



# Family Mental Health & Wellbeing Information

Spring 2025

## UNDERSTANDING YOUR CHILD



Online courses dedicated to improving emotional health and wellbeing in parents, carers, grandparents and teens.

To access the online courses:

Visit the 'Our Place' website

<https://inourplace.co.uk/>

- Click on 'Start now: Buy courses or apply code'
- Enter access code: **Bright start**
- Enter your information and postcode
- Start your course

**Website:** <https://inourplace.co.uk/>



**Autism Central**  
For parents and carers

### Autism Central

Autism Central is a peer education programme, commissioned by NHS England. It aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support. Local support helps families to get the right understanding and adjustments in place across the services they use.

**Resources:** <https://www.autismcentral.org.uk/resources>

**Website:** <https://www.autism.org.uk/advice-and-guidance/autism-central>

**Website:**

<https://www.autism.org.uk/advice-and-guidance/autism-central>

## CAMHS Resources

This site was created for young people, parents, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.

### Useful websites

<https://www.camhs-resources.co.uk/websites>

### Resources available to download

<https://www.camhs-resources.co.uk/downloads>

### Wellbeing Apps

<https://www.camhs-resources.co.uk/apps-1>

### Videos

<https://www.camhs-resources.co.uk/videos>

### Books

<https://www.camhs-resources.co.uk/books>

### Mental Health Support for Autistic and Neurodivergent Children

Autism is not a mental health problem but autistic people can have good and bad mental health like anyone else.

### Autism & Mental Health

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/autism-and-mental-health/>

<https://www.autism.org.uk/advice-and-guidance/topics/mental-health>

### Neurodiversity & Mental Health

<https://e-wellbeing.co.uk/feelings/neurodiversity-mental-health/>



Parenting Advice –practical tips to support children's wellbeing and behaviour.

**Website:** <https://parentingsmart.place2be.org.uk/>

### Coram Creative Therapies

Our Creative Therapies team consists of music and art therapists, supported by a clinical psychologist, family therapist and a child mental health practitioner. We have been working with children and their families to support social and emotional development for more than 15 years.

If you are a parent and your child is attending school, we will normally liaise with the school directly to discuss your request for creative therapy.

If you are a carer for a child with a Special Guardianship Order (SGO) or a parent of an adoptive child, please contact your social worker to request a referral to Coram.

For further information please contact

[creativetherapyadmin@coram.org.uk](mailto:creativetherapyadmin@coram.org.uk).

**Website:** <https://www.coram.org.uk/>



### Free Therapy in King's Cross

Growing Hope King's Cross is a charity offering free therapy for children and young people (0-18) with additional needs. We also provide support for parents, carers and siblings through our groups and courses. Our clinic is open to everyone in the Camden and Islington area.

**To make a referral:**

<https://growinghope.org.uk/make-a-referral/>

**Website:** <https://growinghope.org.uk/>

The UK's leading charity fighting for a world where no young person feels alone with their mental health

### Getting support from mental health services

<https://www.youngminds.org.uk/parent/getting-support-from-mental-health-services/>

### Parent guide to looking after yourself

<https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself/>

**Website:** <https://www.youngminds.org.uk/>

### Shout



Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope.

To start a conversation, text the word 'Shout' to 85258.

### Islington SENDIASS

Free impartial, information, advice and support on Special Educational Needs and Disability (SEND) for children, young people, parents and carers.

### Monthly Coffee Morning

10.00am, Thursday, Mar 20 2025

Please contact the advice line 0203 031 6651 or [islingtonsend@family-action.org.uk](mailto:islingtonsend@family-action.org.uk) for further information.

### Information and Downloads

<https://family-action.org.uk/islington-sendias-information-and-downloads/>

**Website:** <https://family-action.org.uk/services/islington-sendias/>

## WORK IT OUT

<b>Islington Activity Directory</b>		<p>Sport and Physical Activity for Young People in Islington</p>	<p><b>Website:</b> <a href="https://findyour.islington.gov.uk/kb5/islington/directory/service.page?id=iE8foP4aTNo">https://findyour.islington.gov.uk/kb5/islington/directory/service.page?id=iE8foP4aTNo</a></p>
<b>Get Active Islington</b>		<p>Find and book local sport and physical activities</p>	<p><b>Website:</b> <a href="https://islington.activityfinder.net/">https://islington.activityfinder.net/</a></p>
<b>One You Islington</b>		<p>Being active is important for keeping a healthy body and mind at every stage of life.</p>	<p><b>Website:</b> <a href="https://oneyouislington.org/topic/get-active/">https://oneyouislington.org/topic/get-active/</a></p>
<b>CJ &amp; Friends</b>		<p>At CJ and Friends, the mission is to cultivate joy in children towards God through music and dance!</p>	<p><b>Website:</b> <a href="https://www.youtube.com/channel/UCbAHzn2p9FxsA-C72yzSEig">https://www.youtube.com/channel/UCbAHzn2p9FxsA-C72yzSEig</a></p>
<b>Grow with Jo</b>		<p>Helping you find yourself again through movement you enjoy. Get started on your journey to health and wellness.</p>	<p><b>Website:</b> <a href="https://www.youtube.com/c/growwithjo">https://www.youtube.com/c/growwithjo</a></p>
<b>Physical Activity Guidelines</b>		<p><b>Guidelines for children and young people</b>  <a href="https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/">https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/</a></p> <p><b>Guidelines for adults 19 to 64</b>  <a href="https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64/">https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64/</a></p>	
<b>Action for Happiness</b>		<p>10 Days of Happiness is a free online program to boost your wellbeing, through daily actions for happier living.</p>	<p><b>Website:</b> <a href="https://actionforhappiness.org/">https://actionforhappiness.org/</a></p>



Bereavement charity supporting grieving children and families  
 Freephone Helpline on 08088 020 021. The lines are open between 8am and 8pm, Monday to Friday.

**Website:** <https://winstonswish.org>



Dreamy Kid offers mindfulness and relaxation exercises aimed at helping kids cope with stress and anxiety. The app also provides specific issue-based meditations, making it a great resource for children dealing with challenges like anxiety or trouble sleeping.

**Website:** <https://dreamykid.com/>



Talking about your problems can really help. Here you will find free, confidential help for problems such as stress, anxiety, depression and insomnia.

### Groups & Workshops

Groups are running online and face-to-face. All our Workshops have been recorded and are available to view on our website

#### ◆ **Boosting Your Mood**

<https://www.icope.nhs.uk/camden-islington/groups-workshops/boosting-mood/>

#### ◆ **Sleep Group**

<https://www.icope.nhs.uk/camden-islington/groups-workshops/sleep/>

#### ◆ **Pain**

<https://www.icope.nhs.uk/camden-islington/groups-workshops/pain/>

#### ◆ **Worry Group**

<https://www.icope.nhs.uk/camden-islington/groups-workshops/worry-group/>

#### ◆ **CBT + Physical Activity**

<https://www.icope.nhs.uk/camden-islington/groups-workshops/cbt-physical-activity-group/>

### Refer yourself

#### Online

<https://www.icope.nhs.uk/pre-referral/>

#### Telephone

Islington: 0203 317 7252/0203 317 7252

#### GP Referral

You can ask your GP to make a referral for you.

#### Helpful resources

<https://www.icope.nhs.uk/camden-islington/helpful-resources/>

#### Website:

<https://www.icope.nhs.uk/camden-islington/>

### Charlie Waller



Charlie Waller provide mental health training, resources and consultancy with a focus on children and young people.

### Webinar Recordings

- ◆ Being autistic, living a good life: helping ourselves and others. Hosted by Alice Palmer, Andrew Macdonald and Freya Gray.

**Web link:** <https://vimeo.com/964581279>

- ◆ Young people, self-esteem and self-confidence. Hosted by Andy Caress.

**Web link:** <https://vimeo.com/986371650/dc540f54ec>

- ◆ Helping your child understand their emotions and practical strategies to help. Hosted by Gemma Howard

**Web link:** <https://vimeo.com/919600119/a69c6c13ad>

- ◆ Supporting young people experiencing thoughts of suicide. Hosted by Hannah Buckland

**Web link:** <https://vimeo.com/938563854/b2f946dca4>

- ◆ Supporting young people: Adolescence, angst and anxiety. Hosted by Gemma Fieldsend

**Web link:** <https://vimeo.com/825768900/a871b4c7c2>

**Web link:** <https://charliewaller.org/what-we-offer/free-webinars/>

### Resources

**Web link:** <https://charliewaller.org/mental-health-resources/mental-health-difficulties/10-practical-tips-for-parents-from-parents/>

<https://www.charliewaller.org/parents-and-carers>



**Cruse Bereavement Helpline:** 0808 808 1677/ The opening times for the helpline are: Monday, Wednesday, Thursday, Friday (9.30am – 5pm) (Tuesday 1pm – 8pm).  
**Website:** <https://www.cruse.org.uk/>