

## Helpful resources

- \* **The Local Offer**

[localoffer.cumbria.gov.uk/kb5/cumbria/fsd/home.page](http://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/home.page)

A directory of local support services in Cumbria.

- \* **Cumbria County Council – Reading Well**

[www.cumbria.gov.uk/libraries/wellread/well\\_read.asp](http://www.cumbria.gov.uk/libraries/wellread/well_read.asp)

Local libraries offer books to help people understand and manage their health and wellbeing.

- \* **Kooth**

[www.kooth.com](http://www.kooth.com)

Online free confidential counselling and emotional wellbeing service for children and young people.

- \* **Childline Tel: 0800 1111**

[www.childline.org.uk](http://www.childline.org.uk)

A national service supporting children under 19 with a range of issues.

- \* **On My Mind**

[www.onmymind.info](http://www.onmymind.info)

Resources, information and tools to empower young people and their mental health.

- \* **YoungMinds Tel: 0808 802 5544**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Provides information, support and advice on a wide range of mental health problems to young people, carers and professionals.

- \* **The Mix**

[www.themix.org.uk/mental-health](http://www.themix.org.uk/mental-health)

Information around mental health whether for yourself or someone you know, from anxiety and depression to self-care and counselling.

\* **NHS**

[www.nhs.uk/conditions/stress-anxiety-depression/](http://www.nhs.uk/conditions/stress-anxiety-depression/)

Information, advice and self-assessment for anyone feeling stressed, anxious or depressed.

\* **Aware**

[www.aware-ni.org/how-we-can-help-you/help-for-young-people](http://www.aware-ni.org/how-we-can-help-you/help-for-young-people)

Help and information for young people struggling with depression.

\* **Anxiety UK Tel: 03444 775 774**

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Charity providing support for anyone struggling with anxiety.

\* **Bipolar UK**

[www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

A charity helping people living with bipolar disorder.

\* **Mind Tel: 0300 123 3393**

[www.mind.org.uk](http://www.mind.org.uk)

Provides information, support and advice on a wide range of mental health problems.

\* **Samaritans Tel: 116 123**

[www.samaritans.org](http://www.samaritans.org)

Confidential support for people experiencing feelings of distress or despair.

\* **OCD Action**

[www.ocdaction.org.uk](http://www.ocdaction.org.uk)

Support and advice for people with OCD.

\* **OCD UK**

[www.ocduk.org](http://www.ocduk.org)

A charity run by people with OCD, for people with OCD. Provides information, advice and support.

\* **National Self Harm Network**

[www.nshn.co.uk](http://www.nshn.co.uk)

24/7 monitored forum for people who self-harm, and their families, to get support and offer advice to others.

\* **Papyrus/Hopeline Tel: 0800 068 4141**

[www.papyrus-uk.org/](http://www.papyrus-uk.org/)

Suicide prevention advice if you or another young person you know is struggling to cope.

\* **Centre for Clinical Interventions**

[www.cci.health.wa.gov.au/Resources/Looking-After-Yourself](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself)

Provides workbooks and information on a range of mental health problems.

\* **Beat**

[www.b-eat.co.uk](http://www.b-eat.co.uk)

Help, advice and support around eating disorders.

\* **Calm Harm**

A phone app providing strategies to help reduce the urge to self-harm at times of need.

\* **Clear Fear**

A phone app providing strategies to help manage symptoms of anxiety at times of need.

\* **National Autistic Society (NAS) Tel: 0808 800 4104**

[www.autism.org.uk](http://www.autism.org.uk)

Provides specialist support and advice to children and adults with autism and their families.

\* **FRANK Tel: 0300 123 6600**

[www.talktofrank.com](http://www.talktofrank.com)

A national service providing facts, support and advice on drugs and alcohol.

- \* **Winston's Wish Tel: 08088 020 021**  
[www.winstonswish.org.uk](http://www.winstonswish.org.uk)  
A national charity that supports young people and their carers when they have experienced a bereavement.
- \* **Mermaids Tel: 0808 801 0400**  
[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)  
A national charity providing support for young people who identify as transgender and their families.
- \* **Stonewall Youth**  
[www.youngstonewall.org.uk/](http://www.youngstonewall.org.uk/)  
A national charity providing support for LGBT+ young people.
- \* **Faceup2it**  
[faceup2it.org/](http://faceup2it.org/)  
Provides information by young people for young people about consent and relationships.
- \* **ThinkUKnow**  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)  
Provides advice around staying safe online.
- \* **Victim Support Tel: 0808 168 9111**  
[www.victimsupport.org.uk/help-and-support/get-help/support-near-you/north-west/cumbria](http://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/north-west/cumbria)  
Provides information, advice and support for anyone affected by crime.
- \* **Royal College of Psychiatrists**  
[www.rcpsych.ac.uk/mental-health/parents-and-young-people](http://www.rcpsych.ac.uk/mental-health/parents-and-young-people)  
Information guides for young people and carers on a range of mental health issues.

## Contact us

- **Child and Adolescent Mental Health Service (CAMHS)**

**East Cumbria**

Fairfield Centre, Carleton Clinic, Cumwhinton Drive, Carlisle  
CA1 3SX

Telephone: 01228 603 017





Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre  
Tel: 0191 246 7288

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