

Getting Advice and Getting Help

Bereavement Support

- **Cruse Bereavement Support** - this site is designed by young people for young people and includes an interactive section. If you are a young person, you can send a private message to one of their trained volunteers at info@rd4u.org.uk who will reply to you by email. If you want to talk to someone direct, you can call their FREE phone helpline on 0808 808 1677. Cruse also offer support to adults caring for bereaved children or young adults. [Home - Cruse Bereavement Support](#)
- **Winston's Wish** – support children and young people after the death of a parent or sibling. The leading childhood bereavement charity and the largest provider of services to bereaved families in the UK. They have specialist expertise in supporting children bereaved by suicide and they also have a site for young people. Winston's Wish can be contacted through an online chat platform or using the freephone number of 08088 020 021. [Winston's Wish - giving hope to grieving children \(winstonswish.org\)](#)
- **Grief Encounter** – Grief Encounter is here to help with the confusion, fear, loneliness, and pain, providing a lifeline to children and young people to cope with free, immediate, one-to-one support. A support service for bereaved children and their families throughout the UK in order to help children find ways out of the abyss of grief. Grief Encounter provide support through call, chat and email. There is also support on the website for parents supporting their young people. [Home SUPPORTING BEREAVED CHILDREN & YOUNG PEOPLE - Grief Encounter](#)
- **Samaritans** – if you are under 18, you can still talk confidentially to the Samaritans. They won't tell you what to do, they will listen and try to understand what you're going through. Their number is 116 123 (UK) or look at their site for other ways to contact them.
- **Childline** – Childline is a private and confidential service for children and young people up to the age of nineteen. You can contact a Childline counsellor about anything – no problem is too big or too small. Call them free on 0800 1111, have a 1-2-1 chat online or send an email.
- **If U Care Share** – If U Care Share Foundation are a charity promoting emotional well-being in young people & supporting families affected by suicide.
- **Child Bereavement UK** – supports families and educates professionals when a child dies or is dying or when a child is facing bereavement. Young people can contact them confidentially by phone on 0800 02 888 40 or email them.
- **Family Welfare** - child or young person who has recently been bereaved of a close family member or who is dealing with a loss, you can refer them to our counselling service. The aim of our service is to provide counselling to children and young people aged 5-19, to help them understand and cope with their loss and to promote the health and wellbeing of each child. [Child Bereavement - Family Welfare](#)

Community Support

- **Wigan and Leigh Young Carers** - We support unpaid carers aged 5 years upwards. We have a dedicated team of Young Carer's support workers, this includes a dedicated member of the team who supports Young Adult Carers and Young Carers in Transition (age 16-24). **Contact:** 01942 705959 **Website:** <https://www.wlcccarers.com> **Email:** info@wlcccarers.com
- **EMBRACE** – We are a user-led charity dedicated to supporting disabled people and their families. We have a range of projects that aim to enhance the lives of the people we support. **01942 233323 Mon-Thur 9am – 5pm Website:** <https://www.embracewiganandleigh.org.uk/about-us/>
- **Ateam Hub** - part of the Leigh Community Trust's core delivery, supporting children and young adults with Neurodevelopmental issues such as autism, ADHD, Cerebral Palsy and other SEND conditions; their families, and carers in the Wigan Borough and also North West. We focus on pre & post-diagnostic support and life-changing early intervention with autistic children and young people.



Anxiety and Low Mood Support

- **Kooth** is an online counselling, advice and mental health support service for young people in Wigan aged 11-25. It is free for young people to use and is self-referral, meaning there is no need to visit a GP to access the service. Completely anonymous, it takes just a few minutes to sign up to the site where young people can then speak to fully qualified counsellors and therapists until 10pm, 365 days per year. There are also forums where young people can get peer based advice; these are all fully moderated by Kooth staff to ensure a safe and supportive environment. All counsellors are BACP accredited and police checked, and will continue to support young people for the duration they need. Young people please visit: www.kooth.com
- **Anxiety UK** – This is a user-led organisation, with resources, text service and info line.: **03444 775 774 Website:** www.anxietyuk.org.uk

Anger Support

- Young Minds - We all feel angry sometimes, often when there's a good reason. Uncontrolled anger can be harmful, but you can learn to manage it. [What To Do If You Are Struggling With Anger | YoungMinds](#)
- Family Welfare – everybody is capable of experiencing anger in response to everyday events and situations. However, when anger is having an impact upon relationships, experiences and opportunities, it may be appropriate to refer the young person for counselling to help them understand their anger and develop ways of coping which are right for them. [Child Anger Management - Family Welfare](#)

Education Support

- **Anna Freud** [Advice for parents and carers of primary school pupils | Talking mental health primary school | Anna Freud Centre](#) – This resources "demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones."

- **Anna Freud Mentally Healthy Schools** is a free website for children and young people and Teachers with lots of information, advice and practical resources to better understand and promote pupils' mental health and wellbeing. There is access to tools to manage emotions. These tools are designed to help children understand and manage their emotions and feelings, and stay calm and in control in the classroom. Website: <https://www.mentallyhealthyschools.org.uk/resources/tools-for-managing-emotions/>
- **School link team** offer includes a named CAMHS school link worker to education settings. The school link team's role is solely around early identification and mental health prevention and promotion. For young people our service can be accessed through your school or college, who can support you and your parents to meet with up with the link work at a time that is suitable for you. If you are a school, advice and support can be accessed through consultation with your link worker, this can be requested through our simple, online [consultation request form](#). Alternatively, you can get advice through your service delivery footprint huddle meeting with your link worker or by calling Wigan CAMHS on 01942 775 400.
- **Wigan Educational Psychology Service** - Wigan Educational Psychologists (EPs) apply psychology to effect change and to promote positive outcomes for children and young people 0-25 years old. We take an approach which both recognises and builds upon strengths within individuals, groups and organisations, and identifies needs. All Wigan schools have a named Educational Psychologist (EP). Each school can access Local Authority funded EP time and commission additional time via a Service Level Agreement. All school-age requests for involvement are made by schools. The EPS also deliver an Early Years and Post-16 service. [Educational Psychology Service \(EPS\) \(wigan.gov.uk\)](#)
- **Mental Health Support Teams (MHST)** - The Wigan CAMHS Mental Health Support Team (MHST) works alongside select schools in Wigan to provide 3 core functions, to deliver evidence-based interventions for mild-to-moderate mental health issues, to support the senior mental health lead (where established) in each school or college to introduce or develop their whole school or college approach and to give timely advice to school and college staff, and liaise with external specialist services to help children and young people to get the right support and stay in education. You can access this team by discussing with your school. [Wigan CAMHS MHST | Greater Manchester Mental Health NHS FT \(gmmh.nhs.uk\)](#)
- **Special Educational Needs and Disability Information and Advice Support Service (SENDIASS)** - The support what we offer is different for each individual and we tailor any support according to your child's specific needs which might include face-to-face meetings, contact by telephone and/or email. We offer free, impartial information, advice and support to families of children and young people 0-25yrs who have Special Educational Needs or Disabilities (SEND). [Wigan SENDIASS](#)

Support for parents to support your young

- **Papyrus** - PYPYRUS has launched its new guide for parents and carers, concerned that a young person might be experiencing thoughts of suicide or self-harm. The guide – which is also available in Welsh – is designed for families across the UK who feel powerless and with nowhere to turn as their children suffer mental anguish and distress. [PAPYRUS Launch New Guide For Parents | Papyrus UK | Suicide Prevention Charity \(papyrus-uk.org\)](#)

- **MindEd** if you feel concerned about your child's behaviour or emotional wellbeing. You will be given links to various organisations that can help, advise or give you more information if needed. [MindEd](#)
- **Every Mind Matters** – As parents and carers, there are ways we can support children and young people to give them the best chance to stay mentally healthy. [Children's mental health | Every Mind Matters | One You \(www.nhs.uk\)](#)
- **Young Minds** -Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines). Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help. <https://youngminds.org.uk/>
- **ADHD Foundation Support for Parents** – Get advice and guidance on helping your child manage problems and difficulties with top tips from an internationally recognised expert, Dr Susan Young - <https://www.adhdfoundation.org.uk/parents/>

Telephone and Texting Support

- **CALM HARM APP** - Calm Harm is based on the principles of [dialectical behaviour therapy](#) (DBT). DBT is a type of talking therapy that's often effective in people with mood disorders.
- **Samaritans** operates a free-to-call service 24 hours a day, 365 days a year, if you want to talk to someone in confidence. For emotional support please see our national information. Samaritans provide confidential, non-judgemental support 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. Call us free on 116 123 or email jo@samaritans.org website: <https://www.samaritans.org/branches/wigan/>
- **Papyrus Hopeline UK** for under 35s. If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice. [HOPELINEUK | Papyrus UK | Suicide Prevention Charity \(papyrus-uk.org\)](#)
- **Childline / CALM ZONE** – Advice online or on the phone (any time or day) – 0800 11 11 <https://www.childline.org.uk/toolbox/calm-zone/>

Drug and Alcohol Support

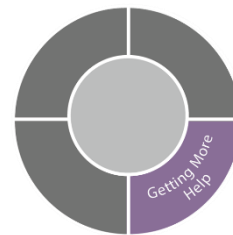
- **We Are With You, Wigan & Leigh** - We help people change their behaviour to become the very best that they can be. It could be their drug or alcohol use or worries about their mental health – we support people to make lasting change in their lives. We work with adults and young people, in community settings, in prisons, in residential rehab and through outreach. We believe that everyone can change and we support them to do it. [Wigan & Leigh, Wigan - With You \(wearewithyou.org.uk\)](#)

Eating Disorder Support

- **BEAT** - Our national Helpline exists to encourage and empower people to get help quickly, because we know the sooner someone starts treatment, the greater their chance of recovery. People can contact us online or by phone 365 days a year. We listen to them, help them to

understand the illness, and support them to take positive steps towards recovery. We 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. And we campaign to increase knowledge among healthcare and other relevant professionals, and for better funding for high-quality treatment, so that when people are brave enough to take vital steps towards recovery, the right help is available to them. [The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](http://beateatingdisorders.org.uk)

- **Young Minds (MIND)** - Everyone has a different relationship with food and eating, but if yours is taking over your life, then you might have an eating problem. But you're not alone; we have advice and information on where you can get help and support. [What To Do If You're Experiencing Eating Problems | YoungMinds](#)



Getting More Help and Risk Support

- **Targeted Youth Services** - We want all young people to achieve their potential, be more confident and resilient, and have a strong support network to help them make positive changes. We work with children and young people aged 8-18 (and up to 25 for those with a physical/learning disability) to help them get back on track if they're taking risks or experiencing difficulties. [Targeted youth services \(wigan.gov.uk\)](http://wigan.gov.uk)
- **Greater Manchester Mental Health NHS FT (GMMH)** – GMMH are the NHS Provider of Specialist Mental Health Services in Wigan Borough [Services in Wigan | Greater Manchester Mental Health NHS FT \(gmmh.nhs.uk\)](#). A number of specialist mental health services available provided by GMMH are:
 - Child and Adolescent Mental Health Services (CAMHS)
 - Rapid Response Teams
 - Home Intensive Treatment Teams
 - Intensive Support Team
 - Community Eating Disorder Team
- **Mental Health Crisis Line** - Our crisis lines are free phone numbers and are available in Wigan and are for patients and public of all ages (children, young people and adults) to call when they are experiencing a mental health crisis or are worried about someone else who may be in crisis. 0800 051 3253 open 24/7