



# Signposting

A Guide for Children and Adults

This leaflet is for families/adults who are looking to support children and young people and start the conversation around mental health.

We have outlined how to start the conversation with young people, ways to look after personal wellbeing, helpful local and national organisations, as well as useful resources and apps that focus on mental health.

## Starting the conversation

Starting the conversation around mental health can be difficult. However, we have put together some top tips to help get you started...



You can talk to me, I'm here for you

Do you feel ready to talk?

Is there something worrying you?

I will listen to you

I have noticed you haven't been yourself recently

How are you feeling?

You don't have to talk to me, we can find another trusted person for you to talk to

I will help you get through this

Know that whatever you tell me, I will never judge you

# The 5 Ways to Wellbeing



The following steps have been researched and developed by the New Economics Foundation.

## Connect

...with family, friends, your community. There is strong evidence that good relationships with family, friends and the wider community are important for our wellbeing. Feeling close to people, and being valued by them, helps us to function well in the world.

## Keep Learning

...find a course, learn to play an instrument, set a challenge. Learning can boost our life satisfaction, self-confidence, self-esteem and optimism. It can also give us a sense of purpose, help us connect with others and keep our brains active and exercised.

## Be Active

...go for a walk or a run, join a club, find a new activity. Most of us know that keeping fit and active is good for our physical health, but it's also really good for our mental wellbeing. It can protect us against depression and can help to improve mood, sleep patterns and feelings of anxiety.

## Give

...a smile, a hug, some time to help someone. There is good evidence that committing acts of kindness, big or small, random or planned can give us a sense of purpose and make us feel happier and more satisfied about life.

## Take Notice

...of the world around you, explore your local area, go out for lunch with friends. Studies have shown that being aware of what is taking place in the present can improve our mental wellbeing and that paying attention to 'the moment' can help us to think about the things that are important to us.

# Local Organisations

## For Children & Young People

### CAMHS (Children & Adolescent Mental Health Services)

NHS mental health services & training that focus on the needs of children and young people.

T: 01865 901951

E: [oxfordhealth.bucksCAMHSSPA@nhs.net](mailto:oxfordhealth.bucksCAMHSSPA@nhs.net)

W: [www.oxfordhealth.nhs.uk/camhs/](http://www.oxfordhealth.nhs.uk/camhs/)

### Switch

Switch Bucks is an alcohol and drug service for young people in Buckinghamshire.

T: 01494 527000

E: [switchbucks@cranstoun.org.uk](mailto:switchbucks@cranstoun.org.uk)

W: [www.cranstoun.org/service/switch-bucks/](http://www.cranstoun.org/service/switch-bucks/)

### Kooth

Free, safe and anonymous online support for young people.

W: [www.kooth.com](http://www.kooth.com)

### Young Carers Bucks

A service part of Carers Bucks and supports children and young people in Buckinghamshire aged 5-18 years old who have a caring role.

T: 01494 463536

E: [yc@carersbucks.org](mailto:yc@carersbucks.org)

W: <http://www.youngcarersbucks.org/>

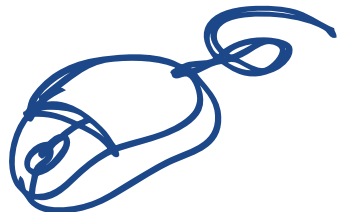
### Barnardo's R-U-Safe?

Direct, one-to-one support to young people at risk of Sexual or Criminal Exploitation. Informal, independent follow up to Police Safe and Well Checks - 'Return Interviews'. County wide, targeted prevention work within primary and secondary schools across Bucks.

T: 01494 785 552

E: [rusafe@barnardos.org.uk](mailto:rusafe@barnardos.org.uk)

W: [www.barnardos.org.uk/rusafebucks.htm](http://www.barnardos.org.uk/rusafebucks.htm)



# Local Organisations

## For Adults

### Healthy Minds

This is a free NHS service offering quick and easy access to cognitive behavioural therapies, practical support and employment advice.

T: 01865 901600

W: [www.oxfordhealth.nhs.uk/healthyminds](http://www.oxfordhealth.nhs.uk/healthyminds)

### One Recovery Bucks

Supporting those affected by drugs and alcohol in Buckinghamshire.

T: 0300 772 9672

W: [www.onerecoverybucks.org](http://www.onerecoverybucks.org)

### Bucks Family Information Service

A signposting service to find out what's happening in Buckinghamshire for you and your family.

W: [www.bucksfamilyinfo.org](http://www.bucksfamilyinfo.org)

### Prevention Matters

A community service that can support you in regaining your confidence, independence and getting out and about.

T: 01296 484322

W: [preventionmatters@connectionsupport.org.uk](mailto:preventionmatters@connectionsupport.org.uk)

### FACT Bucks

Families and Carers Together in Bucks. A group of parents and professionals who meet to discuss real issues that affect children.

T: 07548 095363

E: [admin@factbucks.org.uk](mailto:admin@factbucks.org.uk)

W: [www.factbucks.org.uk](http://www.factbucks.org.uk)

### Carers Bucks

Carers Bucks exists entirely to support and promote the wellbeing of family carers.

T: 0300 777 2722

E: [mail@carersbucks.org](mailto:mail@carersbucks.org)

W: [www.carersbucks.org](http://www.carersbucks.org)

### Autism Bucks

This site aims to inform, guide, enable and empower adults with autism and their families.

E: [autismbucks@bucksgov.uk](mailto:autismbucks@bucksgov.uk)

W: [www.autismbucks.org](http://www.autismbucks.org)

# National Organisations

## Samaritans

Offering a safe place for you to talk any time you like in your own way – about whatever's getting to you.

T: 116 123

E: [jo@samaritans.org](mailto:jo@samaritans.org)

W: [www.samaritans.org](http://www.samaritans.org)

## PACE

PACE is London's leading charity promoting the mental health and emotional well-being of the lesbian, gay, bisexual and transgender community.

T: 020 7700 1323

E: [info@pacehealth.org.uk](mailto:info@pacehealth.org.uk)

W: [www.pacehealth.org.uk](http://www.pacehealth.org.uk)

## Harmless

Harmless is a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals.

E: [info@harmless.org.uk](mailto:info@harmless.org.uk)

W: [www.harmless.org.uk](http://www.harmless.org.uk)

## Hector's House

Suicide prevention charity and helpline with a specific focus on young men.

T: 07397 15562

E: [hihector@hectorshouse.org.uk](mailto:hihector@hectorshouse.org.uk)

## Winston's Wish

An organisation providing professional therapeutic help in individual, group and residential settings for people in our catchment areas. They are the only specialist provider of support for children bereaved through homicide and suicide, as well as military families who have been bereaved.

T: 08088 020 02

W: [www.winstonswish.org.uk](http://www.winstonswish.org.uk)



# Useful Resources

Below are some examples of organisations, websites etc. that provide some extremely useful materials and resources around mental health...

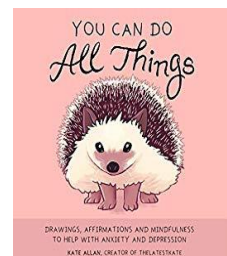
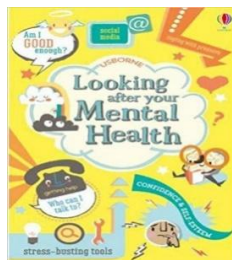
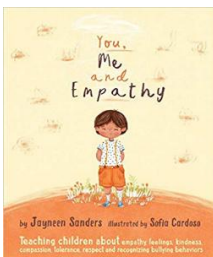
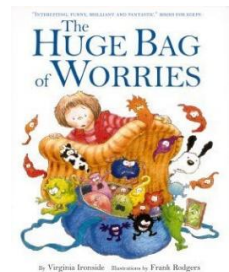
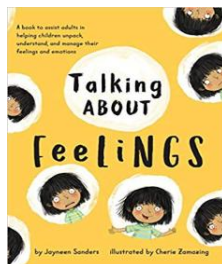
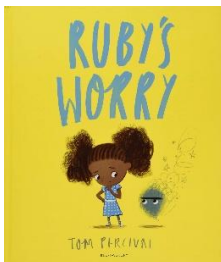


World Health Organization



MHFA England

## Books for Young Children



# Apps

## Calm Harm App

Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.



## Headspace

Using proven meditation and mindfulness techniques we'll show you how to train your mind for a healthier, happier, more enjoyable life (free subscription for schools).



HEADSPACE\*

## Mindshift

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety



## What's Up

What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more!



## Catch It

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



## Contact us

Aylesbury office:  
Ashton House  
14 Granville Street  
Aylesbury  
Bucks HP20 2JR  
T: 01494 463364

E: [info@bucksmind.org.uk](mailto:info@bucksmind.org.uk)  
W: [www.bucksmind.org.uk](http://www.bucksmind.org.uk)

