



Richard Lander School

HELP

Links to the help you
need - all in one
place

DIRECTORY



Contents

[Pre Bereavement Support \(Cancer\)](#)

Ruth Strauss Foundation

Fruitfly Collective

The Cove Macmillian Support Centre

Rip Rap

[Bereavement](#)

Penhaligon's Friends

Winston's Wishes

Child Bereavement UK

[Mental Health and Wellbeing Support](#)

Childline

HeadStart Kernow

Kooth

MindEd for Families

Start Now Cornwall

The Mix

Young Minds

Young People Cornwall

[Anxiety Panic Attacks, Phobias and OCD](#)

No Panic

[Depression](#)

Students Against Depression

[Domestic Abuse and Sexual Violence](#)

Cornwall Safer Futures

[Drugs](#)

Frank

[Eating Disorders](#)

Beat

[Self-Harm](#)

Harmless

Sexual Abuse and Child Exploitation

Barnardos

Suicidal Prevention

Campaign Against Living Miserably (CALM)

Papyrus

The Tomorrow Project

Sleep Hygiene

Teen Sleep Hub

Parental Support

Young Minds Parents Helpline

Headstart Kernow

Referral Only

The Dreadnought Centre

Mental Health Apps for Young People

Calm Harm, Finch, For Me, Mindshift, CBT, Smiling Mind, Feeling Good Teens, SAM, Moodgym

Mood Tracking Apps - Mood Track Diary

Grief Support Apps - Grief: Support for Young People

Journaling Apps - Three Good Things

Mindfulness Apps - Calm, Head Space

Sleep Hygiene Apps - Relax Melodies

Out of Hours Crisis Services

Samaritans

NHS CORNWALL HELPLINE

Shout 85258

Hopeline 247

Childline

SANEline services

CALM

Help Directory

Pre Bereavement Support (Cancer)

[\(back to contents\)](#)

Ruth Strauss Foundation - A family support service who offer free one to one virtual appointments with parents and care givers to help start, and continue, open and honest conversations with their children about their condition.

Experienced practitioners who will consider a child's age, developmental stage, family setup and, and most importantly, how the family are all currently coping, living with an incurable diagnosis.

The team will provide emotional support, guidance and resources to parents and primary care givers to help them through this difficult time.

Free resources to support the family.

Facilitated peer support groups for teenagers, offering them the opportunity to meet with other teens who are also facing the death of a parent to cancer.

Peer support groups for parents/co-parents, whose partner has incurable cancer, which gives them the opportunity to talk to someone who is in a similar situation.

Link: <https://ruthstraussfoundation.com/>

Fruitfly Collective - A team of experts who empower parents to navigate family life and to support their children after a cancer diagnosis.

The team offer a free 8 weeks online coaching programme that is designed to empower parents and help them to navigate difficulties experienced when raising children and dealing with cancer.

Resources available for children that are affected by parental cancer, and support guides for those parents living with cancer. The resources include tools to provide understanding about what cancer is and how it is treated, to support emotional wellbeing and practical tools.

Link: <https://www.fruitflycollective.com/>

The Cove Macmillan Support Centre - Support centre for people living with cancer and their carers. It offers information and practical and emotional support including financial and benefits advice, counselling, physiotherapy, nutritional advice, complementary therapy, a wig service, yoga, tai-chi, relaxation sessions, support groups and carer groups.

Link: <https://royalcornwallhospitals.nhs.uk/services/the-cove-macmillan-support-centre/>

Rip Rap - A site is developed especially for teenagers who have a parent with cancer.

Link: <http://www.riprap.org.uk/>

Bereavement

[\(back to contents\)](#)

Penhaligon's Friends - A local charity supporting bereaved children, young people, parents and carers throughout the county. Offering children and young people the chance to meet others and share their experiences, as well as practical resources for children and parents.

Tel: 01209 210624

Link: <http://www.penthaligonsfriends.org.uk/>

Winston's Wish - Winston's Wish provides free digital bereavement information and support for children and young people across the UK who are grieving the death of someone important to them.

They provide online access to useful information, resources and publications to help educate and inform about grief.

Instant online support from a Bereavement Support Worker. Real time support over the phone, on live chat or via email between the hours of 8am and 8pm, Monday to Friday. There's no need to book an appointment and no wait lists.

Facilitated peer support groups and one-to-one individual sessions.

Link: <https://winstonswish.org/>

Child Bereavement UK - Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. They support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

Link: <https://www.childbereavementuk.org/>

Mental Health and Wellbeing Support

[\(back to contents\)](#)

Childline – A free private and confidential service run by the NSPCC for young people up until their 19th birthday, where they can talk about anything either online or on the telephone

Link: <https://www.childline.org.uk/>

HeadStart Kernow (dedicated parent/care support) - Working to improve the social,

emotional, mental health and wellbeing of children and young people in Cornwall.

Link: <https://www.headstartkernow.org.uk/parents--carers/>

Kooth – Kooth provides free, safe and anonymous mental health and wellbeing service, providing online counselling and support for children and young. Kooth is the UK's largest digital mental health provider and is a confidential way for young people to get help with their emotional wellbeing.

The online service offers peer to peer support through moderated discussion forums, as well as self-help through reading or submitting content. Kooth's fully trained, qualified counsellors and emotional wellbeing practitioners are also available to talk to every day from midday to 10pm every weekday, and from 6pm to 10pm at weekends.

Young people can drop in for one-to-one text-based chats, or more structured booked sessions depending on their individual needs. There are no waiting lists, no referrals and no thresholds required to access the service

Link: <https://www.kooth.com/>

MindEd for Families - Support for parents and those caring for children and young people in their family when they are concerned about a young person's mental health or wellbeing.

Link: <https://mindedforfamilies.org.uk/young-people/>

Start Now Cornwall - Multimedia emotional and mental health support and interactive resources for Children and young people

Link: <https://www.startnowcornwall.org.uk/>

The Mix -The Mix is the UK's leading digital charity for under 25s. Whatever issue a young person is facing, The Mix is always there for them – via their website, text, or social media. They provide free confidential and anonymous support that can be accessed wherever young people are.

The mix connect young people to experts and their peers to talk about everything from money to mental health, homelessness to jobs, break-ups to drugs and more. No topic is out of bounds.

Link: <https://www.themix.org.uk/>

Young Minds – *Young Minds* is the UK's leading charity committed to improving the emotional well-being and mental health of children and young people.

The website is full of advice and information to give young people the tools to look after their own mental health.

They will also empower parents and professionals to be the best support they can be to the young people in their lives.

Link: <https://www.youngminds.org.uk/>

Young People Cornwall – Young people Cornwall help young people confidently tackle life's challenges, head on. From drop-in youth groups to one-on-one mental health sessions, they offer a wide range of support all over Cornwall.

Link: <https://youngpeoplecornwall.org/>

Anxiety, Panic Attacks, Phobias and OCD

[\(back to contents\)](#)

No Panic - No Panic is a registered charity that helps and supports those living with Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.

No Panic also provides support for the carers of people who suffer from anxiety disorders.

Link: <https://nopanic.org.uk/>

Depression

[\(back to contents\)](#)

Students Against Depression - Students Against Depression is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.

Link: <https://www.studentsagainstdepression.org/>

Domestic Abuse and Sexual Violence

[\(back to contents\)](#)

Cornwall Safer Futures – supports children, young people and families who have experienced domestic abuse and sexual violence.

Their Reconnect Programme is a needs-led support programme tailored towards children and young people (CYP) aged 8-18 years who have experienced/witnessed Domestic abuse. The programme focuses on the long-term recovery and resilience of children and young people affected by domestic abuse.

The Reconnect Respect Programme is a programme providing behaviour change for children aged 8 to 16 years of age whom are displaying abusive behaviours or violence, whilst providing support to their parents or carers, helping to improve family relationships.

Link: <https://saferfutures.org.uk/>

Drugs

[\(back to contents\)](#)

Frank - *FRANK* is a free drug advice service that is aimed at parents and children in particular. It is available 24 hours a day and online and by text message.

Link - <https://www.talktofrank.com/>

Eating Disorders

[\(back to contents\)](#)

Beat - The UK's eating Disorder charity exists to encourage and empower people to get help quickly, because the sooner someone starts treatment, the greater their chance of recovery. People can contact Beat online or by phone.

Beat will also support family and friends, equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health.

Link: <https://www.beateatingdisorders.org.uk/>

Self-Harm

[\(back to contents\)](#)

Harmless – Harmless is an organisation who works to address and overcome issues related to self-harm.

Link: <https://harmless.org.uk/>

Sexual Abuse and Child Exploitation

[\(back to contents\)](#)

Barnardos - Barnardo's is one of the UK's largest charities. Their services provide counselling for children who have been exploited and suffered trauma from being sexually abused. Barnardo's also provide support for children leaving care and other specialist mental health services.

Link: <https://www.barnardos.org.uk/>

Suicide Prevention

[\(back to contents\)](#)

Campaign Against Living Miserably (CALM) - CALM (Campaign provide suicide prevention resources to help prevent suicide in the UK

Link: <https://www.thecalmzone.net/>

Papyrus – A leading youth suicide prevention charity that is dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Link: <https://www.papyrus-uk.org/>

The Tomorrow Project -The Tomorrow Project is a confidential suicide prevention service set up to provide both suicide crisis and bereavement support in response to the needs and concerns of our local communities.

Link: <https://harmless.org.uk/the-tomorrow-project-3/>

Sleep Hygiene

[\(back to contents\)](#)

Teen sleep hub – The teen sleep hub is specifically for teenagers and contains a great amount of informative videos as well as tips and tricks for teenagers, schools and carers that can help them establish healthy habits, identify reasons for sleep disturbances and make small alterations that can greatly improve sleep hygiene.

On top of just providing information, the Teen Sleep Hub puts emphasis on reassuring young people that more often than not their sleep issues aren't their fault and they are not lazy, but that they have the power to improve their sleep given the right resources.

Link: <https://teensleephub.org.uk/>

Referral Only

[\(back to contents\)](#)

The Dreadnought Centre - Dreadnought undertakes work with children & young people who are experiencing emotional and behavioural difficulties in their lives. This includes those children & young people who are adopting an ever decreasing profile and in danger of disappearing 'off the radar' as well as those who have a high profile. Support we can provide for children and young people aged 8 – 19 years.

Link : <http://thedreadnought.co.uk/>

Parental Support

[\(back to contents\)](#)

Young Minds Parents Helpline- Support parents and carers who are concerned about their child or young person's mental health. The Parents Helpline provides detailed advice and information, emotional support and signposting.

You can speak to us over the phone or chat to us online.

Telephone number [0808 802 5544](tel:08088025544)

Headstart Kernow - Parents and carers wellbeing workshops providing support to help you navigate the journey of raising a child in a fast-changing world and to guide you to available services and support and to promote helpful conversation.

Link: <https://www.headstartkernow.org.uk/>

Mental Health Apps for Young People

[\(back to contents\)](#)

Calm Harm - Manages Self-Harm.

Free of charge and offers teenagers many different ways to overcome their impulses to harm themselves. There are both 5 and 15 minute activities as well as a timer that helps users to find healthier ways of handling their emotions and impulses. It suggests a range of ideas which can help young people to distract themselves, express their emotions, calm themselves down and release their anger so that they don't hurt themselves. Activities are pro-self and pro-social.

This app lists websites, resources and county- specific telephone hotlines which young people are able to access to get more social and mental health support relating to self-harm, depression and family issues.

Finch – Self-care

Finch is a self-care pet app that helps you feel prepared and positive, one day at a time. Take care of your pet by taking care of yourself! Choose from a wide variety of self-care exercises personalized for you.

For Me - Wherever you are and whatever life throws at you, Childline is now easier to access than ever before. 'For me' is the brand new way to get advice and support on loads of topics – from issues that can play a big part in everyone's life, like school and exam stress, through to extremely personal issues, such as self-harm and mental health. This app gives young people access to self-help advice, and opportunities to chat with other young people about whatever they want on their supportive message boards. Via the app young people can also call or email a childline counsellor.

Mindshift CBT– A free evidence-based anxiety management app that uses scientifically proven strategies based on cognitive behavioural therapy (CBT).

This is a free self-help anxiety relief app, that helps people to reduce worry, stress, and panic by following evidence-based strategies. Using CBT tools, that can challenge negativity, people can learn more about anxiety, develop more effective ways of thinking, be mindful, and relax.

Smiling mind- Mental Wellbeing

The Smiling Mind App helps people learn the skills that underpin wellbeing and create the habits to thrive. By developing their own, unique approach to building mental fitness, navigating challenges and meeting goals. It's a daily workout for life.

Smiling Mind supports people to practise mental fitness through five core skill sets, empowering them to: live mindfully, embrace flexible thinking, grow connections, act purposefully and recharge their body.

The Smiling Mind App provides personalised content, tools and resources to support specific wellbeing needs and goals. There's a range of content for minds of all ages and stages, with children's collections suitable for ages 5 to 12, and adult collections

that take them from beginner practice to everyday habits!

Feeling Good Teens - Feeling Good Teens is for 10-15-year-olds to develop self-esteem, resilience and goal focused motivation.

Feeling Good Teens has 11 free to download tracks, of varying length from 3 minutes to 11 minutes, that guide mindful relaxation, muscle relaxation, calming the mind, building self-confidence, coping with exam stress and sleeping well. These age-appropriate relaxing audios combine relaxation, positive psychology and Olympic Sports coaching techniques to build core non-cognitive skills, such as increasing self-confidence, and self-esteem. There is a short video to develop calm breathing too. Regular listening to the audio tracks builds inner mental strength, in much the same way as exercise builds muscle, so listening develops skills for life.

SAM - Manage anxiety, depression and loneliness

SAM is a non-profit, community-backed wellbeing app to help monitor and manage mental health, with self-help techniques to help with anxiety, depression, loneliness and coping. SAM is informed by clinical best practice and academic research.

SAM provides a range of self-help techniques organised into several main wellbeing themes, together with tools for recording and monitoring changes in mood.

Moodgym - An online self-help program designed to help users prevent and manage symptoms of depression and anxiety.

It is like an interactive, online self-help book which teaches skills based on cognitive behaviour therapy (CBT). People can log back in to at any time to learn more skills or to add to their workbooks and diaries.

Mood Tracking Apps

[\(back to contents\)](#)

Mood Track Diary- Monitor and track your emotional health. The app records a range of emotions for anxiety, depression, stress, post-traumatic stress and your general well-being.

Grief Support Apps

[\(back to contents\)](#)

Grief: Support for Young People This app has been created by leading bereavement charity Child Bereavement UK and the bereaved young people we work with. It is for 11-25 year olds who have been bereaved of someone important to them. It can also be used by friends, teachers, parents and professionals who would like to know how to support bereaved young people.

Journaling Apps

[\(back to contents\)](#)

Three Good Things (Happiness Journal) - Three Good Things is a gratitude-focused daily journal designed to cultivate a habit of gratitude in your life. This daily gratitude journal encourages you to appreciate the small moments and elevate your overall well-being through consistent self-reflection.

Mindfulness Apps

[\(back to contents\)](#)

Calm - Calm provides a wealth of options, with a focus on personalization. For example, young people can choose from more than 20 peaceful audio-visual nature-scapes. There are also countless soothing music options and multi-day courses for specific issues, such as “Confidence,” “Panic SOS,” “Performance Anxiety,” and “Easing Depression.”

Calm also features Sound Baths, a Breathe Bubble that guides you in deep breathing, and Sleep Stories, which are narrated bedtime tales to help people fall asleep. For adolescents who don’t get adequate sleep due to anxiety, stress, excessive schoolwork, and/or screen time, this bedtime relaxation feature may be especially beneficial.

Calm requires a paid subscription, though you can try it for free for seven days without commitment.

Head Space - With the slogan “Meditation Made Simple,” Headspace is perfect for beginners or teens who have no prior experience with mindfulness. It has an animated, cartoony aesthetic that feels like a friendly, welcoming embrace.

Headspace sends reminders for teens to complete their daily meditation, keeps track of users meditation frequency and duration, and also allows users to team up with friends to help keep each other on track.

The app is free to try but requires a paid subscription.

Sleep Hygiene Apps

[\(back to contents\)](#)

Relax melodies - Select sounds and melodies to help you sleep.

Out of Hours Crisis Services

[\(back to contents\)](#)

Samaritans - Whatever you're going through, a Samaritan will face it with you. They're open 24/7. If you need someone to talk to, they listen and won't judge or tell you what to do.

Call: [116 123](tel:116123)

Web: www.samaritans.org

NHS CORNWALL HELPLINE - In a crisis, or know someone in crisis? Need someone to talk to? The helpline is open 24/7 to listen and determine how best to help.

Call: [0800 038 5300](tel:08000385300)

Web: cornwallft.nhs.uk/mental-health-crisis-cornwall

Shout 85258 - Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK. If you are struggling to cope and need to talk, trained Shout Volunteers are there for you, day or night.

Text: Send the word "SHOUT" to [85258](tel:85258)

Call: [999](tel:999) for immediate help.

Web: giveusashout.org

Hopeline 247 - If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.

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

Text: [07860039967](tel:07860039967)

Web: papyrus-uk.org

Email: pat@papyrus-uk.org

Childline- If you're under 19, you can contact Childline about anything. Whatever your worry, it's better out than in. They're here to support you and there's lots of different ways to speak to a Childline counsellor or get support from other young people.

Call: [0800 1111](tel:08001111)

Web: childline.org.uk

SANEline services - If you are over 16, get specialist emotional support, guidance and information – they're normally open every day of the year from 4pm to 10pm.

Call: [0300 304 7000](tel:03003047000)

Web: sane.org.uk

