

# Parents/students where to find help?

## Useful Apps

- Mood Tracker
- Mind Shift - App available on App store [Click here](#) and Google Play [Click here](#)
- Calm-Harm- App available on App Store [Click here](#) and Google Play [Click here](#)
- Headspace - App available on App Store [Click here](#) and Google Play [Click here](#)

## Support

- [www.kooth.com](http://www.kooth.com) if you just want someone to understand or advice to help your son or daughter, free safe and anonymous support for young people.
- [www.healthystockport.co.uk/centralyouth](http://www.healthystockport.co.uk/centralyouth) for a free, confidential and friendly service for young people in Stockport. Advice, information, counselling, contraception, sexual health service
- [www.theproudtrust.org](http://www.theproudtrust.org) The Proud Trust is a lifesaving and life enhancing organisation that helps young people empower themselves to make a positive change for themselves and their communities. We do this through youth groups, peer support, managing the LGBT Centre for Manchester, delivering of [training and events](#), campaigns, undertaking research and creating resources
- [Bereavement - www.griefencounter.org.uk](http://www.griefencounter.org.uk) - Don't suffer alone if you are grieving the loss of a loved one, you can talk, chat or type on the phone, online or by email. Call 0808 802 0111, available 9am-9pm five days a week. A free and confidential bereavement support helpline.

# Support

- **Using mobile phones** - Young people getting their first phone will have a new way to help them have a happier, healthier, more positive life online - with the new **BBC Own It app**. Peace of mind for parents at last with a new app launched by the BBC, with the intention of helping parents with younger teens using online mobiles for the first time. Please follow the link to find out more. <https://www.bbc.co.uk/mediacentre/latestnews/2019/own-it>
- **Support for parents and young people**  
No matter where you are or what the issue is, there is always someone to talk to. Sometimes it's easier to text the words when talking feels too hard  
Text shout to 85258 for 24/7 support in a crisis.  
No one should face one alone <https://www.giveusashout.org/>

## Useful Websites: Mental Health Support (Anxiety/Depression)

- Anxiety - [www.dragonflyimpact.co.uk/anxiety-booklet-pdf](http://www.dragonflyimpact.co.uk/anxiety-booklet-pdf)
- [www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z](http://www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z) Our A-Z gives you advice on how to help your child with specific mental health conditions, and life events which might be negatively affecting their wellbeing. We'll also show you where you can get help
- [WWW.nhs.uk/conditions/stress-anxiety-depression](http://WWW.nhs.uk/conditions/stress-anxiety-depression) visit the Mood zone to find tips and advice to boost your mental health, self-help and treatments.
- Mosaic for parents looking for support and advice with young people struggling to cope with alcohol and substance issue call 01612181100
- [www.selfhelpservices](http://www.selfhelpservices) get help with on-line e-therapy specifically designed for young people, find 121 support to help with feeling stressed out, feeling low, worried, angry, upset, and hopeless. For more information call 01612263871

- [www.papyrus.org](http://www.papyrus.org) are you or is a young person you know, not coping with life. For suicide prevention advice call Hopeline UK 08000684141
- [www.mind.org.uk](http://www.mind.org.uk) if you don't know where to start. Start here, for support and advice on all aspects of mental health problems.
- [www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z](http://www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z) Our A-Z gives you advice on how to help your child with specific mental health conditions, and life events which might be negatively affecting their wellbeing. We'll also show you where you can get help
- Anxiety - For specific strategies for anxiety visit - [www.copingskillsforkids.com](http://www.copingskillsforkids.com) , [www.imperfectfamillies.com](http://www.imperfectfamillies.com) , [www.copingskillsforkids.com/calming-anxiety](http://www.copingskillsforkids.com/calming-anxiety)
- **mental health** -Every Mind Matters shows people the simple steps they can take to be better prepared for life's ups and downs. The new platform, which has been endorsed by the Royal College of General Practitioners (RGCP), will enable people to create a personalised action plan recommending a set of self-care actions to deal with stress, boost mood, improve sleep and feel in control. <https://www.gov.uk/government/news/groundbreaking-new-platform-launched-to-support-mental-health>

- **Stockport LA Advice and Guidance**  
**Concerned about a child? - Contacting the MASSH** The Multi-Agency Safeguarding and Support Hub (MASSH) is the single point of contact for all professionals to report concerns, request advice and share information about a child and or family. If you're a member of the public who has a concern about a child, you should call **0161 217 6028** or (Out of Hours 0161 718 2118). If the child is at immediate risk of harm call the Police on **999**.

**Information for Parents** -In this section you can find information and links on a variety of different issues such as internet safety, child sexual exploitation and domestic abuse. If your question isn't related to one of the topics listed, you can search for specific information using the search box at the top of the page. <http://www.safeguardingchildreninstockport.org.uk/parents/>

- **Information for Children and Young People** -If you need help for yourself or for a friend, it's best to speak to an adult you trust. This could be your parents, a family friend, school staff or a friend or you can contact Childline. Below you can find information and links on a variety of different matters such as bullying, child sexual exploitation, domestic abuse and self-harm. If your question isn't related to one of the topics listed, you can search for specific information using the search box at the top. <http://www.safeguardingchildreninstockport.org.uk/children-and-young-people/>