

Wellbeing – Parent Support

External support –

CAMHS Dorset – has support pages for young people on the following areas: - click on the image to take you to the site.

- Feeling stressed or anxious
- Self-harm
- Low mood
- Eating Disorders
- Self-Image
- Managing anger
- Feeling different
- Feel lonely or isolated.
- Trouble sleeping
- Bereavement
- Impact of drugs or alcohol
- Bullying
- Family breakdown
- Moving into adult care
- Being a young carer

Remember! In an emergency, always dial 999 or 112

Did you know the 112 number works anywhere in the UK and across Europe and automatically sends your exact location to your nearest operator?



C-CAMHS

Core Child and Adolescent Mental Health Service
CAMHS Dorset

Wellbeing support for parents – It is important to look after your wellbeing to.

Steps2Wellbeing – www.steps2wellbeing.co.uk

Family Lives – www.familylives.org.uk

Gingerbread – www.gingerbread.org.uk

SENDIASS – Information and advice for supporting young people with education needs and or disabilities – www.sendiass4BCP.org

Acts Fast – www.actsfast.org.uk

Dorset Mental Health Team in Schools (MHST)




There are three main ways children and young people can access support from the MHST through school:

- When a school staff member notices a child or young person is struggling with day-to-day worries
- When a parent informs a school staff member about their concerns
- When a young person asks for support for themselves

★ GROUNDING TECHNIQUE ★

Look around you and notice...

- 5 Things you can see
- 4 Things you can touch
- 3 Things you can hear
- 2 Things you can smell
- 1 Thing you can taste

IMAGERY 

Imagine a memory that makes you smile

This could be a holiday or time with friends or family. Once you have the memory in mind, think of the following:

WHO ARE YOU WITH?
WHAT DO YOU SEE?
WHERE ARE YOU GOING?
WHAT ARE YOU DOING?
WHAT CAN YOU SMELL?
HOW DO YOU FEEL?

POSITIVE REMINDERS

THIS IS GOING TO PASS


FEELINGS ARE NOT FACTS

I AM MORE THAN THIS THOUGHT

I AM SAFE AND EVERYTHING WILL BE OKAY

I CAN BREATHE, I AM CALM

I CAN GET THROUGH THIS



GRATITUDE PROMPTS

SOMETHING THAT MAKES ME HAPPY IS...

MY 3 FAVOURITE THINGS ABOUT MYSELF ARE...

SOMETHING THAT MAKES ME FEEL CALM IS...


A SKILL I AM CONFIDENT IN IS...

MY FAVOURITE PEOPLE ARE...

THE BEST PART OF MY DAY WAS...

Coping Cards - A set of 16 cards you can cut out and use. These are ideal for days where you might feel you need a little extra support or reminders of ways to manage on days that feel tougher:

Free confidential advice and support 24/7
– whatever your worry, whenever you need help



NSPCC HELPLINE
0808 800 5000
help@nspcc.org.uk



ChildLine
0800 1111



shout
85258



kooth

For Mental Health Support



YOUNGMINDS
fighting for young people's mental health



Anna Freud
building the mental wellbeing of the next generation

For LGBTQ+ Support



space
youth project
LGBT+



LGBT FOUNDATION

Health Support



Beat
Eating disorders



PAPYRUS
PREVENTION OF YOUNG SUICIDE



FRANK
0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

Relationship Support



THE MIX
Essential support for under 25s
☎ 0808 808 4994



Sexual Health Dorset