

Mental Health and Wellbeing

SUPPORT AVAILABLE TO SECONDARY AND
SPECIAL SCHOOLS

INTRODUCTION

This Mental Health Directory of Support brings together information about local and national organisations that provide support to schools, children, young people and families on Mental Health. It was produced by Camden's Health and Wellbeing Team in response to requests from schools for one place to find a wide range of support.

Every effort has been made to ensure the information is correct and the Directory will be checked at the end of each term. However if there are changes you are aware of or know of an organisation that would be useful to include, please contact jude.clements@camden.gov.uk

We hope it will be useful to schools in their work to support young people's mental health and resilience.

Gill Morris (Senior Health and Wellbeing Adviser) gill.morris@camden.gov.uk


Using the Directory

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[Useful Websites](#)

PREVENTION AND PROMOTION			
Area	Support offered	Cost	Contact
GROWTH MINDSETS AND RESILIENCE	<ul style="list-style-type: none"> • Access to Camden's Growth Mindsets Hub to share good practice between schools and explore the latest work happening in schools • INSET on implementing growth mindsets and exploring work around resilience, aspiration, challenge and collaboration and language that promotes and reinforces growth mindsets, • Models and approaches for working with parents and carers 	FUNDED access to Hubs. Training and support traded through Camden Learning	Martin.cresswell@camden.gov.uk Senior Adviser
iMHARS Islington Mental Health And Resilience In Schools	<ul style="list-style-type: none"> • Support to review what the school is doing to develop resilience, promote positive mental health and support children at risk of or experiencing mental health problems • Identifying strengths and areas for development • Making recommendations for practice next steps and support to achieve them 	FUNDED	lee.james@camden.gov.uk Health and Wellbeing Consultant For more information go to: www.islingtoncs.org/imhars
DEVELOPING a MENTAL HEALTH and WELLBEING POLICY	<ul style="list-style-type: none"> • Access to an example policy that can be adapted for individual schools • Support to the mental health lead and other key staff to develop the policy to meet the needs of the school • Support and ideas on ways to consult staff, parents and pupils 	FUNDED	gill.morris@camden.gov.uk Senior Health and Wellbeing Adviser  Example Mental Health and Wellbeing

EARLY INTERVENTION AND SUPPORT

CAMHS (OPEN MINDED) IN SCHOOLS	<p>Senior clinicians from the 2 Tavistock CAMHS teams provide a generic multidisciplinary CAMHS service to all schools in Camden. This involves regular visits to the schools and a range of interventions.</p> <p>These include:</p> <ul style="list-style-type: none"> • Taking referrals • Assessment • Liaison with other agencies • Treatment on site – e.g. individual therapy, family or parent work, group work • Access to specialist CAMHS services • Consultation with school staff including pre referral advice • Training in mental health themes <p>The aim is to offer a generic service in schools to facilitate better access for children or families who may be difficult to engage</p> <p>The service also offers some flexibility, so clinicians and schools are able to develop a bespoke approach</p>	<p>FUNDED CORE SERVICE One day a week for secondary schools)</p> <p>ENHANCED SERVICE (2 days per month) £6K.</p>	<p>Victoria Blincow VBlincow@tavi-port.nhs.uk</p> <p> schoolbrochuref.pdf</p>
CAMDEN MOSAIC	<ul style="list-style-type: none"> • Camden MOSAIC is an integrated service for disabled children, young people and their families in Camden. • Camden MOSAIC provides support for children from birth to the age of 19. 	Via referral from GPs and other health and education professionals	https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/camden-mosaic/
EMOTIONAL LITERACY SUPPORT ASSISTANTS	<ul style="list-style-type: none"> • A new training offer to support mental health and well-being in schools 	6 days of EP training.	Sarah.cryer@camden.gov.uk Coleen.washington@camden.gov.uk

(ELSA)	<ul style="list-style-type: none"> • ELSAs are Emotional Literacy Support Assistants working in primary and secondary schools 	Termly supervision (approx. 2 hours per term).	<p>Educational Psychologists</p> <p>For more info:</p>  <p>2893.1-ELSA.pdf</p>
<p>VIDEO INTERACTION GUIDANCE</p> <p>(VIG)</p>	<ul style="list-style-type: none"> • An Evidence-based intervention (recommended in NICE guidelines) through which a practitioner uses video clips of authentic situations to enhance communication within relationships. • VIG principles and practice can be applied to <u>any</u> relationship and <u>any</u> age range. • 5-10 minutes of footage is taken of interactions between teaching staff, pupils or parents, for example, and reviewed to develop more attuned relationships. 	<p>VIG needs 3/4 sessions per case</p> <p>Schools can either use some of their core allocation or buy in extra.</p>	<p>DrNeelam.Kumar@camden.gov.uk Educational Psychologist</p>  <p>What is VIG Poster May 2016.pdf</p>
EDUCATION PSYCHOLOGY SERVICE (EPS)	<ul style="list-style-type: none"> • The EPS provides specialist advice to support schools, colleges and early years providers to meet the needs of children and young people with special educational needs, 0 – 25 years, including those with the most complex needs. 	<p>For full information about costings or to make a booking please visit: Educational Psychology Service</p>	<p>Contact: Hilary Forbes, Head of Service, Email: hilary.forbes@camden.gov.uk</p> <p>Shane Gallagher, Senior Educational Psychologist, Email: shane.gallagher@camden.gov.uk</p>


SUPPORTING THE EMOTIONAL NEEDS OF CHILDREN AND YOUNG PEOPLE WITH SEND IN MAINSTREAM SETTINGS.	<ul style="list-style-type: none"> School to school support offered by Swiss Cottage Research and Development Centre 	Cost – by negotiation	Contact Margaret Mulholland / Lucy Hall 0207 681 8080 lucy.hall@swisscottage.camden.sch.uk Margaret.mulholland@swisscottage.camden.sch.uk
THE HIVE	<ul style="list-style-type: none"> Youth Hub offering holistic support to young people aged 16-24. Particularly aimed at young people who have not engaged with mental health services previously. 1-1 casework, health and wellbeing activities including yoga and gardening, Employment and training advice, sexual health clinic and a social enterprise. 	FUNDED	Kirsty.magahy@catch-22.org.uk Website: https://www.catch-22.org.uk/services/axis-the-hive/
THE BRANDON CENTRE	<ul style="list-style-type: none"> Individual and group counselling and psychotherapy for 12 to 24 year olds Intensive family based interventions for families of 10 to 17 year olds with severe behaviour problems (referral by Open Minded, Royal FUNDED CAMHS or social services only) Parenting programme for parents of challenging 12 to 16 year olds 1-1 and group support. 	FUNDED	Counselling and psychotherapy: counselling@brandoncentre.org.uk Parent training and family service: familyservice@brandoncentre.org.uk Website: https://brandon-centre.org.uk/
SCHOOL INCLUSION TEAM	<ul style="list-style-type: none"> Support for children with Medical Needs (Including Mental Health) Small group work with Secondary age children who have difficulties attending school due to anxiety, depression or mental health issues. The team works closely with the Royal FUNDED Hospital Children's School and can provide advice to schools and parents about children with mental health needs. There is a team of tutors who can provide one to one teaching and works upon advice from CAMHS. 	FUNDED	Dylan.buckle@camden.gov.uk 0207 974 1654

CURRICULUM SUPPORT AND RESOURCES

DEVELOPING A MENTAL HEALTH CURRICULUM	<ul style="list-style-type: none"> • One to one support to the PSHE Coordinator and/or mental health lead to review what the school is teaching and suggest improvements • Guidance on a range of resources for teaching about mental health and resilience • Information on training for staff 	FUNDED	gill.morris@camden.gov.uk Senior Health and Wellbeing Adviser
BRIGHT MINDS BRIGHT MOODS Key Stage 3	<ul style="list-style-type: none"> • Taught programme, underpinned by cognitive behaviour therapy (CBT) which helps children and young people increase resilience, decrease anxiety, develop positive coping styles and ways of dealing with difficult and/or worrying situations. • This is co-delivered with school staff therefore excellent form of CPD for staff and skills learned can be transferred into whole class PSHE teaching. • This can be delivered as a whole class universal programme or within a small group as a targeted programme. • 8 weekly, 1 hour sessions with pupils and key staff. • Pre and post-intervention scores demonstrate that Bright Minds Bright Moods reduces anxiety scores and increases resilience in children. 	15 sessions of EP time (7.5 days).	Olivia.kenneally@camden.gov.uk Senior Educational Psychologist
THINKING CARDS	<ul style="list-style-type: none"> • Based on a project developed at Royal FUNDED Hospital Children's School • Set of 'Helpful' and 'Unhelpful' feeling cards designed for use across Primary and Secondary Phase and designed to develop independence, resilience and support significant change • Innovative and accessible approach to CBT that can be used by professionals from any sector 	£15 for a single set but discounted for larger orders. Order directly from admin@royalfunited.camden.sch.uk	For an initial discussion or to arrange a trial please contact Michael Kelly 0207 472 6298 or Michael.kelly@royalfunited.camden.sch.uk PDFs of the helpful and unhelpful thinking cards can be downloaded from the website:

			http://www.royalFUNDED.camden.sch.uk/page/?title=Thinking+Cards&pid=85
'PEER EDUCATION' BY FITZROVIA YOUTH IN ACTION Key Stage 3 and 4	<ul style="list-style-type: none"> FYA's Peer Education Programme is an opportunity for students to participate in a session delivered by a young peer educator on mental health awareness, which touches on how young people are affected by mental health, the stigma that surrounds the topic and how young people can make a difference. Young peer educators have been trained / accredited to deliver these workshops and have created short pieces of media to engage young people their age (12 to 24 year olds). Students also have the opportunity to participate in this programme to become a peer educator. 	FUNDED	<p>Website: www.fya.org.uk/peer-education/</p> <p>Contact: david.wong@fya.org.uk 02073887399</p>
'GET UP AND GO' Key Stage 3	<ul style="list-style-type: none"> This booklet is full of tips to help improve children's mood and maintain emotional wellbeing. 	FUNDED	<p>Download at: www.annafreud.org/services-schools/schools-in-mind/resources-for-schools/</p>
ISLINGTON HEALTHY MINDS	<ul style="list-style-type: none"> The Healthy Minds scheme of work was developed to support schools to raise awareness about mental health issues Each lesson in the scheme has a suggested lesson plan, student resources, detailed teacher background notes and eye-catching handouts. The scheme addresses the stigma surrounding mental health, ways that everyone can look after their mental health and ways to get help or support a friend. 	FUNDED for Camden and Islington Schools	<p>Contact Lee James Lee.james@camden.gov.uk</p>
PSHE ASSOCIATION Guidance on preparing to teach about mental health and emotional wellbeing KS3 & 4	<ul style="list-style-type: none"> The lesson plans are designed to be used in conjunction with the guidance, with topics including teaching children how to describe emotions, talk about anxiety and worries, and develop coping strategies. Lessons aimed at key stages 3 and 4 also cover eating disorders, self-harm and depression and anxiety. 	FUNDED	<p>Downloadable from https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health-and</p>
Stop Stigma Cornwall	<ul style="list-style-type: none"> STOP Stigma has been produced to help raise awareness of mental health problems and to tackle stigma. 	FUNDED online resource	https://www.cornwallhealthyschools.org/stop-stigma/

FOR YOUNG PEOPLE


'PIZZA'N'CHAT'	<ul style="list-style-type: none"> • Tavistock 'Pizza'N'Chat' is an informal space to talk about and be involved in developing Mental Health Services for all Camden young people (aged 12 plus). Led by the Involvement Team they find fun and interesting ways to engage young people such as street art, tech development, magic training, film, movement and food! • The group is run every second Monday of the month, between 4.30-6pm and pizza is provided, sponsored by Franco Manca. Friends and family members are also welcome. • The group is held at the Tavistock Centre and is a drop-in for any young person in Camden. If the young person has any particular needs they should email Anthony in advance, so that the session can be arranged to meet those needs. • Professionals can also attend, if they wish to consult with young people about any issue, but please let Anthony know in advance 	FUNDED	<p>Contact Anthony Newell anewell@tavi-port.nhs.uk Patient Involvement Coordinator</p> <p>The Tavistock and Portman NHS Foundation Trust Tavistock Centre 120 Belsize Lane London NW3 5BA Tel: +44 (0)20 8938 2059</p>  <p>Pizza Flyer.pdf</p>
RISE ABOVE	<p>A new website from Public Health England developed by young people.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Bodytalk • Friends • Exams • Love Life • My Mind • Drinking Smoking Drugs 	FUNDED	http://riseabove.org.uk/
NHS Go	<ul style="list-style-type: none"> • NHS Go is an app which pulls advice directly from NHS Choices in an engaging way for young people. 	FUNDED	<p>www.nhs.go.uk. Or follow on Twitter #NHSGo</p>

<p>NHS App for Young People</p>	<ul style="list-style-type: none">• The app was designed after engaging with young people who said they didn't know how, where or when to get health advice or what their rights were.• Via the app, young people can access all the information on NHS Choices including sections on sleep, sex and relationships and depression and anxiety.• It also includes a focus on young people's rights and how to make a complaint.		
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INFORMATION AND TRAINING FOR STAFF

<p>CHILDREN AND FAMILIES CONTACT TEAM</p> <p>(MASH and the Early Help Team)</p>	<ul style="list-style-type: none"> • A single access point providing advice, information and support for children and young people who are vulnerable and at risk. • The Team is made up of staff from MASH and the Early Help Team and other Early Help and specialist services. • All safeguarding referrals are managed by the MASH Team and referrals for low level needs or for children who are vulnerable to poor outcomes are dealt with by the Early Help Team. There are robust step up and step down processes to ensure continuity when children and young people move from statutory services to universal an Early Help services. • The Early Help Team can give you information and advice about a range of Early Help services and opportunities, ideas and support if your referral did not meet the safeguarding threshold, guidance and support with making an Early Help referral, tracking a referral you have already made and help with any aspect of the Early Help pathway. 	<p>FUNDED</p>	<p>Contact the Children and Families Contact Team on 0207 974 3317 or LBCMASHadmin@camden.gov.uk</p> <p>For more information on the Children and Families Contact team www.cscb-new.co.uk/?page_id=7058</p>
<p>MindEd</p>	<ul style="list-style-type: none"> • MindEd offers FUNDED, completely open access, online education in over 300 topics. • It provides guidance on children and young people's mental health, wellbeing and development for any adult working with children, young people and families, to them support the development of young healthy minds. 	<p>FUNDED online resource</p>	<p>https://www.minded.org.uk/mod/page/view.php?id=1259</p>
<p>ANNA FREUD CENTRE Schools in mind</p> <p>Mental Health toolkit for Schools</p>	<ul style="list-style-type: none"> • Schools in Mind is a network for school staff and professionals. • It aims to provide a trusted source of up-to-date and accessible information and resources that teachers and school leaders can utilise to support the mental health and wellbeing of their whole school community. • The toolkit aims to raise awareness amongst school and college staff of the range of validated tools that are available to help measure subjective mental wellbeing amongst the student 	<p>FUNDED online resource</p> <p>FUNDED</p>	<p>http://www.annafreud.org/services-schools/schools-in-mind/</p> <p>http://www.annafreud.org/services-schools/schools-in-mind/resources-</p>


	population to identify the mental wellbeing needs of students and determine how best to address these.	downloadable toolkit	for-schools/mental-health-toolkit-for-schools/
CHARLIE WALLER FOUNDATION TRUST	<p>The Young People and Schools Programme at the Charlie Waller Memorial Trust offer FUNDED training and support to school staff and pupils in their ability to recognise and manage mental health issues.</p> <p>Examples include:</p> <ul style="list-style-type: none"> • Staff CPD around understanding self-harm, eating disorders and anxiety or depression • Developing impactful classroom activities and programmes of study • Sessions for staff or pupils in developing resilience and coping skills • Pupil workshops on understanding self-harm, depression or building self-esteem • Parent sessions on issues impacting child mental health <p>They will respond to individual school needs as well.</p>	FUNDED (they ask for a donation to the charity)	<p>If you would like to make a booking, please contact them via the online form, or email lan.macdonald@cwmt.org or lzzy.dent@cwmt.org.</p> <p>Website: http://www.cwmt.org.uk/mental-health-training-for-schools/</p>
IN OUR HANDS Pooky Knightsmith: Online learning platform	<ul style="list-style-type: none"> • Pooky Knightsmith directs the children, young people and schools programme at the Charlie Waller Memorial Trust. • This website presents videos and interactive podcasts explaining different approaches / interventions to developing children's mental health and resilience 	FUNDED online resource	http://www.inourhands.com/category/training-and-consultancy/online-learning/
MENTAL HEALTH FIRST AID	<p>Mental Health Awareness training at the TDC, based on the nationally recognised mental health first aid training. The training covers</p> <ul style="list-style-type: none"> • What is mental health and mental ill health • Stigma and discrimination • The five steps of Mental Health First Aid • How to spot symptoms of mental health issues such as 	FUNDED	Please book at www.camdentds.co.uk

	<p>depression, anxiety, eating disorders and psychosis</p> <ul style="list-style-type: none"> How to support children and young people experiencing mental distress 		
YOUNG MINDS	<ul style="list-style-type: none"> YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. The site signposts to information on children and young people's mental health issues and support for parents and young people 	FUNDED	http://www.youngminds.org.uk
TIME TO CHANGE (MIND)	<ul style="list-style-type: none"> A campaign run by the mental health charity Mind that aims to change the negative attitudes of others which can prevent people with mental health problems getting the help and support they need. Website provides session plans, videos and FUNDED resources for teachers. 	FUNDED online resource	http://www.time-to-change.org.uk/get-involved/resources-youth-professionals
SAFEGUARDING MENTAL HEALTH	<ul style="list-style-type: none"> Lessons we can learn from health sector in planning for pupils presenting a high level of risk. Team around the Child Approach Participants observe handover meetings for vulnerable and at risk target group at RFHCS exemplifying high quality practice. 	By negotiation	head@royalfunded.camden.sch.uk Alex Yates Headteacher Royal FUNDED Hospital Children's School
MENTALLY HEALTHY SCHOOL	<ul style="list-style-type: none"> Strategies to support becoming a 'Mentally Healthy' School Audit of current provision Clarification on specific support around mental health needs of pupils at risk of exclusion 	By negotiation	head@royalfunded.camden.sch.uk Alex Yates Headteacher Royal FUNDED Hospital Children's School
BEREAVEMENT	<p>Critical Incident Response</p> <ul style="list-style-type: none"> Support to schools in responding to critical incidents-where a serious incident happens that affects the school population such as the death of a pupil or member of staff, a local disaster or a serious incident in the school, diagnosis of a terminal illness within a pupil's immediate family and a significant death within an individual pupil's immediate family, e.g. death of a parent or sibling. 	FUNDED	<p>Claudia.Noel-Michael@camden.gov.uk Educational Psychologist</p>  <p>Critical Incident EPS Leaflet - Sept 16.doc</p>



	<p>Winston's Wish</p> <ul style="list-style-type: none">• The charity for bereaved children and young people <p>Child Bereavement UK</p> <ul style="list-style-type: none">• Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement <p>Grief in Children: A Handbook for Adults by A. Dyregrov.</p>		<p>www.winstonswish.org.uk</p> <p>http://childbereavementuk.org/for-schools/secondary-schools/</p> <p>Available from Amazon</p>
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SUPPORT TO PARENTS



SUPPORT FOR PARENTAL MENTAL HEALTH

<p>EARLY HELP SERVICES</p> <p>Mental health interventions for parents with children 0-19 (0-25 for young people with SEND)</p>	<ul style="list-style-type: none"> Support for children and young people up to 25 and their families. Services include parental mental health interventions and a range of universal and targeted services for parents including help to find work or training, housing information, benefits advice and 1-1 family support (case work) for the whole family. 	<p>FUNDED</p>	<p>Children's Centres - for families with at least one child under 5 years: www.camden.gov.uk/camdensurestart</p> <p>Children and Families Contact team www.cscb-new.co.uk/?page_id=7058</p>  <p>Camden Early Help Leaflet.pdf</p>
<p>THE CAMDEN PARENTS' WELLBEING SERVICE</p> <p>Psychological therapy to parents who are resident in Camden</p>	<ul style="list-style-type: none"> The aim of our interventions is to improve the mental health of parents, with the intention of this having a positive impact on the care and mental health of their children. May involve individual therapy, and couple and family work, where appropriate. 	<p>FUNDED</p> <p>Referrals via local children centres, child and adolescent mental health services (CAMHS) or IAPT (iCope) service.</p>	<p>Referrals to the service are made via local children centres, CAMHS or the iCope service.</p> <p>For more information The Camden Parents' Wellbeing Service</p>
<p>iCOPE - AN NHS SERVICE</p> <p>Assessment and treatment for a range of psychological problems including anxiety,</p>	<ul style="list-style-type: none"> Provides a confidential psychological therapy service for people over the age of 18 registered with Camden or Islington GPs. Includes online self-help resources and workshops as well as counselling. 	<p>FUNDED</p> <p>Via self or GP referral</p>	<p>For more information iCope Psychological Therapies Service – North Camden</p>

depression and stress.			
ONLINE PSYCHOLOGICAL THERAPIES SERVICE (IAPT)	<ul style="list-style-type: none"> • Cognitive Behaviour Therapy (CBT) is provided in real-time over the internet using written (typed) conversations. • They meet with an accredited therapist in a secure online therapy room, at a scheduled time and location that is convenient to them. • Appointments are either 30 or 60 minutes long any time of day, including evenings and weekends. and they can attend them from anywhere they can connect to the internet 	FUNDED	<p>Self-referral http://uk.iesohealth.com/accessing-ieso/patients/camden-london-borough/ or call 01954 230066 between 9am and 5.30pm</p> <p>Or via GP, nurse or health professional</p>
FAMILIES IN FOCUS Emotional and psychological support for parents	<p>There are two psychologists working within Families in Focus who provide emotional and psychological support to parents. This often takes place alongside support from a family worker or through a parenting programme.</p> <p>Sessions are tailored to the parents' needs and may be linked to their role as a parent or be unrelated to this.</p> <p>Support for</p> <ul style="list-style-type: none"> • feeling stressed, worried or low • difficulties in relationships • thinking about difficult past experiences <p>Sessions are usually one hour long, can take place weekly or fortnightly and can be short or long-term, depending on the parent's needs.</p> <p>The psychologists usually visit parents in their own homes but can arrange sessions outside the home if parents prefer this.</p>	FUNDED for parents living in Camden	<p>For families living in the north of the Borough Mavis.Sarfo-Adu@camden.gov.uk 0207 974 8926</p> <p>For families living in the south of the Borough Elaine.Crouch@camden.gov.uk 0207 974 1957</p>
CAMDEN'S PARENT and CARER COUNSELLING SERVICE (FUNDED)	<ul style="list-style-type: none"> • The parent and carer counselling service (PCCS) is a FUNDED counselling service for parents and carers. • Offer 12 sessions of 1-1 counselling which take place weekly 	FUNDED for all parents and carers of	Parents and carers can refer themselves to PCCS by emailing pccs@camden.gov.uk to request an

	in school hours during term time. Counselling sessions provide an opportunity for parents to talk about problems, decisions, worries or changes in any area of their life.	children in Camden-maintained schools and children's centres	application form and leaflet with more information  Information for schools and childrens  PCCS leaflet and application form.pdf
CAMDEN MOSAIC SLEEP SERVICE for children with SEND	<ul style="list-style-type: none"> Disrupted sleep has a significant impact on children and young people and is more prevalent in those with SEND. This specialist service is FUNDED and parents who have a child with a disability. Families can self-refer to an initial workshop prior to an assessment 	FUNDED	Contact Dr Susan Cottam, MOSAIC Sleep Service Coordinator . 020 3317 2200
SUPPORT GROUP FOR PARENTS OF ADOLESCENTS WITH LEARNING DISABILITIES	<ul style="list-style-type: none"> Held monthly at Swiss Cottage School 	FUNDED	Contact Lucy Hall 020 7681 8080 or Dr Susan Cottam 020 3317 2200 MOSAIC CAMHS .
NHS Website	<ul style="list-style-type: none"> Mental health support in a local area 	FUNDED	http://www.nhs.uk/service-search/Mental-Health-Adults-of-all-ages/LocationSearch/718

SUPPORT TO PARENTS

ADHD PARENTING GROUP	<p>A self-referral parent training programme for parents of children up to 12 year olds diagnosed with ADHD.</p> <p>The sessions cover the following areas:</p> <ul style="list-style-type: none"> • Providing information on Attention Deficit Hyperactivity Disorder. • Setting household rules. • Developing and implementing schedules and routines. • Preparing for school. • Realistic expectations. • Giving clear and calm instructions. • Rewards and praise. • Staying positive and looking after yourself. • The 123 Magic™ approach to effective discipline. <p>The group takes place on a Thurs morning (10am-12pm)</p>	<p>£350 per person, to be met by referrer or parent.</p> <p>Referrals: All parents/carers must be referred by a professional. An invoice will be issued on acceptance of referral.</p>	<p>Contact: Stacey Miller 0207 424 9935 (Mon-Wed) / 0207 267 4792 (Thurs) staceymiller@brandoncentre.org.uk</p> <p>The Brandon Centre 26 Prince of Wales Road London NW5 3LG</p> <p> ADHD Group Leaflet.docx</p>
PARENTING WITH LOVE AND LIMITS	<p>A self referral programme for parents of 12 to 16 year olds with challenging behaviour comprising six classes on: what drives teenage problem behaviour</p> <ul style="list-style-type: none"> • how to manage arguments with your teenager • how to be clear about rules and using rewards and consequences (two classes) • managing teenage aggression, use of mobiles and computers and how to mobilise outside help • promoting the positive side of the parent/teenager relationship <p>Parents can attend on a Thurs eve (6-8pm) or Fri morning (10am-12pm)</p>	<p>FUNDED</p>	<p>Stacey Miller 0207 424 9935 (Mon-Wed) / 0207 267 4792 (Thurs) staceymiller@brandoncentre.org.uk</p> <p>The Brandon Centre 26 Prince of Wales Road London NW5 3LG</p> <p> Brandon Centre parenting service leaf</p>

USEFUL WEBSITES

FOR SUPPORT ON SPECIFIC MENTAL HEALTH NEEDS

Anxiety UK	www.anxietyuk.org.uk
OCD UK	www.ocduk.org
Depression Alliance	www.depressoinalliance.org
Eating Disorders	www.b-eat.co.uk and www.inourhands.com
National Self-Harm Network	www.nshn.co.uk or www.selfharm.co.uk
Suicidal thoughts	Prevention of young suicide UK – PAPHYRUS:www.papyrus-uk.org

FOR GENERAL INFORMATION AND SUPPORT

Young Minds : Champions young people mental health	www.youngminds.org.uk
Mind	www.mind.org.uk
MindEd	www.minded.org.uk (e-learning)
Time to Change: tackles the stigma of mental health	www.time-to-change.org.uk
Rethink: challenges attitudes towards mental health	www.rethink.org
The Challenging Behaviour Foundation	http://www.challengingbehaviour.org.uk/

The Judith Trust: Closing the gap for all those with Learning Difficulties and Mental Ill-Health

<http://www.judithtrust.org.uk/about-us/who-we-are-and-what-we-do/>

Respond: lessen the effect of trauma and abuse on people with learning disabilities their families and supporters.

<http://www.respond.org.uk>

The National Autistic Society: Mental Health and Autism

<http://www.autism.org.uk/about/health/mental-health.aspx>