

Mental Health & Wellbeing

resources

If you're worried about your child's mental health, there are lots of resources to support you

Children and young people can have times when they feel worried or low. We know children and young people who have epilepsy have an increased chance of difficulties with their mental health.

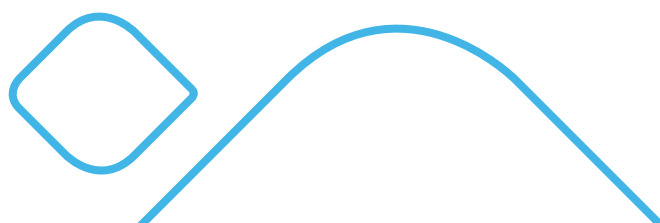
Resources for everyone

Self-help books

- 'Overcoming your child's fears and worries' by Cathy Cresswell
- 'Think Good, Feel Good' by Paul Stallard (Cognitive behaviour workbook)
- 'Starving the anxiety gremlin' by Kate Collins-Donnelly (teens' version)

National resources/helplines

- **Shout** – 24 hour text support for anyone feeling unable to cope and in need of support. Text Shout to 85258 or look on their website for more information <https://www.giveusashout.org/get-help/>
- **Emerging minds** – advice for parents on how to support child/young people with any worries or anxiety. <https://emergingminds.org.uk/>
- **Young Minds** – useful resources for young people and their parents/carers <https://youngminds.org.uk/> Parents helpline: 08088025544
- **Every mind matters** – NHS advice page for dealing with anxiety <https://www.nhs.uk/every-mind-matters/mental-health-issues/anxiety/>
- **On Your Mind** – A mental health helpline for children, young people or carers. <https://www.onyourmind.org.uk/> Weekdays 9am - 5pm 01865 903777, Weekends and evenings 5pm-9am 01865 901000



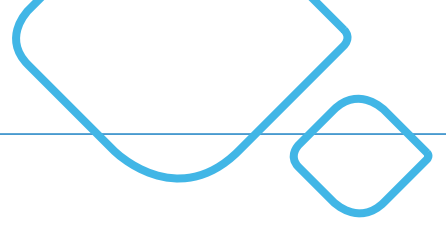
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- **NSPCC** - Tel: 0808 800 5000, Email: help@nspcc.org.uk or text 88858
 - **Childline** –help and advice on a wide range of issues <https://www.childline.org.uk/>
08001111
 - **Young Epilepsy helpline** - confidential helpline service is open Monday to Friday, 9am to 1pm on 01342 831432. Or you can email: helpline@youngepilepsy.org.uk or text: 07860 023 789.
 - **Epilepsy Action** - free, confidential advice line, open Monday to Friday 830am to 5pm on 0808 800 5050. Or can email helpline@epilepsy.org.uk.
 - **Hub of hope** – mental health support database (website & app) <https://hubofhope.co.uk/>

Counselling

- **Relate**- Offer confidential counselling to young people (only available in certain areas – check website for details)
<https://www.relate.org.uk/relationship-help/help-children-and-young-people>
- **Kooth** - A website which also offers online counselling and support for young people via an on-line community. <https://www.kooth.com/>

Apps for young people

- **Think Ninja** – app designed to educate 10-18 year olds about mental health
- **Headspace** – app to help with mindfulness and meditation
- **Moodgym** – interactive self- help programme that provides CBT training to help cope with depression and anxiety
- **Olee** – app designed for children aged 8-11 to help support emotional wellbeing.



Resources for BANES

- **CAMHS** You can refer your child yourself to the child and adolescent mental health service. Or a young person may wish to complete to forms themselves. There are also links to information and support for mental health on the website. <https://www.oxfordhealth.nhs.uk/camhs/bath/>
- **Talking therapies** – psychological services for 16+. Can self-refer. 01225 675150. <https://www.awp.nhs.uk/our-services/talking-therapies/talking-therapies-banes>
- **Off The Record** - This charity provides a range of free services for young people aged 11 to 25 suffering with a wide range of emotional difficulties. Visit the website to find out more. <https://www.offtherecord-banes.co.uk/>
- **Youth Connect** - early help, targeting support, groups and advice. 01225 396980 <https://www.youthconnectsouthwest.org.uk/>

Resources for Wiltshire

- **CAMHS** - You can refer your child yourself to the child and adolescent mental health service. Or a young person may wish to complete to forms themselves. There are also links to information and support for mental health on the website. <https://www.oxfordhealth.nhs.uk/camhs/wilts/>
- **Teen Talk** - Confidential counselling service from age 10-25years. 01225 667328. <https://teentalk.org.uk/>
- **Youth Action (Splash)** – holiday activities to help empower and develop self-confidence for young people facing challenges in their life. 01380 732 829. <https://www.communityfirst.org.uk/yaw/splash/>

How to contact the Epilepsy Nurses

We usually work Mon-Fri, but are sometimes out of the office for clinics or visits. Please leave a message and we will get back to you when we can.

01225 825375

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG

01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.