



## Brent CAMHS Signposting document

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### Mental health and wellbeing support in a crisis or emergency

Service	Contact details	Relevant?
<b>CNWL Single point of access</b>	In an emergency or mental health crisis, the Single Point of Access is open 24 hours a day, seven days a week, 365 days a year. You can call them on <u>0800 0234 650</u> or email <u>cnw-tr.spa@nhs.net</u>	

### General mental health and wellbeing support and self-help

Service	Contact details	Relevant?
<b>CAMHS &amp; Me</b>	<u>camhs.cnwl.nhs.uk</u> - 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.	
<b>CAMHS resources</b>	<u>https://www.camhs-resources.co.uk/</u> -This website includes a collection of downloadable leaflets, apps and videos to help with many mental health issues and concerns.	
<b>Young Minds</b>	Young Minds ( <u>youngminds.org.uk</u> ) - Provide information, advice and support to young people experiencing mental health concerns and their parents including:	



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	<ul style="list-style-type: none"> <li>Information about mental health concerns and what support may be available (<a href="http://youngminds.org.uk/find-help/conditions/">youngminds.org.uk/find-help/conditions/</a>)</li> <li>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.</li> <li>Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm).</li> </ul>	
<b>Mental Health Self-Help Guides</b>	<a href="http://web.nrw.nhs.uk/selfhelp/">web.nrw.nhs.uk/selfhelp/</a> - These booklets were written by clinical psychologists with contributions from service users & NHS staff. They are mainly aimed at adults.	
<b>Good Thinking</b>	<a href="http://www.good-thinking.uk">www.good-thinking.uk</a> - Provides tools and resources around managing anxiety, stress, sleep difficulties and low mood.	
<b>Sleepio</b>	<a href="http://www.sleepio.com">www.sleepio.com</a> - An online sleep improvement programme which delivers tailored and engaging advice, 24/7.	
<b>ThinkNINJA</b>	<b>ThinkNinja app:</b> This app teaches skills to build resilience and stay well.	
<b>What's Up app</b>	<b>What's Up app:</b> This app teaches simple strategies to help cope with a wide range of mental health issues.	
<b>AFC Self-Care</b>	<a href="http://www.annafreud.org/on-my-mind/self-care/">www.annafreud.org/on-my-mind/self-care/</a> - Provides a list of strategies for young people to use to manage / maintain their emotional wellbeing.	
<b>Hub of Hope</b>	<a href="http://www.hubofhope.co.uk">www.hubofhope.co.uk</a> - The Hub of Hope is a nationwide mental health database, which brings help and support together in one place. You can enter your location to find local key services and organisations. Whether it's someone to talk to or a 'safe place' to visit, there is always help available.	
<b>Happy Maps</b>	<a href="https://www.happymaps.co.uk/">https://www.happymaps.co.uk/</a> - A website which pools reliable mental health resources for parents and for young people and children in one place.	
<b>On My Mind</b>	<a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a> - Empowers young people to make informed choices about their mental health. The resources are written by young people for young people and it includes a youth wellbeing directory, a crisis messenger and self-help resources.	
<b>MindEd:</b>	Free educational resource advice and information for families from experts at Health Education England <a href="http://www.minded.org.uk">www.minded.org.uk</a>	
<b>Grenfell Wellbeing service</b>	<a href="https://grenfellwellbeing.com">https://grenfellwellbeing.com</a> - The Grenfell Health & Wellbeing Service is a free and confidential NHS service for children and adults affected by Grenfell. They can offer a range of therapies and help for anyone affected by the tragedy. Tel: 020 8637 6279	
<b>Stem4</b>	<a href="http://www.stem4.org.uk">www.stem4.org.uk</a> - stem4 is a charity that promotes positive mental health in teenagers and those who support them including their families and carers, education professionals, as well as school nurses and GPs through the provision of mental health education, resilience strategies and early intervention.	
<b>Mind in Brent, Wandsworth and Westminster</b>	<a href="https://www.bwwmind.org.uk/how-we-can-help/brent-services/">https://www.bwwmind.org.uk/how-we-can-help/brent-services/</a> - BWW Mind provides a range of services to support young people and adults whose lives have been affected by mental health problems, enabling them to take control of their wellbeing and lead fulfilled, productive lives. Tel: 020 7259 8100	



NHS Apps Library	NHS Apps Library ( <a href="http://www.nhs.uk/apps-library/">www.nhs.uk/apps-library/</a> ) - Find apps and online tools to help you manage your health and wellbeing NHS Mental Health Apps: <a href="http://www.nhs.uk/apps-library/category/mental-health/">www.nhs.uk/apps-library/category/mental-health/</a>	
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## Someone to talk to: Counselling services and helplines

Service	Contact details	Relevant?
Kooth Online Counselling	<a href="http://www.kooth.com">www.kooth.com</a> - A safe and anonymous online counselling and emotional well-being platform for children and young people from 13 years and until their 19 <sup>th</sup> birthday, accessible through mobile, tablet and desktop and free at the point of use. No referral is needed.	
ChildLine	<a href="http://www.childline.org.uk/">www.childline.org.uk/</a> - A free, private and confidential service where you can talk about anything on 0800 1111. Childline For Me app: <a href="https://www.childline.org.uk/toolbox/for-me/">https://www.childline.org.uk/toolbox/for-me/</a>	
Shout	<a href="http://www.giveusashout.org/">www.giveusashout.org/</a> - 24/7 text service for anyone in crisis on 85258.	
The Mix	<a href="http://www.themix.org.uk">www.themix.org.uk</a> - The Mix 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. Tel:0808 808 4994 (freephone 7 days a week 3pm-12am); 1-2-1 chat	
Samaritans	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a> - The Samaritans offer a free, confidential listening service which is open 24/7 and are happy to speak to young people under the age of 18 Tel: 116 123	
MeeTwo	<a href="http://www.meetwo.co.uk">www.meetwo.co.uk</a> - A 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 positive feedback and social support builds confidence, increases wellbeing & promotes emotional resilience.	
Information on finding a therapist	The following are large databases of therapists who can be accessed privately: British Association of Counselling and Psychotherapy Tel: 01455 883300 UK Council for Psychotherapy Tel: 0207 014 9955	

## Anxiety

Service	Contact details	Relevant?
Anxiety UK	<a href="https://www.anxietyuk.org.uk/get-help/helping-your-child/">https://www.anxietyuk.org.uk/get-help/helping-your-child/</a> - A national charity providing information, therapy and support to people living with anxiety. Tel: 08444 775 774	
Smiling Mind	<a href="http://www.smilingmind.com.au/smiling-mind-app">www.smilingmind.com.au/smiling-mind-app</a> - A free app and website that provides mindfulness exercises for young people and adults.	
Stop-Breathe-Think	<a href="http://www.stopbreathethink.com/">www.stopbreathethink.com/</a> - Guides people through meditations for mindfulness & compassion.	
SAM	<a href="http://sam-app.org.uk/">sam-app.org.uk/</a> - An app to help you understand and manage anxiety.	
No panic	<a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a> - No Panic can help with all kinds of anxiety including obsessive compulsive disorder, phobias, panic attacks, exam anxiety and much	



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	more (suitable for young people aged 13-18 years old). Tel: 0330 606 1174	
<b>Useful resources for people with anxiety</b>	<ul style="list-style-type: none"> <li>- Headspace</li> <li>- Calm</li> <li>- Clear fear: Help with anxiety management: <a href="http://www.clearfear.co.uk">www.clearfear.co.uk</a></li> <li>- Mindshift</li> </ul>	

## Mood

Service	Contact details	Relevant?
<b>West London Bipolar UK youth group</b>	<a href="https://www.bipolaruk.org/">https://www.bipolaruk.org/</a> - Bipolar UK is the only national charity dedicated to empowering individuals and families affected by bipolar. Peer support is at the core of our work. This means people affected by bipolar helping others Helpline Tel: 0333 323 3880 Office Tel: 0333 323 3885	
<b>Daylio</b>	<a href="http://daylio.webflow.io">daylio.webflow.io</a> - Helps track your mood & activities.	

## Self-harm

Service	Contact details	Relevant?
<b>Harmless</b>	<a href="http://www.harmless.org.uk">www.harmless.org.uk</a> - Provides strategies on managing urges to self-harm	
<b>Calm Harm</b>	<a href="http://calmharm.co.uk">calmharm.co.uk</a> – A free app that helps manage urges to self-harm.	
<b>Blueice</b>	<a href="http://www.oxfordhealth.nhs.uk/blueice/">www.oxfordhealth.nhs.uk/blueice/</a> - A prescribed evidence-based app to help young people manage their emotions and to reduce urges to self-harm.	
<b>Distract app</b>	<a href="https://www.expertselfcare.com/health-apps/distract/">https://www.expertselfcare.com/health-apps/distract/</a> - Advice about SH and suicide.	
<b>SelfharmUK</b>	<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a> - Alumina is a free, online 7 week course for young people struggling with self-harm. Each course has up to 8 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers.	
<b>Lifesigns</b>	<a href="http://www.lifesigns.org.uk/">http://www.lifesigns.org.uk/</a> - Lots of advice and support about managing self-harm.	

## Eating disorders

Service	Contact details	Relevant?
<b>BEAT</b>	<a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a> - The Eating Disorders Association, provides a national helpline to encourage and empower people to get help quickly. BEAT also run online groups for both young people and their families. Tel Helpline: 0808 801 0677	
<b>The National Centre for Eating Disorder</b>	<a href="http://www.eating-disorders.org.uk">www.eating-disorders.org.uk</a> - NCFED has a team of experts with specialist training in different aspects of eating disorders as well as a national network of counsellor practitioners who are specially trained to work with	



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	eating disorders and weight problems. Tel Support Line: 0845 838 2040	
<b>Community Eating Disorder Service for Children and Young People</b>	CNWL Community eating disorders team accept referrals from GPs and self-referrals from families where there is a concern about a young persons eating.  If you are unsure whether this service is suitable for you, please speak to a member of our duty team who will be able to advise you. You can call us on 020 3315 3369	

## Suicidal thoughts

Service	Contact details	Relevant?
<b>PAPYRUS: (Prevention of Young Suicide)</b>	<a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a> - Provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through the helpline, HOPELINEUK. Tel helpline HOPELINEUK: 0800 068 4141 (10 am – 10pm weekdays, 2 pm – 10 pm weekends)	
<b>Stay Alive App</b>	The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.	
<b>CALM (Campaign Against Living Miserably)</b>	<a href="http://www.thecalmzone.net">www.thecalmzone.net</a> – A charity to help prevent male suicide (15-35yrs). Tel Helpline: 0800 585858 (5 pm – midnight; 365 days of the year).	
<b>Maytree</b>	<a href="https://www.maytree.org.uk/">https://www.maytree.org.uk/</a> - Provides residential space and short retreats for people experiencing a suicidal crisis. Tel: 0207 236 7070	
<b>Help is at Hand</b>	<a href="http://www.supportaftersuicide.org.uk/help-is-at-hand">www.supportaftersuicide.org.uk/help-is-at-hand</a> - A guide is dedicated to those grieving the death of someone they love.	
<b>SOBS (Survivors of Bereavement By Suicide):</b>	<a href="http://www.uk-sobs.org.uk">www.uk-sobs.org.uk</a> A self-help organization that helps those bereaved by suicide to support each other, at the time of their loss and in the months and years that follow. SOBS offer peer led support groups, online virtual support groups, a national telephone helpline, online community forum and email support. Tel Helpline: 0300 111 5065 (9 am – 9 pm; Monday to Sunday)	

## Alcohol, drugs and other addictions

Service	Contact details	Relevant?
<b>Elev8</b>	<a href="http://www.wdpyoungpeople.org.uk/elev8/">http://www.wdpyoungpeople.org.uk/elev8/</a> - ELEV8 Young People’s Service offers support for young people who may be affected by drug or alcohol problems. This service is available to young people under 21 (and transitional age group 21-24) who live in Brent or attend schools and colleges in the borough. Tel: 0300 303 4547	
<b>Frank</b>	<a href="http://www.talktofrank.com">www.talktofrank.com</a> - Drug addiction information and support Tel: 0800 776600	



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Alcohol education trust	<a href="https://alcoholeducationtrust.org/parent-area/">https://alcoholeducationtrust.org/parent-area/</a> - Information for parents/carers on supporting children and young people when it comes to alcohol.	
Big deal	<a href="http://www.bigdeal.org.uk">www.bigdeal.org.uk</a> - A place for young people to find information and support related to gambling, either for themselves or for someone they care about. Tel: 0808 8020 133	
Gambling	<a href="https://www.gamcare.org.uk/">https://www.gamcare.org.uk/</a> - Help with gambling including advice on how to block gambling websites, access to self-help resources and helplines	
Gamblers Anonymous	<a href="https://www.gamblersanonymous.org.uk/">https://www.gamblersanonymous.org.uk/</a> - a fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers do the same. Tel: 0330 094 0322	

## Gender/LGBTQIA+

Service	Contact details	Relevant?
The Proud Trust	<a href="https://www.theproudtrust.org/">https://www.theproudtrust.org/</a> - The Proud Trust is an LGBT+ organisation that supports LGBT+ young people through youth groups, peer support, mentoring programs and the Proud Connections chat service.	
Stonewall	<a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a> - National LGBT+ rights charity Tel: 0800 0502020 (9:30 am - 4:30 pm; Monday to Friday)	
Mermaids	<a href="http://www.mermaidsuk.org.uk/">http://www.mermaidsuk.org.uk/</a> - Supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. They also currently offer web chat support to students up to the age of 25. They provide online communities, local community groups, helpline services, web resources, events and residential weekends.	
Mosaic	<a href="https://www.mosaictrust.org.uk/">https://www.mosaictrust.org.uk/</a> - Provides you with the opportunity to meet other young people who are lesbian, gay, bisexual, trans or think they might be, aged 13 to 19, every week in a North West London location.	

## Sexual health

Service	Contact details	Relevant?
NWL Sexual health clinic	<a href="https://www.nwlondonsexualhealth.nhs.uk/">https://www.nwlondonsexualhealth.nhs.uk/</a> - Brent <b>contraception and sexual health clinic</b> : Call <b>020 8453 2221</b> for Contraceptive or Sexual Health service. Or email <a href="mailto:lnwh-tr.PCCGENERAL@nhs.net">lnwh-tr.PCCGENERAL@nhs.net</a> . Please provide your mobile number when contacting by email.	
Sexual health London	<a href="https://www.shl.uk/">https://www.shl.uk/</a> - A discreet sexual health service for Londoners. Our STI testing service is for people who have mild or no STI symptoms, and would like to get themselves checked. You can also request free regular and emergency contraception (effective up to 5 days after unprotected sex) by completing a simple, secure online consultation.	
Contraception choices	<a href="http://www.contraceptionchoices.org">www.contraceptionchoices.org</a> - There are many types of contraception available and none are perfect. The Contraception Choices website provides honest information to help weigh up the pros and cons.	
Brook	<a href="http://www.brook.org.uk">www.brook.org.uk</a> - Information and advice on sexual health. Tel : 0808 802 1234 (Mon-Fri 9-7pm)	



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<b>BISH</b>	<a href="https://www.bishuk.com/about-bish/">https://www.bishuk.com/about-bish/</a> - A guide to sex, love and you for everyone over 14.	
<b>Scarleteen</b>	<a href="http://www.scarleteen.com">www.scarleteen.com</a> - Sex education for teens and emerging adult.	
<b>MSI reproductive choices</b>	<a href="https://www.msichoices.org/">https://www.msichoices.org/</a> - Advice about your options if you are experiencing an unwanted pregnancy. You don't need a GP referral to access NHS funded abortion care. Tel: 0345 300 8090 (7 am to 11 pm)	

## Young carers

Service	Contact details	Relevant?
<b>Brent Carers Centre</b>	<a href="http://www.brentcarerscentre.org.uk/">http://www.brentcarerscentre.org.uk/</a> - Brent Carers Centre Offers support for young Carers between 8 and 18 years old. Providing opportunities to meet with other young people, advice and fun activities.	
<b>Brent Gateway</b>	<a href="http://brentgateway.org/carers-support-services/">http://brentgateway.org/carers-support-services/</a> - Brent Gateway support young carers (ages 8-18) and adult carers (aged 18+) in Brent in the following ways: facilitate young carer activities, trips, and events during term time and school holidays, create opportunities to come together and network, provide advocacy support and champion young carers' rights, and carry out Early Help Assessments (EHAs).	

## Bereavement

Service	Contact details	Relevant?
<b>Brent Bereavement Services (BBS)</b>	<a href="http://www.bbsonline.org.uk">www.bbsonline.org.uk</a> - BBS aims to offer high quality responsive and professional services for people who request bereavement counselling or related advice. Our services are for any Brent resident over 18 and for anyone of any culture, ethnicity, gender, sexual orientation or disability. Services are provided by suitably selected, trained and supervised Voluntary Bereavement Counsellors on a regular basis.	
<b>Child Bereavement UK</b>	<a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a> - 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.	
<b>Winston's Wish</b>	<a href="http://www.winstonswish.org/">www.winstonswish.org/</a> - Provides in-depth therapeutic support, helplines and online talking for bereaved children.	
<b>Grief Encounters</b>	<a href="http://www.griefencounter.org.uk/">www.griefencounter.org.uk/</a> - A Child Bereavement Charity. Grief Encounters supports children & their families to cope with the pain caused by the death of someone close.	
<b>At a loss</b>	<a href="http://www.Ataloss.org">www.Ataloss.org</a> - Signposts bereaved to bereavement services and information.	
<b>Hope Again (Cruse)</b>	<a href="https://www.hopeagain.org.uk/">https://www.hopeagain.org.uk/</a> - Hope Again is the youth website of Cruse Bereavement Support. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Tel Helpline: 0808 808 1677 (Monday-Friday, 9:30am - 5:00pm)	
<b>Good grief</b>	<a href="http://www.thegoodgrieftrust.org">www.thegoodgrieftrust.org</a> - Help and support for people experiencing bereavement.	
<b>CCIWBS</b>	<a href="https://www.bereavement-counselling.org/">https://www.bereavement-counselling.org/</a> - Camden City Islington & Westminster Bereavement Service provides bereavement and loss counselling in	



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	North London. This service welcomes clients from every section of society (minority ethnic, different cultures, LGBTQ+, religious groups, and older people). Clients registered with a Camden or Islington GP can access one-to-one or group bereavement counselling for free. Services are available to clients from other boroughs on a contribution's basis.	
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## Domestic violence

Service	Contact details	Relevant?
<b>Advance</b>	<a href="http://www.advanceadvocacyproject.org.uk">http://www.advanceadvocacyproject.org.uk</a> - A Women's charity based in West London, specialising in Domestic violence and Crisis Intervention. Tel (Brent): 07398 454898	
<b>Every step matters</b>	<a href="https://everystepmatters.co.uk/">https://everystepmatters.co.uk/</a> - A Domestic Abuse therapeutic service providing support for young people and adults who are survivors of Domestic Abuse through their Journey to Freedom group programme and individual support. Journey to Freedom Group programmes run for 10 sessions. Individual sessions are open ended; this service has some funding available for those who are unable to afford sessions.	
<b>The Hideout</b>	<a href="http://www.thehideout.org.uk">www.thehideout.org.uk</a> - Women's Aid have created this space to help young people understand domestic abuse, and how to take positive action if it's happening to you.	
<b>Victim Support</b>	<a href="https://www.victimsupport.org.uk/">https://www.victimsupport.org.uk/</a> - An independent charity dedicated to supporting people affected by crime and traumatic incidents in England and Wales. Victim Support provides specialist services to help people cope and recover and to empower them to ensure their voices are heard individually and collectively at a local and national level. Tel Helpline: 08 08 16 89 111	
<b>Asian Women's Resource Centre</b>	<a href="https://www.asianwomencentre.org.uk/">https://www.asianwomencentre.org.uk/</a> - Asian Women's Resource Centre is a voluntary sector grassroots organisation, based in Harlesden, which has been providing services for women who are, or have been experiencing domestic abuse, for almost 40 years. Harmful Practice Helpline: 0808 169 4455 (10am - 5pm; Mon – Fri) *Specialist helpline for women experiencing harmful practice and domestic abuse/* Tel: 020 8961 6549 /5701 (General Enquiries)	

## Activities

Service	Contact details	Relevant?
<b>Brent youth zone</b>	<a href="https://www.brentyouthzone.org.uk/">https://www.brentyouthzone.org.uk/</a> - Find out about sports, social and other events happening for young people in Brent.	
<b>Brent youth and connexions</b>	<a href="https://www.brentyouthzone.org.uk/work-learning/brent-connexions-prospects-services/">https://www.brentyouthzone.org.uk/work-learning/brent-connexions-prospects-services/</a> -You can speak to a Careers Adviser about education, employment, apprenticeships and training opportunities.	
<b>Ansar youth project</b>	<a href="https://ansaryouth.org.uk/">https://ansaryouth.org.uk/</a> - Run regular youth group activities and leisure trips for young people.	
<b>Young Brent foundation</b>	<a href="https://youngbrentfoundation.org.uk">https://youngbrentfoundation.org.uk</a> - Young Brent Foundation's aim is to create an evidence based, needs led community partnership model that unites a	





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	diverse voluntary youth sector, and creates a strong united voice, equipping members with the training, resources and financial support they need to increase overall capacity and develop a more sustainable future to benefit young people.	
<b>Brent culture, leisure and parks</b>	<a href="https://www.brent.gov.uk/services-for-residents/culture-leisure-and-parks/">https://www.brent.gov.uk/services-for-residents/culture-leisure-and-parks/</a>	
<b>Brent Council Events Calendar</b>	<a href="https://www.brent.gov.uk/events-and-whats-on-calendar/">https://www.brent.gov.uk/events-and-whats-on-calendar/</a> - Brent Council posts events for all demographics on their events calendar.	
<b>Young Roots</b>	<a href="https://youngroots.org.uk/london/">https://youngroots.org.uk/london/</a> - Young Roots aims to improve the life chances of 11 – 25-year-old refugees and asylum seekers in and around Brent and Croydon. Young Roots welcomes all young refugees and asylum seekers at any age of the asylum process regardless of their English language level. Tel: 07761 514 188 (Brent) Tel: 07962 821 144 (Croydon)	
<b>Brent Youth Theatre</b>	<a href="https://www.uniquecommunity.org/about">https://www.uniquecommunity.org/about</a> - Brent Youth Theatre is an inclusive performing arts service bringing young people of all abilities together. We create current, daring and necessary art developed together with children and young people. Brent Youth Theatre is able to provide 1:1 support for young people if necessary.	

## Support for parents

Service	Contact details	Relevant?
<b>Brent Family wellbeing centres</b>	<a href="https://www.brent.gov.uk/services-for-residents/children-and-family-support/childcare/family-wellbeing-centres/family-wellbeing-centre-services/">https://www.brent.gov.uk/services-for-residents/children-and-family-support/childcare/family-wellbeing-centres/family-wellbeing-centre-services/</a>  Family Wellbeing Centres support you from the moment you know you're expecting, through pregnancy and birth, until your child is 18 years old (or up to 25 for children and young people with special educational needs). They can offer support with: <ul style="list-style-type: none"> <li>• Health - midwifery, health visitors, infant feeding support, development checks, emotional wellbeing, general health promotion, keeping fit, speech and language support</li> <li>• Education - early learning, looking for childcare (including free nursery education for 2 year olds) applying for school place, starting school, moving to junior of secondary school, library outreach sessions and homework clubs.</li> <li>• Family support – parenting workshops, parenting programmes, 1:1 support</li> <li>• Support for parents /carers – dads programme, money management, housing, counselling, legal advice, English courses, getting back into employment and various adult learning courses</li> <li>• SEND – support for all age groups, parents support group</li> </ul>	
<b>Brent Children's Information Service</b>	<a href="https://www.brent.gov.uk/childcare">https://www.brent.gov.uk/childcare</a> - The service provides information on the full range of childcare, early years of education and play facilities for children 0-14 provided in Brent.	
<b>Relate</b>	<a href="https://www.relate.org.uk/london-north-west-and-hertfordshire">https://www.relate.org.uk/london-north-west-and-hertfordshire</a> - Relationship counselling and support.	
<b>Citizens advice</b>	<a href="http://www.citizensadvicebrent.org.uk">http://www.citizensadvicebrent.org.uk</a> - Citizens Advice Brent helps people to resolve their money, legal and other problems by providing free, independent, confidential and impartial advice regardless of their backgrounds or circumstances.	



	Tel: 020 8438 1249	
<b>Family lives</b>	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a> - A national family support charity that helps and supports all aspects of family life. Tel: 0808 800 2222 (formally Parentline Plus)	
<b>Families going through break up</b>	<a href="https://tavistockrelationships.org/counselling-psychotherapy/family-parenting/free-services">https://tavistockrelationships.org/counselling-psychotherapy/family-parenting/free-services</a> - The Tavistock Centre offers parents free support via a helpful course of support selected to suit your circumstances to address conflict within your relationship as well as strengthening your parenting skills to bring up your children. <a href="http://www.separatedfamilies.info">www.separatedfamilies.info</a> - Information and advice for everyone affected by family separation to help bring better outcomes for children. <a href="http://www.kidsinthemiddle.org">www.kidsinthemiddle.org</a> - Kids In The Middle Agency-Based counselling services address the mental, cognitive, and behavioural health of children whose families are in transition due to parental separation, divorce, and remarriage.	
<b>National Debt Line</b>	<a href="https://www.nationaldebtline.org">https://www.nationaldebtline.org</a> – A debt advice charity run by the Money Advice Trust. National Debt Line offers free and confidential debt advice service for people in England, Wales and Scotland. Tel: 0808 808 4000	
<b>Advice for Renters</b>	<a href="https://adviceforrenters.org/">https://adviceforrenters.org/</a> - Advice for Renters support people living in private rented accommodation to access legal advice and holistic, person-centred support.	

## Early Help & Parenting Support

Service	Contact details	Relevant?
<b>Brent Council - Parenting</b>	<a href="http://www.brent.gov.uk/parenting">www.brent.gov.uk/parenting</a> - In Brent we recognise that good parenting makes a big difference to a child's wellbeing and future success and that many parents will need help and guidance at some point in their parenting experience. We offer a range of parenting programmes delivered in children's centres, schools and community venues across Brent. Parenting courses, such as Strengthening Families, Strengthening Communities aim to give parents a chance to share experiences, explain how they have learnt to cope with difficult situations, learn from each other and learn how to give their children more positive feelings about family relationships.	
<b>Brent Council – Early Help &amp; Support</b>	<a href="http://www.brent.gov.uk/services-for-residents/children-and-family-support/early-help-and-support-available/">www.brent.gov.uk/services-for-residents/children-and-family-support/early-help-and-support-available/</a> - Our Early Years Service provides a range of assistance for families with children aged 0 to 18 years old (up to 19 if the young person has a disability or additional needs). The service includes our: <ul style="list-style-type: none"> <li>• Early Support Team which work with families who have a child under five with additional needs or disabilities</li> <li>• Accelerated Support Team which provides a rapid-response service to young people between the ages of 11 and 17 and their families.</li> <li>• Portage Team a free home visiting service for pre-school children with a disability or additional needs</li> <li>• Family Solutions Service which supports families with children aged 0 to 18 years old (up to 19 for young people with disabilities) on a range of issues including mental health, parenting support and money advice.</li> </ul>	
<b>Brilliant Parents</b>	<a href="http://www.brilliantparents.org/">www.brilliantparents.org/</a> - Brilliant Parents knows that most parents are	



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	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.	
<b>Brent Council Parent and Toddler Groups</b>	<a href="https://www.brent.gov.uk/services-for-residents/children-and-family-support/childcare/parent-and-toddler-groups/">https://www.brent.gov.uk/services-for-residents/children-and-family-support/childcare/parent-and-toddler-groups/</a> - Parent and toddler groups provide great opportunities for children and social opportunities for parents to meet in an informal atmosphere at a reasonable cost. They are ideal places to meet other families with pre-school children including babies.	

## Culture specific organisations

Service	Contact details	Relevant?
<b>SAFI (Somali)</b>	<a href="https://www.saafi.org.uk/">https://www.saafi.org.uk/</a> - A community-based organisation in Brent founded and led by British-Somali mothers from refugee background to help each other and their children for positive integration. Tel: 02084 599050	
<b>Muslim youth helpline</b>	<a href="http://www.myh.org.uk">www.myh.org.uk</a> - MYH is a national award winning charity that provides free and confidential faith and culturally sensitive support services targeted at vulnerable young people in the UK.	
<b>Amanati</b>	Instagram @Amanati - A supportive community for Muslim families of children with additional needs.	
<b>Paiwand (Afghani)</b>	Established in 2002, Afghan Association Paiwand Ltd is a community organisation and charity dedicated to helping refugees and asylum seekers in the UK. Paiwand also provide support for teenagers who are living in the UK alone and adults who have a range of issues, including: <ul style="list-style-type: none"> <li>• Housing and Benefits</li> <li>• Mental Health</li> <li>• Employment</li> <li>• Immigration</li> <li>• Learning English</li> </ul> Tel: 020 8905 8770	
<b>Iraqi welfare association (Iraqi)</b>	<a href="https://iraqiwelfare.org/">https://iraqiwelfare.org/</a> - Provide an advice service on immigration, housing, and state benefits. We also hold summer camps, trips and short courses for the community.	
<b>Brent Indian Association</b>	<a href="http://www.biauk.com">http://www.biauk.com</a> - Immigration, Welfare Rights, Legal Advice, Education, Housing, Youth Activities are some of the topics it deals with at B.I.A. For the senior citizens, it runs a luncheon club where lunch is provided at a subsidised charge. Bridge club and reading room provide them with leisurely activities. Lectures and Seminars, local and overseas pleasure tours are also arranged. These are some of the services rendered to the public.	



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<p><b>Bosnia and Herzegovina Community Advice Centre (BHCAC)</b></p>	<p><a href="https://e-voice.org.uk/bhcac/">https://e-voice.org.uk/bhcac/</a> - Bosnia and Herzegovina Community Advice Centre (BHCAC) is the only charity in London providing bi-lingual information, advice and advocacy services and wide and varied range of support to disadvantaged and marginalised Londoners from the 6 western Balkan countries (Bosnia and Herzegovina, Croatia, Kosovo, North Macedonia, Montenegro and Serbia).</p>	
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**Food banks/social support**

Service	Contact details	Relevant?
<p><b>SUFRA</b></p>	<p><a href="https://www.sufra-nwlondon.org.uk/">https://www.sufra-nwlondon.org.uk/</a> - We provide our 'guests' with the food and support they urgently need to survive, empower them to learn new skills and improve their wellbeing, and help them find work and become financially stable. Tel: 020 3441 1335</p>	
<p><b>Youth Access</b></p>	<p><a href="https://www.youthaccess.org.uk/">https://www.youthaccess.org.uk/</a> - Youth Access is the national membership organisation for youth information, advice and counselling services (YIACS). We work with our members to provide a unified voice for the youth advice and counselling sector, and support young people to campaign for transformational change to deliver the services and systems that meet their needs and fulfil their rights.</p>	
<p><b>Brent Council Hot Food Providers</b></p>	<p><a href="https://www.brent.gov.uk/media/16416107/2020-03-free-hot-food-providers.pdf">https://www.brent.gov.uk/media/16416107/2020-03-free-hot-food-providers.pdf</a> - Directory of free hot food providers in Brent Council.</p>	
<p><b>St Laurence's Larder (hot food provider)</b></p>	<p><a href="http://www.christchurchbrondesbury.org.uk/parish.htm">http://www.christchurchbrondesbury.org.uk/parish.htm</a> - St Laurence's Larder and Open Kitchen provides a warm welcome and fresh food for those who struggle to make ends meet in our community and beyond. It is open every Tuesday and Thursday from 10am to 1.30pm and people can attend without referral from other organisations. In addition to food the Larder also provides hot showers and an emergency clothes bank which is available during St Laurence's Larder normal opening hours. The parish church is situated on the corner of Christchurch Avenue and Willesden Lane NW6 7YN.</p>	
<p><b>Rumis Kitchen (hot food provider )</b></p>	<p><a href="https://www.rumis.org/kitchen">https://www.rumis.org/kitchen</a> - Breakfast Service: Mon - Fri, 9am - 11am, Rumi's Cave Carlton Vale, Saturday Lunch: 1pm - 2pm, takeaway or sit-in, Harlesden</p>	
<p><b>Rumis Cave</b></p>	<p><a href="https://www.rumis.org/cave">https://www.rumis.org/cave</a> - Rumi's Cave is an alternative community hub, arts and events venue in London, presenting a diverse range of cultural and social programmes to connect hearts, minds and communities. It is a non-defined social space open to all to reflect and share, inspired by the legacy of Jalauddin Rumi.</p>	
<p><b>Centre Point (support for homeless you)</b></p>	<p><a href="https://centrepoin.org.uk/">https://centrepoin.org.uk/</a> - Centrepoin is a charity in the United Kingdom which provides accommodation and support to homeless people aged 16–25. Centrepoin provides homeless young people with accommodation, health support and life skills in order to get them back into education, training and employment.</p>	
<p><b>Little Village</b></p>	<p><a href="https://littlevillagehq.org/">https://littlevillagehq.org/</a> - Little Village is like a food bank, but for clothes, toys and equipment for babies and children up to the age of 5. We accept donations of excellent-condition, pre-loved items, which are passed on to families who need support. The items are a gift, given with love, from one family to another.</p>	



## Neurodevelopmental Conditions

Service	Contact details	
<b>Centre for ADHD and ASD</b>	Centre for ADHD & Autism Support ( <a href="http://www.adhdandautism.org">www.adhdandautism.org</a> ) 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.	
<b>Brent SEND information, advice and support service (SENDIASS)</b>	Brent SEND information, advice and support service (SENDIASS; <a href="http://www.brent.gov.uk/sendias">www.brent.gov.uk/sendias</a> ) provide advocacy and advice around education issues.	
<b>Brent's Local Offer</b>	Brent's Local Offer ( <a href="http://www.brent.gov.uk/services-for-residents/children-and-family-support/the-brent-local-offer/">www.brent.gov.uk/services-for-residents/children-and-family-support/the-brent-local-offer/</a> ) is a single point of information and advice for children and young people from 0 to 25 with special educational needs and disabilities (SEND) and their families	
<b>National Autism Society (NAS)</b>	National Autism Society (NAS; <a href="http://www.autism.org.uk">www.autism.org.uk</a> ) provide information, advice and support to young people and adults with ASD, as well as their parents / carers, schools and other professionals.	
<b>Resources for Autism</b>	Resources for Autism ( <a href="http://resourcesforautism.org.uk">resourcesforautism.org.uk</a> ) provide practical support for parents, young people and families.	
<b>Brent Outreach Autism Team (BOAT)</b>	The Brent Outreach Autism Team (BOAT; <a href="http://www.brent.gov.uk/boat">www.brent.gov.uk/boat</a> ) is based at Brent Civic Centre. The team supports mainstream maintained schools working with children and young people (CYP) up to the age of 16 years who have been diagnosed on the autism spectrum, or up to 19 years if the CYP attends sixth form in a mainstream school. The service supports all children and young people with a diagnosis of autism who attend Brent mainstream schools and educational settings. BOAT also supports some out of borough placements where the Brent resident child has an education, health and care (EHC) plan. The service is primarily school-based but some advice and support is offered to families also.	
<b>Cerebra</b>	Cerebra ( <a href="http://www.cerebra.org.uk">www.cerebra.org.uk</a> ) is a national charity for families of children with neurodevelopmental conditions (Including Autism) which can offer general support and advice	
<b>ADHD Foundation</b>	The ADHD Foundation ( <a href="http://www.adhdfoundation.org.uk">www.adhdfoundation.org.uk</a> ) provide information, advice and support to young people and adults with ADHD, as well as their parents / carers, schools and other professionals	



<b>National Attention Deficit Disorder Information Support Service (ADDISS)</b>	National Attention Deficit Disorder Information Support Service (ADDISS; <a href="http://www.addiss.org.uk">www.addiss.org.uk</a> ) provide information and resources for young people, adults, their families and professionals	
<b>ADDitude</b>	ADDitude ( <a href="http://www.additudemag.com">www.additudemag.com</a> ) also provide information and resources for young people, adults, their families and professionals	
<b>AADD-UK</b>	AADD-UK ( <a href="http://www.adduk.org">www.adduk.org</a> ) is an organisation run by and for those with ADHD	
<b>Contact</b>	<u>Contact</u> is a charity for families with disabled children. They support families, bring families together and help families take action for others. <a href="https://contact.org.uk/">https://contact.org.uk/</a>	
<b>Brent MENCAP</b>	Exists to help people with learning disabilities in Brent, live as independent life as possible <a href="http://www.brentmencap.org.uk">http://www.brentmencap.org.uk</a>	

## Referrals on to other mental health services

Service	Contact details	Relevant?
<b>Kooth Online Counselling</b>	<a href="http://www.kooth.com">www.kooth.com</a> - A safe and anonymous online counselling and emotional well-being platform for children and young people from 13 years and until their 19 <sup>th</sup> birthday, accessible through mobile, tablet and desktop and free at the point of use. No referral is needed.	
<b>Brent Centre for Young People (BCYP)</b>	<a href="https://www.brentcentre.org.uk/">https://www.brentcentre.org.uk/</a> - We offer a number of talking therapies for young people which include individual therapies, group therapies, Sport and Thought and family therapy & parent support. Our services are based on psychodynamic psychotherapy, which is used to help you explore your thoughts, feelings, emotions and behaviour. Talking therapies involve talking to someone who is trained to help you deal with any negative thoughts and feelings you might be experiencing. All our therapies involve a number of appointments with the same therapist over a period of time. The talking therapies we offer are specifically for young people. They are supportive, flexible, non-judgmental and confidential. Referrals can be made via a child / young person's GP.	
<b>Brent Talking Therapies</b>	<a href="https://www.cnwl.nhs.uk/service/brent-talking-therapies/">https://www.cnwl.nhs.uk/service/brent-talking-therapies/</a> - Brent Talking Therapies 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.	
<b>CNWL Single Point of Access</b>	<a href="https://www.cnwl.nhs.uk/service/single-point-of-access-north-west-london-adult-community-mental-health-services/">https://www.cnwl.nhs.uk/service/single-point-of-access-north-west-london-adult-community-mental-health-services/</a> - 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.	
<b>Brent Young People's Wellbeing Service</b>	<a href="https://www.wdp.org.uk/find-us/brent">https://www.wdp.org.uk/find-us/brent</a> - We offer a free and confidential support service for individuals and their families affected by drug and alcohol problems. The specialist team include substance misuse workers, doctors, nurses and psychologists, as well as volunteers and peer mentors. We provide advice, assessment and treatment for drug and/or alcohol problems. Referrals can be made by NHS professionals.	
<b>WEST team</b>	The Wellbeing and Emotional Support Team (WEST) is a targeted mental health service for vulnerable children and young people aged from four to 18 years old (up to 25 for people with special educational needs and disabilities). They offer evidence-based support in schools for children and young people who are experiencing mild to moderate difficulties including anxiety, low mood and behavioural difficulties Tel: 0208 937 2141 <a href="mailto:west@brent.gov.uk">west@brent.gov.uk</a>	
<b>Vincent Square community eating disorders service for children and young people</b>	This service is for children and young people aged 18 and under who live in Central and North London (Harrow, Hillingdon, Brent, Westminster & Kensington and Chelsea). They accept referrals from GPs, other healthcare professionals, schools and colleges. They also accept self-referrals from young people or parents and carers. Please complete their online referral form ( <a href="http://www.cnwl.nhs.uk/wp-content/uploads/Self_Referral_Form_Community_Eating_Disorders_Service_for_C_hildren_Young_People-1.docx">http://www.cnwl.nhs.uk/wp-content/uploads/Self_Referral_Form_Community_Eating_Disorders_Service_for_C_hildren_Young_People-1.docx</a> ) and either post/email it via the contact details on the right. You can also do a self-referral via telephone.	

## Books & Further Reading / Self-help

Topic	Book	Age guidance
<b>Emotional wellbeing</b>	'Starving the Gremlin' series by various authors	5 – 12 years
	'Instant help for teens' series by various authors	13 – 18 years

<b>Anxiety</b>	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



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	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
<b>Low mood</b>	The Anti-Depressant Book: A Practical Guide for Teens and Young Adults to Overcome Depression and Stay Healthy by Jacob Towery	13 – 18 years
	So sad, so young, so listen by Philip J. Graham and Carol Hughes	Parents / carer
<b>Sleep</b>	Can't you sleep little bear by Martin Waddell	0 - 5 years
	The sleep book for tired parents by Rebecca Huntley	Parents / carer
<b>Siblings</b>	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
<b>Divorce</b>	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
<b>Bullying</b>	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
<b>Confidence &amp; self-esteem</b>	I want your moo by Marcella Weiner and Jill Neimark	0-5 years
	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
<b>Anger</b>	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
<b>Parenting</b>	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
<b>Bereavement</b>	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
<b>Growing up</b>	What's happening to me (girls) by Susan Meredith	13- 18 years





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