

LGBT+

Mermaids

Helping gender-diverse kids, young people and their families since 1995.



Helpline - 0808 801 0400 - Monday – Friday; 9am – 9pm

Webchat - mermaidsuk.org.uk - Monday – Friday; 9am – 9pm

Email - info@mermaidsuk.org.uk

Text - text **MERMAIDS** to 85258

for free 24/7 crisis support all across the UK

Switchboard – LGBT Helpline



Helpline - 0300 330 0630 - Monday – Friday; 10am – 10pm

Webchat - <https://switchboard.lgbt/help/> - Monday – Friday; 10am – 10pm

Email - chris@switchboard.lgbt

for free 24/7 crisis support all across the UK

The Samaritans

Confidential support for suicide, suicidal thoughts, feelings of despair or distress.

Tel: 08457 90 90 90 – 24 hours

Email: jo@samaritans.org

Website: <http://samaritans.org/>

Self Harm

The Opal Project



http://www.theopalproject.com/about_us.html

The Opal Project was founded in 2004 to help young people between the ages of 11 and 19 who self-harm, it is now run by Service Six who are based in Northamptonshire, UK.

The aims and objectives of Opal is to help young people deal with self-harm, to help others handle difficult situations with self-harm and try to make young people's lives better so they do not feel the need to self-harm.

The website has lots of useful information for both parents of young people who self harm and the young people themselves. It includes downloadable resource packs with information on self harm, help, useful strategies and advice as well as a very useful resource for young people who are self harming called a 'Spectrum Journal'.

National Self Harm Network



<http://www.nshn.co.uk/>

The charity focuses on support and distraction enabling people to seek alternatives to self harm. The charity aims to empower individuals to explore reasons for their self harm and to seek appropriate professional help. NSHN now equally support friends, families and carers of individuals who self harm.

Local safeguarding Children Board Northamptonshire



http://northamptonshirescb.proceduresonline.com/chapters/g_self_harm.html#young_people

We all share responsibility for safeguarding and promoting the welfare of children and young people, whether as a parent or family member, a friend or neighbour, an employer, or as a paid or volunteer worker. This website has been developed to offer up to date and accessible information about safeguarding children and young people in Northamptonshire.

Counselling Services

Service Six



<http://www.servicesix.co.uk/>

Service Six offers 1-2-1 therapeutic counselling for children, young people and families. We also offer a free counselling service for adults who live in East Northamptonshire. Counselling is a way of helping people with different personal problems. Counsellors work with a wide range of concerns including abuse, anxiety, depression, bereavement, bullying, loneliness, self-esteem, difficulties in relationships, self-injury, eating problems and many other issues. It is based on the building of a trusting relationship between the counsellor and the client and it can enable people to talk about experiences and to make sense of them. Counselling can also allow people to express difficult feelings and learn how to manage them in a different way. Counsellors are trained to listen thoughtfully and carefully to people's problems without judging or criticising them. They do not give advice but support clients to enable them to make positive decisions and positive changes to how they deal with problems.

Relate Northamptonshire – For Children and Young People.

relate
the relationship people

<http://relatenorthants.org.uk/our-services/children-and-young-peoples-service>

We recognise that relationship difficulties affect children and young people too. This service is designed to support children through the process of:

- Parental divorce and separation
- New step-parents/siblings
- Difficulties in relationships generally (at school, with peers, with parents)
- Bullying
- Loss and bereavement
- School transition
- Witnessing domestic violence in the family home

Domestic Violence

Information services can be found on

Northamptonshire Domestic Abuse Forum (NorDAF)



<http://www.nordaf.co.uk/>

Northampton Sunflower Centre



01604 233684

We have office bases in Corby and Northampton but we also offer outreach appointments throughout the county at venues including Towcester, Daventry, Brackley, Kettering, Wellingborough, Raunds, Rushden and Irthlingborough.

Offers support and advice services to male and female victims of domestic abuse

Northampton Women's Aid



Prevent Violence - Don't Suffer In Silence

<http://www.northamptonwomensaid.org.uk>
0845 123 2311

Offers 24hour emergency refuge, support, outreach and aftercare to women and their children who are victims of domestic abuse. Everyone has the human right to be safe; NWA can support you if you or someone in your family is a victim of Domestic Abuse. Northampton Women's Aid offers a countywide service to male and female victims, and perpetrators of Domestic Abuse.

Nene Valley Christian Family Refuge



www.nvcfr.org.uk

01604 230311



Provides a 24-hour service for women with children escaping domestic abuse, offering accommodation in refuge, advice, crisis help, aftercare and resettlement

Northamptonshire Rape and Incest Crisis Centre



<http://www.nricc.com/>

01604 250721

Offers confidential advice, counselling and support for victims of rape, incest and sexual abuse. NRICC is a local charity run by women for women and girls who have experienced sexual violence, whether recently or in the past. We have been operating since 1986. We are a rape crisis centre offering a professional service that women want and use.

Bereavement

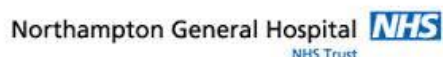
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Child and Adolescent Bereavement Service



Contact details

Telephone 01604 545131

The Child and Adolescent Bereavement Services (CABS) offers individual and group bereavement counselling to children and adolescents in the Northamptonshire area, in a



school setting or at the Northampton General Hospital, Children's out-patients department. We offer support to parents, carers, school staff or any agency which are caring or working with a bereaved child or adolescent. We also offer support to families where a member has a terminal illness. Training can be provided to schools and agencies.

Children and young people may be seen in Children's Outpatients, in school, at home, and in a variety of other settings. The location of appointments is agreed between the families and the counsellor to provide the most suitable package of care to the child or young person.

Child Abuse/ Child Welfare



http://www.lscbnorthamptonshire.org.uk/reporting_concerns_pro.html

The welfare and protection of children and young people is everyone's responsibility.

If you suspected a child or young person was at risk of abuse, would you know what to do? If you are worried about a child in any way, we are here to help.

Emergency

If a child is in immediate danger or left alone, you should contact the police directly on 101, and where in need of medical assistance also call an Ambulance (call 999).

Non Emergency

If there is no immediate danger or you need advice or information see below;

Advice/Information

If you want to discuss your concerns or need advice e.g. if you not sure whether your concerns are justified, you would like more information about issues like confidentiality or you would like to know what happens next (after you have reported your concerns), do one of the following:

- Speak to **Northamptonshire County Council Children Customers and Education Services Initial Contact Team on: 0300 126 1000** (extended opening hours)



Speak to the National Society for the Prevention of Cruelty to Children (NSPCC) at
NSPCC National Helpline Tel: 0808 800 5000

If you are a member of the public and you do not wish to give your name to the Children Customers and Education Services or NSPCC, you do not have to. If you do give your name, you can ask that your identity is not revealed to the parents/carer of the child concerned

NSPCC



Report your concern or get advice and support on our free 24/7 adult helpline by phone, text or online

Don't wait until you are certain if you are worried about a child. Contact our free helpline service to speak to an NSPCC counsellor 24 hours a day, 365 days a year.



We will listen to and assess your concerns - whether about your own child, a family member, neighbour or child in the community - and can take action on your behalf if a child is at risk.

You can [remain anonymous](#) if you wish. All communications will be recorded and we keep records for 15 years.

If you think a child is in immediate danger, contact us straightaway or call the police on 999.

Northamptonshire Rape and Incest Crisis Centre



<http://www.nricc.com/>

01604 250721

Offers confidential advice, counselling and support for victims of rape, incest and sexual abuse. NRICC is a local charity run by women for women and girls who have experienced

If you are a child

Childline



<http://www.childline.org.uk/talk/Pages/Talk.aspx>

You can contact ChildLine about anything. No problem is too big or too small. Whatever your worry it's better out than in. There are several different ways you can get in touch with Childline on the phone or website. From the website you can access webchat and email counsellors.

Young Carers

Northamptonshire young carers



<http://www.northamptonshire-carers.org/young-carers/>

Carers Support Line

01933 677907


The Young Carers Service supports children and young people who are in a caring role. This means that they are helping to look after someone (usually within their family) who has a long term disability or illness.

The Young Carers Service is for ages 5 – 16 years whilst the Young Adult Carer Project is for those aged 16 – 25.

We run youth clubs and trips out to bowling, cinema, laser zone, ice skating plus many other exciting activities! We aim to give Young Carers a break from their caring role and to help them to make friends with other Young Carers who understand what caring is like.

Eating Disorders.

Northamptonshire Eating Disorder Service

Northampton General Hospital 
NHS Trust

<http://www.nhft.nhs.uk/main.cfm?Type=CONTENT5&objectid=2557>



Eating disorders are a serious health issue, especially in younger women and have the highest mortality rate among all psychiatric disorders.

Northamptonshire's Eating Disorder Service has evolved over the past 20 years and is a pioneer of community-based approaches to treatment and support, in particular: modular group programmes, Binge-eating Disorder, and intensive home treatment for people who are severely unwell with Anorexia Nervosa.

Access to Help

We accept referrals from GPs and other health professionals. In exceptional circumstances, we can also accept self-referrals.

We aim to offer initial appointments quickly, within a few weeks, but we see urgent cases within 10 days.

Appointments are usually held at our bases at Campbell House in Northampton or Clarendon House in Kettering. People who are too unwell to attend are visited and assessed at home.

The Service

We offer treatment for the whole spectrum of eating disorders: Anorexia Nervosa, Bulimia Nervosa, and binge-eating disorders, as well as less specific problems many people encounter.

Eating disorders do not always go away quickly and easily. The length of recovery for Anorexia Nervosa can be up to seven years or just a short course of treatment depending on the circumstances.

B-EAT



beating eating disorders <http://www.b-eat.co.uk/>

Beat provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders



Helpline

Beat's Adult and Youth Helplines are open from Monday to Thursday 1:30pm to 4:30pm.

Beat provides helplines for adults and young people which offer support and information to sufferers, carers and professionals.

Help for young people

If you are 25 or under, call the Beat Youthline.

Youthline: 0845 634 7650

Email: fyp@b-eat.co.uk

Text: 07786 20 18 20

The Youthline is open Monday to Thursday 1:30pm-4:30pm

Parents, teachers or any concerned adults should call the Helpline for adults on 0845 634 1414.

Bullying

Bullying UK



<http://www.bullying.co.uk/>

People contact us about all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying at school, teenage risky behaviour and mental health concerns of both parents and their children. We provide a 24 hour helpline, advice website, email service, live chat and parenting/relationship support groups.

Beat Bullying



<http://www.beatbullying.org/>

BeatBullying is all about young people helping and supporting each other online.

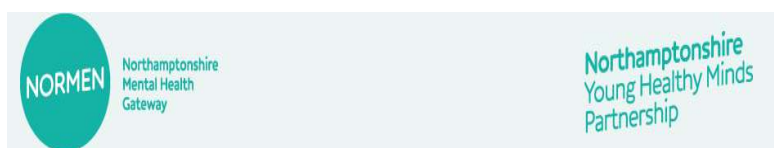
If you're being bullied, or are feeling a bit low, or are maybe troubled by something and you're not sure what to do or who to talk to, then BeatBullying is where you can go for help. It doesn't matter how big or small you think the problem is, or whether you're being targeted online or offline, our Mentors are here to listen and support you.

The best thing about it is that mentors are young people too. Many young people have told us that they would prefer to speak to another young person about bullying. That's why mentors are young people like you. They have been trained and are volunteering their time online to help you.

It's still important to talk to your parents or teachers about bullying. If you don't feel ready to do this, a mentor can help.

Mental Health

Ask Normen



<http://www.asknormen.co.uk/>

Ask Normen Directory contains information on services, organisations and support available in Northamptonshire. Use the sliding bar and drop down menus to search by age range or location or, simply type a word or phrase into our keyword search.

Welcome to NORMEN, the Northamptonshire Mental Health Gateway

This site is for everyone with an interest in the emotional wellbeing and mental health of children and young people in Northamptonshire.

We want to make sure that parents, professionals and other people working with children and young people are aware of local services, training and support materials. The Service Directory will allow you to search for services offered in your area dependent on your needs. The Document Library has a number of resources and toolkits to help you ranging from practical guidance on supporting needs, policies, academic papers etc.

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Where Young Minds Matter

<http://www.nhft.nhs.uk/main.cfm?type=CONTENTCAMHS>

Every child deserves a healthy start, but the pressures of modern life can have as big an impact on the emotional health and wellbeing of children and young people as they have on adults.

Here at NHFT we provide specialist CAMHS services to children and young people who have **severe, enduring and complex** mental health difficulties.

Child, adolescent and family services help children and young people aged 0 to 18 years and their families. We become involved when a child or young person is experiencing continuing emotional or behavioural problems.

GPs, teachers, social workers and other professionals refer patients to us.

We will always involve the family where appropriate. Some of the problems we help with include:

- Acute psychiatric illness
- Anxiety/depressive disorders
- Attachment disorder
- Attention deficit disorder
- Autistic spectrum disorders
- Chronic fatigue syndrome/ somatisation
- Eating disorders
- Obsessive-compulsive disorder
- Post-traumatic stress disorder
- Self-harm/attempted suicide
- Severe phobias
- Substance misuse
- Unresolved bereavement

Educational Psychology Services (EPS)

01604 630082
mbrooks@northamptonshire.gov.uk



To promote child development and learning through the application of psychology, working with parents and carers, teachers and other adults in schools and early years settings; with children and their families in their homes; with individuals and groups of children and young people from birth to nineteen years (for those still in schools). The service works to promote mental health & emotional well-being (MHEWB). To provide support where there are concerns of a psychological nature or about learning difficulties/disabilities across the following areas of development: cognitive, linguistic, sensory, physical and/or social and emotional development. Such support includes identifying specific and pervasive developmental difficulties/disorders, including dyslexia, autism, & attention deficit/hyperactivity disorder (ADHD). Overall outcomes of support & intervention promote learning achievement & positive social, emotional & behavioural functioning; enhance the skills of key adults – parents/carers & professional staff; provide advice to the Local Authority on strategy and practice that promotes psychological health & well-being.

Autism Concern



www.autismconcern.org

Information, Advice, Group Advocacy and Guidance through Free telephone help line on all aspects of Autistic Spectrum Conditions plus dual diagnosis (ADHD/AS) provision. Website resource, internet

Drugs and alcohol services

Northamptonshire Young Peoples Drug Service

01536 4930957

The Northamptonshire Young People's Drug Service (NYPD) offers free and confidential support for young people aged under 19. We welcome anyone who is concerned about their own alcohol, solvent or drug use or that of somebody else. The team includes professionals such as health workers and young people's drugs workers so you have access to a wide range of skills and support. Services offered include assessments, advice and information, detoxification treatment, acupuncture, group work, family work and counselling.

Talk to Frank



For friendly, confidential drugs advice, **talk to FRANK**. Call, text or email for answers to your questions or if you just want a chat.

<http://www.talktofrank.com/>



CAN is an independent regional agency, first established in 1972. We provide a range of **drug, alcohol and homelessness services** throughout Northamptonshire, Bedfordshire and Luton. We are passionate about the people we work with and ensuring that they have the right support and services so that they can reach their potential, free of the damaging affects of substance use and homelessness.

76 St. Giles Street
Northampton
NN1 1JW
ypadmin@can.org.uk

Family Support Services

Troubled Families NCC

TEL: 01604 367766

Troubled Families has the ability to make some “spot purchases” for bespoke solutions to some families. They work with students and families and this is a free service.

- Reducing incidences of domestic violence
- Reducing incidences of abuse and neglect
- Reducing the number of adolescents with challenging behaviour
- Reducing impact of drug and alcohol use
- Services that support improved mental health and wellbeing
- Support for parenting.

There is a criterion for students to meet before they take a case on. Two of the criteria must be relevant.

Clsmith@northamptonshire.gov.uk or 01604 367766

- In receipt of benefits
- Excluded 3 or more times in a term
- FSM (Ever 6)

Behaviour

Behaviour Resolutions

Independent Group of Provider Agencies

Provides support for issues such as Anger Management, behaviour and Boxall Profiles.

Tel: 017581 210454

johnpadwick@talk21.com

£60 per/hour 10 sessions (Price reduces per hour after 10 sessions)

6 week programme of 6 x 40 minutes (£495)