

USEFUL RESOURCES: WEBSITE LINKS	QR CODES: SCAN ME
Somerset Services by Area: Somerset Big Tent: <a href="https://www.somersetbigtent.org.uk/">https://www.somersetbigtent.org.uk/</a>	
Child and Adolescent Mental Health Services (CAMHS) Single Point of Access (SPA) Team and New CAMHS Eligibility criteria: <a href="https://www.somersetft.nhs.uk/camhs/somerset-camhs-home-page/camhs-single-point-of-access/">https://www.somersetft.nhs.uk/camhs/somerset-camhs-home-page/camhs-single-point-of-access/</a>	
Mental Health Support Team (MHST): MHST and Community Wellbeing services, and what practitioners do: <a href="https://www.youngsomerset.org.uk/Pages/Category/wellbeing-support">https://www.youngsomerset.org.uk/Pages/Category/wellbeing-support</a>	
NHS Livewell: Aggression/anger: <a href="http://www.nhs.uk/Livewell/family-health/Pages/teen-aggression-and-arguments.aspx">http://www.nhs.uk/Livewell/family-health/Pages/teen-aggression-and-arguments.aspx</a>	
Family Lives: Aggression/anger: <a href="http://www.familylives.org.uk/advice/teenagers/behaviour/teen-violence-at-home/">http://www.familylives.org.uk/advice/teenagers/behaviour/teen-violence-at-home/</a>	
Young Minds: Aggressions/Anger  <a href="https://www.youngminds.org.uk/young-person/blog/how-i-learnt-to-address-my-repressed-anger/">https://www.youngminds.org.uk/young-person/blog/how-i-learnt-to-address-my-repressed-anger/</a>	
Alcohol and Drugs: Talk to Frank: <a href="http://www.talktofrank.com/">http://www.talktofrank.com/</a>	
Alcohol and Drugs: Change for life: <a href="http://www.nhs.uk/Change4Life/Pages/drink-less-alcohol.aspx">http://www.nhs.uk/Change4Life/Pages/drink-less-alcohol.aspx</a>	

USEFUL RESOURCES: WEBSITE LINKS	QR CODES: SCAN ME
Alcohol and Drugs: Drink aware: <a href="https://www.drinkaware.co.uk/">https://www.drinkaware.co.uk/</a>	
Alcohol and Drugs: SDAS <a href="https://www.turning-point.co.uk/services/sdas#event-slides2">https://www.turning-point.co.uk/services/sdas#event-slides2</a>	
Anxiety: <a href="http://www.mindful.org">www.mindful.org</a>	
Anxiety: <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>	
Behaviour <a href="https://www.familylives.org.uk/browse/30119/boundaries-and-discipline">https://www.familylives.org.uk/browse/30119/boundaries-and-discipline</a>	
Bullying: <a href="https://www.youngminds.org.uk/young-person/coping-with-life/bullying">https://www.youngminds.org.uk/young-person/coping-with-life/bullying</a>	
Bullying: <a href="https://www.bullying.co.uk/">https://www.bullying.co.uk/</a>	
Bullying: <a href="https://www.childline.org.uk/info-advice/bullying-abuse-safety/">https://www.childline.org.uk/info-advice/bullying-abuse-safety/</a>	
Bullying: Children's social care: <a href="http://www.somerset.gov.uk/organisation/departments/childrens-social-care/">http://www.somerset.gov.uk/organisation/departments/childrens-social-care/</a> 0300 123 2224 Mon-Fri 8am-6pm	





USEFUL RESOURCES: WEBSITE LINKS	QR CODES: SCAN ME
Emotionally Based School Avoidance: Somerset Support Services: <a href="https://www.supportservicesforeducation.co.uk/Page/20029">https://www.supportservicesforeducation.co.uk/Page/20029</a>	
Emotionally Based School Avoidance: Not Fine in School: <a href="https://notfineinschool.co.uk/home">https://notfineinschool.co.uk/home</a>	
Gender Identity Development (Young People): Gender Identify Development Service (Tavistock and Portman): <a href="http://gids.nhs.uk/young-people">http://gids.nhs.uk/young-people</a>	
Gender Identity Development (Parents & Carers): Gender Identify Development Service (Tavistock and Portman): <a href="https://gids.nhs.uk/parents-and-carers/">https://gids.nhs.uk/parents-and-carers/</a>	
Gender Identity Development: Mermaids: <a href="http://www.mermaidsuk.org.uk/">http://www.mermaidsuk.org.uk/</a>	
Gender Identity Development: 2BU: <a href="https://www.2bu-somerset.co.uk/">https://www.2bu-somerset.co.uk/</a>	
Grief: Grief encounters: <a href="https://www.griefencounter.org.uk/">https://www.griefencounter.org.uk/</a>	
Grief: Cruse: <a href="http://www.cruse.org.uk/">http://www.cruse.org.uk/</a>	
Grief: Sue Ryder: <a href="https://www.sueryder.org/how-we-can-help/bereavement-information/supporting-a-child/supporting-young-people-with-grief">https://www.sueryder.org/how-we-can-help/bereavement-information/supporting-a-child/supporting-young-people-with-grief</a>	

USEFUL RESOURCES: WEBSITE LINKS	QR CODES: SCAN ME
<p>Grief:</p> <p>Winston's Wish: <a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a></p>	
<p>LGBTQ:</p> <p>2BU: <a href="http://www.2bu-somerset.co.uk/">http://www.2bu-somerset.co.uk/</a></p>	
<p>Neurodevelopment:</p> <p>Autism and ADHD Pathway: <a href="https://beta.somerset.gov.uk/education-and-families/the-local-offer/education/autism-and-adhd-pathway/">https://beta.somerset.gov.uk/education-and-families/the-local-offer/education/autism-and-adhd-pathway/</a></p>	
<p>Obsessive compulsive disorder:</p> <p>OCD UK – Teens: <a href="https://www.ocduk.org/teens/">https://www.ocduk.org/teens/</a></p>	
<p>Obsessive compulsive disorder:</p> <p>OCD UK – Children: <a href="https://www.ocduk.org/features/an-introduction-to-ocd-in-children/">https://www.ocduk.org/features/an-introduction-to-ocd-in-children/</a></p>	
<p>Obsessive compulsive disorder:</p> <p>OCD UK – Parents: <a href="https://www.ocduk.org/parents/">https://www.ocduk.org/parents/</a></p>	
<p>Online counselling websites:</p> <p><a href="http://www.moodjuice.scot.nhs.uk/">http://www.moodjuice.scot.nhs.uk/</a></p>	
<p>Online counselling websites:</p> <p><a href="http://www.kooth.com">www.kooth.com</a></p>	

USEFUL RESOURCES: WEBSITE LINKS	QR CODES: SCAN ME
<p>Online counselling websites:</p> <p>The Mix: offer free and confidential support for the under 25s. Email and Webchat support are at their website. <a href="http://www.themix.org.uk/">http://www.themix.org.uk/</a></p>	
<p>Online counselling websites:</p> <p>Young minds: <a href="https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/">https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/</a></p>	
<p>Online safety:</p> <p>NSPCC: <a href="https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/parental-controls/">https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/parental-controls/</a></p>	
<p>Online safety:</p> <p>NSPCC: <a href="https://www.nspcc.org.uk/what-you-can-do/get-expert-training/keeping-children-safe-online-course/">https://www.nspcc.org.uk/what-you-can-do/get-expert-training/keeping-children-safe-online-course/</a></p>	
<p>Online safety:</p> <p>Thinkuknow: <a href="https://www.thinkuknow.co.uk/14_plus/Need-advice/Sexual-exploitation/">https://www.thinkuknow.co.uk/14_plus/Need-advice/Sexual-exploitation/</a></p>	
<p>Online safety:</p> <p>GOV: <a href="https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/490001/Social_Media_Guidance_UKCCIS_Final_18122015.pdf.pdf">https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/490001/Social Media Guidance UKCCIS Final 18122015.pdf.pdf</a></p>	
<p>Parental support:</p> <p><a href="https://somersetparentcarerforum.org.uk/">https://somersetparentcarerforum.org.uk/</a></p>	
<p>Professional Choices:</p> <p><a href="https://professionalchoices.org.uk/">https://professionalchoices.org.uk/</a></p>	

USEFUL RESOURCES: WEBSITE LINKS	QR CODES: SCAN ME
Relate: <a href="https://www.relate.org.uk/">https://www.relate.org.uk/</a>	
Sensory integration: <a href="https://www.sensoryintegration.org.uk/">https://www.sensoryintegration.org.uk/</a>	
Sensory integration: <a href="https://www.understood.org">https://www.understood.org</a>	
Self harm:  In Charley's memory: <a href="https://www.incharleymemory.com/">https://www.incharleymemory.com/</a>	
Self harm:  National Self Harm Network: <a href="http://www.nshn.co.uk">www.nshn.co.uk/</a>	
Self harm:  Young minds: <a href="https://www.youngminds.org.uk/young-person/my-feelings/self-harm/">https://www.youngminds.org.uk/young-person/my-feelings/self-harm/</a>	
Sexual abuse:  The Bridge: <a href="https://www.thebridgecanhelp.org.uk/">https://www.thebridgecanhelp.org.uk/</a>	
Sexual abuse:  Barnardo's: <a href="http://www.barnardos.org.uk/what_we_do/our_work.html">http://www.barnardos.org.uk/what_we_do/our_work.html</a>	

USEFUL RESOURCES: WEBSITE LINKS	QR CODES: SCAN ME
Sexual abuse: Survivor Pathway: <a href="http://www.survivorpathway.org.uk/">http://www.survivorpathway.org.uk/</a>	
Sexual abuse: Somerset and Avon Rape and Sexual Abuse Support: <a href="https://www.sarsas.org.uk/">https://www.sarsas.org.uk/</a>	
Sleep: Teen sleep: <a href="http://www.teen-sleep.org.uk/">http://www.teen-sleep.org.uk/</a>	
Sleep: NHS: <a href="http://www.nhs.uk/Livewell/insomnia/Pages/insomniatips.aspx">http://www.nhs.uk/Livewell/insomnia/Pages/insomniatips.aspx</a>	
Sleep: Cerebra: <a href="http://w3.cerebra.org.uk/">http://w3.cerebra.org.uk/</a>	
Work/volunteering: Princes Trust: <a href="https://www.princes-trust.org.uk/help-for-young-people/programmes">https://www.princes-trust.org.uk/help-for-young-people/programmes</a>	
Work/volunteering: Somerset Skills And Learning : <a href="https://sslcourses.co.uk/index">https://sslcourses.co.uk/index</a>	
Talking to young people about self-harm/suicide: Samaritans: <a href="https://www.samaritans.org">https://www.samaritans.org</a>	

USEFUL RESOURCES: WEBSITE LINKS	QR CODES: SCAN ME
<p>Talking to young people about self-harm/suicide:</p> <p><a href="https://www.papyrus-uk.org">https://www.papyrus-uk.org</a></p>	
<p>Young Somerset Resources:</p> <p>To find out more about what our LI CBT practitioners do, you can look at the Young Somerset website:</p> <p><a href="https://www.youngsomerset.org.uk/Pages/Category/wellbeing-support">https://www.youngsomerset.org.uk/Pages/Category/wellbeing-support</a></p>	
<p>Young Somerset Resources:</p> <p>Week 1: What to expect from sessions with an assessing LI CBT practitioner, and a brief introduction to CBT:</p> <p><a href="https://www.youngsomerset.org.uk/week-1-introduction-to-the-programme">https://www.youngsomerset.org.uk/week-1-introduction-to-the-programme</a></p>	
<p>Young Somerset Resources:</p> <p>Week 2: The psychoeducation of anxiety and low mood:</p> <p><a href="https://www.youngsomerset.org.uk/week-2-the-psychoeducation-of-anxiety-and-low-mood">https://www.youngsomerset.org.uk/week-2-the-psychoeducation-of-anxiety-and-low-mood</a></p>	
<p>Young Somerset Resources:</p> <p>Week 3: Ways to manage anxiety and low mood:</p> <p><a href="https://www.youngsomerset.org.uk/week-3-ways-to-help-yourself/">https://www.youngsomerset.org.uk/week-3-ways-to-help-yourself/</a></p>	