



External Support for Parents and Students

- Mental health
- Social media
 - Anxiety
- Bereavement
- Body image
- Challenging behaviours
- Substance misuse
- Providing food

We wish you all the best in the current circumstances we all face in the fight against COVID-19. Contact information below all correct and available at time of writing.

Any additional concerns or worries, please email a member of the safeguarding team: cbrierley@jorichardson.org.uk; sstaggs@jorichardson.org.uk;
lokeefe@jorichardson.org.uk; gkaur@jorichardson.org.uk;
ameaney@jorichardson.org.uk

Mental Health

Mental health difficulties can make day to day living hard, affect relationships and your ability to hold down a job. There are a range of Community Mental Health Services available which all aim to help you recover and achieve the things that are important to you.

Mental health difficulties can affect anyone at any time in their lives. They are very common and it is important not to be embarrassed about seeking help.

If you are dealing with a mental illness, the Community Mental Health Services aim to help by:

- helping you identify and diagnose the problem
- helping you to feel safe
- offering you a range of treatment options
- helping with your recovery
- getting you involved in social activities
- helping you to feel more independent

Community Mental Health Services are made up of social workers, community mental health nurses, occupational therapists, psychologists, psychiatrists and support staff.

Barking and Dagenham CAMHS

The Child and Family Centre

79 Axe Street

Barking

Essex

IG11 7LZ

Tel: 0300 555 1035

Out of hours (5pm to 9am) call:

If you need crisis support please call Mental Health Direct – 0300 5551000

If the call is more urgent or there is risk of harm to life please consider 111 or 999 if medical attention is required.

Referrals

Referrals and Email.

Referrals will be accepted from professionals as well as parents / carers and self-referrals.

Website

www.nelft.nhs.uk/camhs

Did you know?



Research states that mental health issues affect about 1 in 10 children. The emotional wellbeing of children is just as important as their physical health. Good mental health allows young people to develop resilience, cope with the ups and downs in life and grow into healthy adults.

Surveys suggest that most young people are mentally healthy but more children are having problems due to life changes, traumatic events, feeling vulnerable or not coping with difficult situations. The Guardian has recently published that tens of thousands of young people in Britain are struggling with their mental health and are seeking help online for problems.

Research indicates that common mental health problems for young people include depression, self-harm, eating disorders, post-traumatic stress disorder, anxiety and panic attacks. Poor mental health in childhood affects educational attainment, increases the likelihood of smoking, alcohol and drug use, and has consequences for poorer physical health in later life.



What can you do?

Take time to do some research about mental health issues and symptoms with young people. Point your child towards websites or helplines that can give them information as well. Here are some useful websites to get you started:

www.mind.org.uk www.youngminds.org.uk

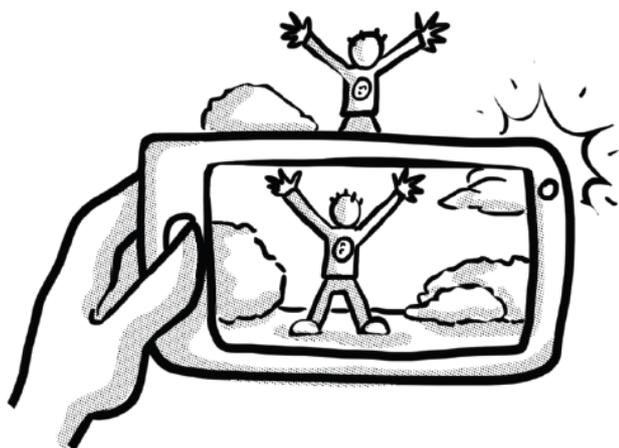
Seek further advice from a professional if you are worried or concerned about your child.

Talk to your child about any worries they have, be supportive and show empathy and understanding. Try to avoid persistent questioning but encourage them to open up to you and reassure them that you are there to help them. Try to make your child feel loved, trusted and safe.

Don't blame yourself for any problems your child is having as this will not help the situation. Be honest and explain that you are worried and help them access the right kind of help. Encourage your child to take up healthy habits to help them to maintain a positive state of mental health. Examples are:

- Healthy eating
- Good sleep routine
- Seeing friends and connecting with others
- Taking time out to relax
- Exercising
- Doing hobbies
- Spend time outdoors

Did you know?



Resilience is the ability to overcome adversity, 'bounce back' during difficult times and get back to feeling good. It is about having the capacity to adapt to difficult circumstances, and using tools and resources available to do so.

The Institute of Health Equity suggests that resilient individuals, families and communities are more able to deal with difficulties and adversities than those with less resilience. Building resilience is fundamental to teenagers becoming happy and functioning adults. Young people who are not resilient will be more likely to respond to stress by developing anxiety and depression.

Evidence suggests that promoting resilience can help young people sustain good relationships, develop personal life skills, overcome challenges, cope in difficult situations and help them to achieve their potential. Human brains develop and change more during the teenage years than most other times in their life. This means that this is a time when there is huge potential for the development of new skills and capabilities.



What can you do?

Help your child navigate their ups and downs by encouraging them to carry out resilient behaviours. You can be a building block in helping them build healthy habits, such as looking after their mental health, getting enough sleep, doing exercise, eating healthy food, hobbies, socialising or relaxing. Watch the video on YouTube to understand why resilience is important to young people's health: <https://www.youtube.com/watch?v=0Wocj5oTReU>

Staying connected with different people in our lives is the basis for building resilience. Help your child to understand who is in their support network when they

face difficult situations. This may be a grandparent, friend, teacher, sibling or sports coach etc. Encourage your child to make time to build relationships, see friends, have fun, take part in hobbies and connect with others regularly.

Encourage your child to build resilience by taking on new opportunities, challenges and achieving goals by stepping out of their comfort zone. This will help them to develop self-respect, be organised, promote positive thinking and to build confidence to deal with different situations.

SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rspg.org.uk/uploads/assets/uploaded/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying, 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



Childline

Childline is here to help anyone under 19 in the UK with any issue they are going through.

Our counsellors are trained staff and volunteers. All sorts of people become Childline counsellors.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

A Childline counsellor:

- will listen to you
- knows it takes courage to contact us
- is genuine, open and friendly
- knows about the problems young people can face
- won't judge you or put you down
- isn't easily shocked
- will let you take your time.

You can talk about anything. Whether it is something big or small, our trained counsellors are here to support you.

Childline is free, confidential and available any time, day or night. You can talk to us:

- by calling 0800 1111
- by email
- through 1-2-1 counsellor chat

Whatever feels best for you.

The Hope Line.

HOPELINEUK advisers want to work with you to understand why these thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything

happening in your life that could be impacting on your or anyone else's ability to stay safe.

For children and young people under the age of 35 who are experiencing thoughts of suicide.

For anyone concerned that a young person could be thinking about suicide.

Young People

Our advisers are all trained to help you focus on staying safe from suicide. Their training enables them to provide advice and support that may help you to move forward and stay alive.

Concerned Others

If you are concerned that a young person is feeling suicidal, advisors can support you to start a conversation about suicide and explore options of how best to support them.

Call: [0800 068 4141](tel:08000684141)

Text: [07786209697](tel:07786209697)

Website: www.papyrus-uk.org



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Feeling Anxious

Anxiety is a feeling of unease, such as worry or fear that can be mild or severe. Everyone has felt worried at some point in his or her life – for example, you may be worried about sitting an exam or attending a job interview.

NHSGOAPP

This app allows young people under the age of 24, living in London to have access to free, confidential health information and advice 24/7 'to take control of their health'

www.nhsgo.uk

Anxiety Care UK

This group is open to people with anxiety / OCD disorder, carers, families and friends.

www.anxietycare.org.uk

Mind UK

Provides advice and support to anyone with a mental health problem. Part of the Time to Change campaign. The website provides an extensive A – Z of Mental Health covering a wide range of subjects.

www.mind.org.uk

Healthy London Partnership

Designed by young people for young people

NHS

Questions about your health?

NHS Go is the new way to get 24/7 instant access to information on the go that can help us keep healthy

NHS Go is brought to you by Healthy London Partnership. It is free to download on iOS and Android.

Download Free on Google play Available on the App Store

www.NHSGo.uk #NHSGo @HealthyLDN

We're Mind, the mental health charity.

We won't give up until everyone experiencing a mental health problem gets both support and respect.

Autism

Autism is a mental health condition, present from early childhood, characterised by great difficulty in communicating and forming relationships with other people and in using language and abstract concepts.

The Autism Project

The Autism Project is a full time 2-year employment programme for young people on the autism spectrum who would like work but need more confidence, support, skills and experience. We use a module based learning system so students can start at the beginning of any term and can progress at a pace that best meets their individual needs.

www.care-trade.org

Romford Autistic Group Support

RAGS provide help and support for families who have a child / children with an Autism Spectrum Disorder. We believe that every person with autism has potential to fulfil, and we enable this by supporting the entire family – parents, siblings and the individual with autism.

RAGS is an independent parent led support group with families who have children with Autism / Asperger's Syndrome aged 5 and above. There is a nominal membership fee.



www.rags-havering.org.uk

01708 564871

Sycamore Trust

Sycamore Trust U.K. offers a range of services designed for young people with Autism and / or Learning Difficulties. All staff and volunteers receive up-to-date training to allow them to support our young people in the appropriate manner

Places at our Barking & Dagenham youth groups are commissioned (funded by B&D through the Short Breaks local offer).

Referrals must come via children's services. To find out eligibility for care packages contact; the Heathway Centre, 512a Heathway, Dagenham RM10 7SJ

020 8227 5500

theheathwaycentre@lbbd.gov.uk

Bereavement

Bereavement is a period of mourning after a loss, especially after the death of a loved one.

Grief Encounter

We support bereaved children and their families to help alleviate the pain caused by the death of someone close. Our services are free, funded through the generosity of our supporters.

0808 802 0111

Mon-Fri 9am-9pm

www.griefencounter.org.uk



Winston's Wish

Winston's Wish supports bereaved children, their families and the professionals who support them.

Winston's Wish was the UK's first childhood bereavement charity – supporting bereaved children since 1992 – and continue to lead the way in providing specialist child bereavement support services across the UK, including in-depth therapeutic help in individual, group and residential settings.

Our Helpline provides bereavement support for parents, carers and professionals looking for childhood bereavement support.

Our ASK email service is a UK-wide national email service, offering support, information and advice to anyone seeking it.

Our online chat is designed to help you talk about your grief and manage your grief when you do feel like you need help.

www.winstonswish.org.uk

08008 020 021



Challenging Behaviour's

Challenging behaviours include behaviours such as, self-injurious behaviour, hitting, biting, shouting and swearing. This can also include difficulties with sitting still, focusing and concentrating.

ADDUP

ADDUP stands for "Attention Deficit Disorders: Uniting Parents". We are a registered charity, support and action group run by parents of children with ADHD

We are a friendly group of parents and children from all walks of life who share a common thread... we all live with ADHD which is a disorder that effects the whole family framework and not just the individual with the diagnosis.

Together we are on a steep learning curve on how to deal with ADHD, how to secure practical help and how to enjoy our children and the many special talents they possess.

We do not restrict our doors just to parents. So all siblings, grandparents, aunts, uncles, and all ADHD children out there – come along and be welcome – you belong here!



01708 454040

www.addup.co.uk

Family Lives

Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life. Our role is to support all of you to achieve the best relationship possible with the children that you care about, as well as supporting parenting professionals. We believe that happy children come from happy families and currently support families to improve the outcomes for over 1 million children each year.

We recognise that the best way to support families is to provide professional, non-judgmental support and advice in a way that all members of the family can freely access. We provide this through our helpline, extensive advice on our website, befriending services, and parenting/relationship support groups. Nearly all of our services are accessible at no charge to parents and you can contact us 365 days a year.

Website: www.familylives.org.uk

Free Helpline: 0808 800 2222

Feeling Low

Feeling low includes feeling sad, having trouble sleeping and a change in appetite.

KOOTH

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet, desktop, and free at the point of use.

Barking Abbey school works alongside KOOTH and further details can be obtained from Pastoral Teams.



Mood Café

Mood Café is an online resource that has useful resources on how to deal with depression, such as relaxation techniques, online CBT and many more.

www.moodcafe.co.uk

Young Minds

We are leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We are here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

The crisis in children and young people's mental health is real and it is urgent. More children and young people than ever before are reaching out for help with their mental health. However, for those who take that brave step, help is much too hard to find.

Together, we are changing this. We are fighting for young people's mental health. Join our fight.

0808 802 5544

www.youngminds.org.uk

YOUNG MINDS are
fighting for young people's mental health

Body Image Worries

Negative eating habits that can negatively affect a person's physical or mental health. They include eating too much, or not eating at all.

Eating Disorder Service

Eating disorder services operate across Barking and Dagenham for those aged 8 years old and above who have an eating disorder and are registered with a GP in the area.

A health referral is needed.

0300 555 1216 / 0844 932 0137

eating.disorder@nelft.nhs.uk

Beat Eating Disorders

Beat is the UK's eating disorder charity. We began life in 1989 as the first national charity for people with eating disorders because of a merger of two local charities. Called the Eating Disorders Association, we have grown and developed over time to become Beat.

We exist to end the pain and suffering caused by eating disorders. We are a champion, guide and friend to anyone affected, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered.

Phone line: 0808 801 0677

Youth line: 0808 801 0711

Student line: 0808 801 0811

www.beateatingdisorder.org.uk



Emotional Distress

Emotional distress can lead to self-harm, which is when someone intentionally damages or injures their body. It is usually a way of coping with, or expressing, overwhelming emotional distress.

The Samaritans

Samaritans is a unique charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide.

Every six seconds we respond to a call for help.

Every year, we answer more than 5 million calls for help by phone, email, SMS, letter, face to face at one of our local branches and through our Welsh language service.

We are here 24/7, before, during and after a crisis.

Whether it's an 'are you ok?' at just the right moment, or the midnight support of a trained volunteer; whether it's better training in the workplace or campaigning for more investment in national and local suicide prevention – we're here.

Our charity works to make sure there is always someone there, for anyone who needs someone.

116 123

www.samaritans.org



Calm Harm – Self Harm App

Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).

Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.



Substance Misuse

Substance misuse is the misuse of negative substances, such as drugs and alcohol.

Talk to Frank

Frank is a national drug education programme designed to educate young people of the effects of drugs.

www.talktofrank.com



Subwize

Subwize is a vibrant, community-facing young people's drug and alcohol service delivered by WDP in partnership with Mentor UK.

The Subwize team provides a range of prevention and treatment services to:

- Prevent young people from engaging in substance misusing and risk-taking behaviours
- Enable young people to develop boundaries, emotional resilience and self-esteem
- Actively support young people to reduce and/or stop harmful behaviours such as drug and alcohol use, encouraging prosocial and healthy alternatives.

How to access our service

Subwize is available to young people under the age of 21 (with transitional age group of 21-24) who live in Barking and Dagenham or attend schools and colleges in the borough, as well as their families and carers.

We work with young people in the community, at a location most accessible to them, such as schools, youth clubs and other local venues.

You can contact us directly by phone or email (details below).

We also accept referrals from any professional.

0300 303 4613

info.subwize@wdp.org.uk

www.wdpyoungpeople.org.uk/



More Resources

Anxiety and Depression

GoZen Website for Young People and Parents.
Sitting Still like a Frig by Eline Suel
Breaking free from OCD (self help book)
Online counselling www.blurtitout.org
Online counselling www.bigwhitewall.com
Managing and monitoring anxiety www.getselfhelp.co.uk

Bereavement Resources

Child Bereavement UK
Anna Freud Centre – Podcast ‘Child in Mind’ and ‘what is Trauma’.
Winston’s Wish Books

Parental Support and Advice

Early Intervention and Family Support Service
0208 8708 2612
early.intervention@redbridge.gov.uk

Parent of Autistic Children Together (PACT)
Support for autism.
020 8220 0090
www.pact-uk.co.uk

Relate Family Counselling
Family support
01708 441 722
www.relate.org.uk

Our Pact
Parent Control for Social Media, Devices, Internet and Texting Access
www.ourpact.com

Bullying UK
www.bullying.co.uk

Additional Support during COVID19

This is a difficult time for families, and you may be worried about not having access to the food you need.

You may be entitled if you are pregnant or have a child under the age of 4yrs:

<https://www.healthystart.nhs.uk/healthy-start-vouchers/>

Please find below the **local food banks** that may be able to help:

Dagenham Food Bank

RCCG House Of Faith Connections.

The BEACON, 104 New Road, Dagenham, RM9 6PE

Tel: 020 8595 0122

Barking Food Bank

Elm Church, 93 Axe St, Barking IG11 7LZ

Tel: 020 8217 0660

Bethel Christian Centre Food Bank

170 Bennett's Castle Lane, Dagenham, RM8 3XP

0208 595 8291

Please find below a list of **Community Food Clubs**:

You can join to access a range of services, including health, employment, training and skills, plus reduce the price of your shopping bill. Pay £3.50 (weekly) or £10 per month a visit to access £20 worth of shopping each week.

William Bellamy Children's Centre – Mondays 12-4pm

Frizland's Lane, Dagenham, RM10 7HX Tel: 020 8724 1924

Marks Gate Community Hub – Thursdays 11-1pm

Rose Lane, RM6 5NR

Sue Bramley Children's Centre – Fridays 12-2pm

Bastable Avenue, Barking, IG11 0LG Tel: 020 8270 6619

For Money Worries:

Barking & Dagenham Citizens Advice Bureau - 020 8507 5969

DABD - 0208 592 8603

www.dabd.org.uk/help-and-advice/help-with-money

Universal Credit Helpline - 0800 144 8444