

Signposting for young people, schools and parents on mental health and wellbeing and bereavement support

Bereavement Information & resources:

Support After Suicide: <https://supportaftersuicide.org.uk/support-guides/help-is-at-hand/>

Shining a Light on Suicide: <http://www.shiningalightonsuicide.org.uk/>

Supporting Your Child with Grief and Loss: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/>

Conversation starters for parents: <https://youngminds.org.uk/media/3137/talking-with-your-child-about-a-death-or-loss-pdf.pdf>

Hope Again: This is the youth website of Cruse Bereavement Care. It is a safe place where young people can learn from other young people, how to cope with grief, and feel less alone.

<https://www.hopeagain.org.uk/>

Step by Step (Samaritans) resources for organisations working with young people so that they can respond effectively following the suspected or attempted suicide of someone from within their community. <https://www.samaritans.org/how-we-can-help/schools/step-step/>

Bereavement Support:

Greater Manchester Bereavement Information Service: A confidential information service for people bereaved or affected by a bereavement. The Bereavement Information Service has been set up to help answer your questions – whether it is seeking advice on immediate issues that need addressing or making you aware of ongoing support services.

www.greater-manchester-bereavement-service.org.uk

The telephone line **0161 983 0902** is open Monday to Friday 9am – 5pm excluding Bank holiday. Alternatively contact via email on: salccg.gm.bs@nhs.net.

If you need to speak with someone at a weekend about a bereavement, please call NHS Bereavement Helpline on 0800 2600 400, available 8am to 8pm every day. This confidential service is for people living in: Bolton – Bury – Manchester – Oldham – Rochdale – Salford – Stockport – Tameside – Trafford – Wigan

Grief Encounter (Grief talk helpline for parents and young people call 0808 802 0111). Open weekday's 9am-9pm, trained staff can offer bereavement support over the phone or you can chat via confidential web-chat service. Website has advice and support for parents.

<https://www.griefencounter.org.uk/>

Winston's Wish: support for bereaved children, their families and professionals. **FREE Helpline: 08088 020 021** Open Mon-Fri; 9am-5pm Email ask@winstonswish.org www.winstonswish.org

Hope Again: Support for children & young people affected by the death of someone close. **FREE Helpline: 0808 808 1677** Email: helpline@cruse.org.uk Open Mon-Fri; 9:30am - 5:00pm.

www.hopeagain.org.uk

Mental Health and wellbeing resources

Make it count campaign (Mental Health Foundation) Guides for schools on how to support young people's mental health with information for pupils, parents and teachers.

<https://www.mentalhealth.org.uk/campaigns/mental-health-schools-make-it-count>

Mental Health and wellbeing support

GP Surgeries remain open and people should be encouraged to access their GP if they can.

Chat Health Young people aged 11-16 years from a **Trafford school** can send a text message, they don't have to give their name. They will receive confidential advice from a trained school health professional. The nurses can support with a whole range of topics including mental health and wellbeing. **Text 07312 263 056**. If you attend school outside Trafford go to the website and you can find nurses in your area: <https://chathealth.nhs.uk/>

Trafford CAMHS: provides support for children and young people aged 0-18 years (including those with disabilities), where there are concerns related to their mental / emotional health / wellbeing. Referral is via a health professional e.g. GP/social worker/school nurse, self-referrals/parents are also accepted. **Trafford CAMHS: 0161 549 6456** (Mon–Fri 9am – 5pm)

Talkshop, Streettalk and Connexions: To speak to a Youth Worker about anything at all (Relationships, something to do, health and wellbeing, referral to other services etc.) **Call 0161 912 2453** or email talkshop@trafford.gov.uk

Kooth (11-25 year olds): Anonymous online counselling, advice and mental health support. Fully moderated forums and Self-help materials which are available 24/7, and qualified counsellors and therapists available from 12pm- 10pm (Mon-Fri and 6pm-10pm Sat-Sun). **Register online at:** <https://kooth.com/>

42nd Street (13-25 years): Provides mental health and wellbeing support. 42nd Street can be contacted on: 0161 228 0528. New referrals for digital support are available at present: www.42ndstreet.org.uk

Papyrus: Information and advice for young people (under 35 years old) who may be at risk for harming themselves OR concerned others e.g. parent/carer **FREE HOPELINEUK: 0800 068 41 41** Text: **07860 039967** Email: pat@papyrus-uk.org www.papyrus-uk.org

Shout: 24/7 FREE text service, for anyone in crisis, if someone is struggling to cope and needs immediate help. **Text Shout to 85258** <https://www.giveusashout.org/>

Samaritans: 116 123 (free 24-hour helpline) if people are feeling stressed/anxious.

The Proud Trust- Rainbow Reflections: Rainbow Reflections is a Trafford youth group for lesbian, gay, bisexual, trans people or those questioning their gender or sexuality who are under 25 years old run by the Proud Trust. To join or for more information about the group, young people should contact Hebe Phillips, Lead Youth Worker by phone, email hebe.phillips@theproudsttrust.org / 07712 660 202 or via the Proud Trust website <https://www.theproudsttrust.org/contact>.

Trafford Virtual Mental Wealth Hub: The Virtual Mental Wealth hub is a collaboration between stakeholders in Trafford to provide a single point of access which will link and signpost to information, advice and guidance relating to anxiety and mental health needs in Trafford. The information is intended for schools, families and young people, but professionals should also find useful resources here- www.trafforddirectory.co.uk/vmwh. If you cannot find links, advice or

guidance around a particular issue relating to mental health and anxiety, please e-mail vmwh@trafford.gov.uk and we will do our best to include it.