.co.uk) is an free fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines. It is a neutral space which allows young people to experiment with what it feels like to open up without drawing attention to themselves while

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	positive feedback and social support builds confidence, increases wellbeing & promotes emotional resilience.
Sleepio	Sleepio (www.sleepio.com) is an online sleep improvement programme which delivers tailored and engaging advice, 24/7.
NHS Apps Library	NHS Apps Library (www.nhs.uk/apps-library/) Find apps and online tools to help you manage your health and wellbeing
Bereavement Care and Support	Bereavement Care and Support (www.bereavementcareandsupport.co.uk) 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.
Child Bereavement UK	Child Bereavement UK (www.childbereavementuk.org) supports families and educates professionals both when a baby or child of any age dies or is dying, and when a child is facing bereavement.
Winston's Wish	Winston's Wish (www.winstonswish.org/) provides in-depth therapeutic support, helplines and online talking for bereaved children.
Grief Encounters	Grief Encounter (www.griefencounter.org.uk/) is a Child Bereavement Charity. We support children & their families to help alleviate the pain caused by the death of someone close
SORTED	SORTED is a confidential service for 11 to 25-year-olds in Hillingdon who are experiencing a drug or alcohol-related problem. They offer a range of support and treatment options, such as one-to-one counselling, relapse prevention, general health care, and family support. SORTED also offer an informal personal appointment system and support and advice to family members and friends. Once you make contact, someone will arrange an appointment with you, so you can meet and get to know each other, identify problems, and agree some changes you want to make in your life. If you're ready to speak to someone and tell us what the problem is, call SORTED on 01895 250721.
ARCH	<p>ARCH (https://archillingdon.org/) is a free and confidential service for young people and adults who live or are registered with a GP in Hillingdon.</p> <p>Many people turn to drink or drugs as a way of dealing with negative feelings, such as depression, stress, trauma or anxiety.</p> <p>We work with people at any stage of their alcohol or drug difficulties to provide a single point of access to assessment and treatment, for problems.</p> <p>We recognise the importance of providing treatment for both the substance misuse problem, as well as any associated emotional / mental health issues.</p>
Carers Trust	Carers Trust (https://carerstrusthillingdon.org/) - Becoming a carer for a member of your family is not something you would generally plan for. Our mission is to offer support and guidance to carers of all ages throughout the London Borough of Hillingdon. We aim to provide the information, advice, training and support you need when you become a carer.

Books & Further Reading / Self-help

Topic	Book	Age guidance
Emotional wellbeing	'Starving the Gremlin' series by various authors	5 – 12 years
	'Instant help for teens' series by various authors	13 – 18 years
Anxiety	Huge bag of worries by Virginia Ironside	0- 5 years
	The teenage guide to stress by Nicola Morgan	13 – 18 years
	Breaking Free from OCD: A CBT Guide for Young People and Their Families by Sarah Robinson, Cynthia Turner, Jo Derisley & Isobel Heyman	13 – 18 years & parents / carer
	Talking Back to OCD by John S. March & Christine M. Benton	13 – 18 years & parents / carer
	Overcoming your child's fears and worries by Cathy Cresswell and Lucy Willetts	Parents / carer
	Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls by Lisa Damour	Parents / carer
	Treating Childhood and Adolescent Anxiety: A Guide for Caregivers by Eli Lebowitz & Haim Omer	Parents / carer
	Helping Your Anxious Child: A Step-by-step Guide for Parents by Ronald Rapee	Parents / carer
Low mood	The Anti-Depressant Book: A Practical Guide for Teens and Young Adults to Overcome Depression and Stay Healthy by Jacob Towery	13 – 18 years
	I had a black dog by Matthew Johnstone	13 – 18 years
	Living with a black dog by Matthew Johnstone	Parents / carer
	So sad, so young, so listen by Philip J. Graham and Carol Hughes	Parents / carer
Sleep	Can't you sleep little bear by Martin Waddell	0 - 5 years
	The sleep book for tired parents by Rebecca Huntley	Parents / carer
Siblings	Small by Jessica Meserve	0-5 years
	Get out of my life: the bestselling guide to the new teenager by Tony Wolf and Suzanne Franks	13 – 18 years
	Raising happy brothers and sisters by Jan Parker and Jan Stimpson	Parents / carer
Divorce	Mum and Dad Glue by Kes Gray	0-5 years
	Children, feelings and divorce by Heather Smith	Parents / carer
	Stepfamilies: surviving and thriving in a new family by Suzie Hayman	Parents / carer
Bullying	Blue cheese breath and stinky feet by Catherine Depino	5 – 11 years
	The teenage guide to stress by Nicola Morgan	13 – 18 years
	Bullying – a parent's guide by Jenifer Thomson	Parents / carer
Confidence &	I want your moo by Marcella Weiner and Jill Neimark	0-5 years

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self-esteem	Self-esteem for boys by Elizabeth HartleyBrewer	13 – 18 years
	Self-esteem for girls by Elizabeth HartleyBrewer	13 – 18 years
	Confident children by Gael Lindenfield	Parents / carer

Anger	Starving the anger gremlin by Kate Collins-Donnelly	5- 11 years
	Taming the dragon in your child by Meg Eastman	Parents / carer
	The explosive child by Ross Greene	Parents / carer

Parenting	The parenting puzzle by Candida Hunt	Parents / carer
	Raising happy children by Jan Parker and Jan Stimpson	Parents / carer
	Understanding 12 – 14 years olds by Margot Waddle	Parents / carer
	Connective Parenting by Sarah Fisher	Parents / carer
	Happy families: A Parents' Guide to the Non-Violent Resistance Approach by Carmelite Avraham-Krehwinkel and David Aldridge	Parents / carer
	Healing Self-Injury: A Compassionate Guide for Parents and Other Loved Ones by Janis Whitlock & Elizabeth E. Lloyd-Richardson	Parents / carer
	No-Drama Discipline by Daniel J. Siegel & Tina Payne Bryson	Parents / carer
	Brainstorm: the power and purpose of the teenage brain by Daniel Siegel	Parents / carer

Bereavement	The cat mummy by Jacqueline Wilson	5- 11 years
	Badgers parting gift by Susan Varley	5- 11 years
	Finding a way through when someone close has died by Pat Mood	Parents / carer

Growing up	What's happening to me (girls) by Susan Meredith	13- 18 years
	What's happening to me (boys) by Alex Firth	13- 18 years
	Agas and stages by Charles. E. Schaefer and Theresa Foy DiGeronimo	Parents / carer

Local Authority Early Help & Parenting Support

Service	Contact details
Hillingdon MASH	Hillingdon MASH (Multi-Agency Safeguarding Hub) is made up of representatives from the following services, who share information quickly, so social workers can build up a better picture of the child's life from the outset, decide on the best type of intervention needed to protect the child and support the family appropriately. The MASH team is located in a secure location and currently deals with police referrals (Merlins) and referrals where there are concerns about a child's safety or welfare. Contact Hillingdon Mash by emailing lbhmask@hillington.gov.uk or call 01895 556644.
Hillingdon Council – Early Help	The Early Help Service provides a range of services based in the home setting that work in partnership with parents / carers of children and young people. The core objective is to support families to build strength and resilience through early intervention and flexible levels of service to a point where families feel empowered and confident and need less intensive support. Early Help Services require an Early Help Assessment to be completed by a professional to act as a referral. The EHA template is available via: https://archive.hillingdon.gov.uk/article/28335/Use-of-the-inter-agency-referral-form-and-the-early-help-assessment
Early Help Key Working service	Key working is a person-centred approach placing the child, young person and family at the centre of service provision. Key workers work in partnership to enable active participation of children, young people and parents, leading to improved outcomes. Flexible levels of key working are agreed with families on home visits and may include: <ul style="list-style-type: none"> • Emotional and practical support – single point of contact • Coordination – using a Family file and supporting a “tell us once” approach. • Planning and assessment using the Team Around the Child meeting process • Information and specialist support – local information, national resources and sign-posting to services and organisations.
Brilliant Parents	www.brilliantparents.org/ - 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.
P3 family Advice service	This service supports families in Hillingdon with a child under the age of 5. We offer advice and support to enable you to keep yourself and your children safe and well, and able to manage your accommodation. We can also help you to access other services for support with benefits, money and finances, housing, mental health issues and more. To make an appointment contact navplus@p3charity.org or call 01895 436114.

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Trust Headquarters, 1st Floor, 350 Euston Road, London, NW1 3AX

Telephone: 020 3214 5700

www.cnwl.nhs.uk



Neurodevelopmental Conditions

Service	Contact details
Centre for ADHD and ASD	Centre for ADHD & Autism Support (www.adhdandautism.org) supports, educates 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.
Hillingdon Autism Care & Support (HACS)	Hillingdon Autism Care & Support (HACS; www.hacs.org.uk) are committed to raising awareness, knowledge and understanding of the autism spectrum. HACS 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 SEND information, advice and support service (SENDIASS)	Confidential, impartial support and advice for parents, carers, children and young people (up to 25 years) in relation to Special Educational Needs and Disabilities via sendiass@hillingdon.gov.uk
National Autism Society (NAS)	National Autism Society (NAS; www.autism.org.uk) provide information, advice and support to young people and adults with ASD, as well as their parents / carers, schools and other professionals.
Resources for Autism	Resources for Autism (resourcesforautism.org.uk) provide practical support for parents, young people and families.
SEND Advisory Service	<p>The Special Education Needs and Disabilities (SEND) Service is a multi-disciplinary team that provides support to schools, young people and families around inclusion, sensory needs and key working. Schools are able to refer directly.</p> <p>The Send Advisory Service is also offering support to parents of children and young people with SEND and the professionals that work with these families via an advice line. We can help with resources/activities or just general advice during these uncertain times.</p> <p>You may wish to contact us to discuss the following:</p> <ul style="list-style-type: none"> • Resources or advice for children and young people with Autism. • Resources or advice for children and young people with Sensory Impairment difficulties. • Resources or advice for children and young people with other Special Educational Needs & Disabilities. • Fun activities for the whole family.

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	<ul style="list-style-type: none"> • Activities to help keep children and young people who are attending educational settings engaged. • Support with successful risk assessing (educational settings). • Sign-posting to existing council services. <p>To access this support, please email the relevant team:</p> <ul style="list-style-type: none"> • support for children and young people aged 2-years-olds and over - email sasinclusion@hillingdon.gov.uk • whole family guidance and support - email saskeyworking@hillingdon.gov.uk • support for children and young people with sensory impairment difficulties - sassensory@hillingdon.gov.uk <p>Please provide the following information:</p> <ul style="list-style-type: none"> • your name • the telephone number you would like to be contacted on • the name of your child's school • times and dates you are not available • a brief description of the type of support/advice that you need
<p>Educational Psychology Service</p>	<p>Hillingdon EPS provides a specialist psychological service to schools, nurseries and other educational settings in Hillingdon. The EPS aims to improve outcomes for children and young people by implementing an approach that facilitates positive change. The focus of work can be at the following levels:</p> <ul style="list-style-type: none"> • Strategic, systems and organisational level (e.g. whole school level) • Group and class level • Individual child, young person, staff, adult and family level <p>Examples of Hillingdon EPS' support includes:</p> <ul style="list-style-type: none"> • Carrying out assessments of the special educational needs of children and young people • in order to provide further insight and facilitate progress • Providing specialist direct support to children and young people, including therapeutic interventions (such as Cognitive Behaviourally-based programmes) • Offering consultation advice to parents or carers and children and young people within educational settings • Support settings to explore, review and develop a strategic approach to Special Educational Needs and Disability (SEND); this could include collaborating on key policies or guidelines and supporting whole school SEND reviews • Offering bespoke Continuing Professional Development (CPD) and whole school training on areas of SEND • Individual/group interventions for anxiety, self-esteem, anger management based on cognitive behaviour therapy approaches (e.g. Cool Connections) or Motivational Interviewing. <p>Schools and other professionals can contact the Educational Psychology Service via educationalpsychologyservice@hillingdon.gov.uk</p>

Referrals on to other mental health services

Service	Contact details	Relevant ?
Kooth Online Counselling	Kooth (www.kooth.com) is a safe and anonymous online counselling and emotional well-being platform for children and young people from 13 years and until their 26 th birthday, accessible through mobile, tablet and desktop and free at the point of use. No referral is needed.	
P3 Hillingdon Navigator Plus	The Wellbeing Hub at P3 Hillingdon Navigator Plus (https://www.p3charity.org/services/hillingdon-drop-in-navigator), who provide wellbeing support and drop-in advice for young people aged 13-25. Self-referrals can be made by contacting navplus@p3charity.org or 01895 436114.	
Link Counselling	Link Counselling (www.youthwellbeing.co.uk/findservice/link-counselling-service) provide support 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. Self-referrals can be made.	
CNWL Talking Therapies	CNWL Talking Therapies (https://talkingtherapies.cnwl.nhs.uk/hillingdon) is a free, confidential NHS service which provides psychological treatment for people aged 18 and over experiencing depression and anxiety. Talking Therapies and counselling services are suitable for people with problems which have arisen fairly recently. Feelings of low mood, anxiety, particular fears or problems coping with daily life and relationships, are all suitable for brief focussed talking therapies. People seeking help with difficulties other than depression or anxiety, or whose difficulties require more specialist or intensive treatment which cannot be provided in a primary care setting, can be directed to the appropriate specialist or secondary care mental health services. Self-referrals can be made as well as referrals via a GP or other NHS professional.	
CNWL Single Point of Access	https://www.cnwl.nhs.uk/service/single-point-of-access-north-west-london-adult-community-mental-health-services/ - The Single Point of Access provides one number (0800 0234 650) for self-referrals and professional referrals to secondary mental health services and support in a mental health crisis. The team consists of qualified clinicians who are knowledgeable about different services and options. This helps callers to be directed to the most appropriate service to meet their needs. The team provides advice and guidance through a triage process, where the urgency of care required is assessed. The team also have the ability to make appointments for new referrals to see one of our community mental health teams.	

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<p>GOSH Tourette Syndrome Clinic</p>	<p>https://www.gosh.nhs.uk/medical-information/clinical-specialties/neurology-information-parents-and-visitors/clinics-and-wards/tourette-syndrome-clinic</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. The care of children is always shared between local services and the specialist service here at GOSH.</p>	
<p>National Dialectical Behaviour Therapy (DBT) Service</p>	<p>https://www.national.slam.nhs.uk/services/camhs/camhs-dialecticalbehaviour/</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. 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>North West London Forensic CAMHS</p>	<p>North West London forensic child and adolescent mental health services help children and young people build trust, wellbeing and hope for the future, to be safe and thrive, working with local services.</p> <p>We support professionals working with young people with forensic risk or challenging behaviour, mental health, emotional or neurodevelopmental needs.</p> <p>We're a small, multi-disciplinary health team, with a range of clinical experience and specialist knowledge, supporting professionals working with young people under the age of 18, who're at risk of being placed in a secure setting. We work to help maintain community and educational placements, aiming for positive outcomes for young people and their families.</p> <p>North West London CAMHS, St Bernard's Hospital, UB1 3EU</p> <p>Telephone: 0208 354 8002</p> <p>Email: Wlm-tr.nwlfcamhs@nhs.net</p>	