

ASD					
Young Minds		Psycho education – MH support	Whole family support		https://youngminds.org.uk/find-help/conditions/autism-and-mental-health/
ASD Info Wales		Info sheets helplines	Whole family support		www.asdinfowales.co.uk
Local Link	STAND	ASD/ADHD/ALN	Whole family support No diagnosis needed	07826 108 273	https://standnw.org/about-us/#:~:text=Stand%20North%20Wales%20was%20formed%20by%20Yvonne%20Brookes,for%20Additional%20Needs%20and%20Disabilities%E2%80%9D%20in%20North%20Wales.
ADHD					
Young Minds		Help/support			https://youngminds.org.uk/find-help/conditions/adhd-and-mental-health/
ADDIS S		Fact sheets/ Support			http://www.addiss.co.uk/factsheets.htm
Local Link	STAND	ADHD/ASDA/AN	Whole family support No diagnosis needed	07826 108 273	https://standnw.org/about-us/#:~:text=Stand%20North%20Wales%20was%20formed%20by%20Yvonne%20Brookes,for%20Additional%20Needs%20and%20Disabilities%E2%80%9D%20in%20North%20Wales.
Anxiety					
Anxiety Canada		Psycho education/ videos	Teens fight or flight response + video/help	(Covid 19 videos inc)	https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/
Anxiety Canada		Psycho education/ videos	Adults/kids		http://www.anxietycanada.com/articles/anxiety-101-what-you-and-your-child-need-to-know-about-anxiety/
Anxiety Canada		Downloads /help	Adults/kids		https://www.anxietycanada.com/free-downloadable-pdf-resources/

PTSD					
Young Minds		Psycho education	Kids/YP		https://youngminds.org.uk/find-help/conditions/ptsd/
Low Mood/Dep					
Young Minds		Support	kids/YP		https://youngminds.org.uk/find-help/conditions/depression/
C.A.L.L.		Helpline/links/info	up to 25	0800 132 737	http://callhelpline.org.uk/Default.asp 24hrs 365 days a year
Papyrus		Suicide prevention	Hopelink 24hrs	0800 0684141	
Self-Harm					
Shout		Info/videos/links/helpline	YP		https://www.giveusashout.org/get-help/
Samaritans		Helpline/links/info	Adults/YP		https://www.samaritans.org/wales/how-we-can-help/if-youre-having-difficult-time/if-you-want-self-harm/
Calm Harm		APP	YP		download
Suicide					
Papyrus		Hopeline/support	YP		https://papyrus-uk.org/help-advice-resources/
Shout		Crisis Text line	YP		Text shout to 85258 24/7 immediate help
Grief and loss					
Young Minds		What is grief/videos	Kids/YP		https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/
Child Bereavement UK		Films/resources/links	Kids/YP	0800 0288840	www.childbereavementuk.org
2 wish upon a star		Support for YP/families affected by death of a child	Siblings/parents	01443 853125	www.2wishuponastar.org
Local Link	CRUSE Bereavement	Free Bereavement support	whole family support	01492 536577 or 0808	https://www.bing.com/search?q=northwales+cruse&form=WNSGPH&qs=SW&cvid=2d9690c56b3543a8a18b2c3865a2052e&pg=northwales+cruse&cc=GB&setlang=en-US&nclid=B8015CFB8664FB041A951AA3C5F48FD9&ts=1594983942588&wssso=Moderate

				8081677	
Anger					
Young Minds		Resources help	kids/YP		https://youngminds.org.uk/find-help/feelings-and-symptoms/anger/#what-is-anger?
Family Lives		Parent helpline/ videos	Parental help		www.familylives.org.uk
Bullying					
Kidscape		Bullying resources Advice		0207 7303300	https://www.kidscape.org.uk/resources/
Childline		Helpline		0800 1111	www.nspcc.org
Young Minds		Resources Advice Support			https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/
Body Image					
Young Minds		Resources help			https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/
BEAT		Information/help/links			https://www.beateatingdisorders.org.uk/types?gclid=EAlaIqobChMlju2J5-ii6wIViLbtChOP6QvfEAAAYASAAEgIXkfD_BwE
Young Minds		Resources help			https://youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems/
Exam Stress					
Young Minds		Anxiety help/stress			https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/
Childline		Stress		0800 1111	www.nspcc.org

School problems

Young Minds		Help support			https://youngminds.org.uk/find-help/feelings-and-symptoms/problems-at-school/
SNAP Cymru		ALN support advice	Parents of school children	8088010 608	www.snapcymru.org
Local Link	School based counselling	Counselling support	Kids/YP	01824 708064	https://www.denbighshire.gov.uk/en/resident/education/education-counselling/children-and-young-persons-counselling.aspx

Parental support

Young Minds		Help for parents	Adults		https://youngminds.org.uk/find-help/for-parents/
Solihull		Parenting online course	Free code to access website is NWSOL		www.inourplace.co.uk
Family Lives		Helpline for parents	Videos on behaviour/online chat	0808 800 2222	askus@familylives.org.uk www.familylives.org.uk
DEWIS Cymru		Family support directory of services			http://www.dewis.wales/
Local Link	Families First/TAF/Barnardos FLS	support for families with children up to 25 parenting and family conflict/behaviour	whole family support	01824 712200	cfsgateway@denbighshire.gov.uk (e mail contact)

Sleep

Anxiety Canada		Info/support	Adults/kids		https://www.anxietycanada.com/articles/getting-a-good-nights-sleep/
Young Minds		Info/support	Professional YP/parents		https://youngminds.org.uk/youngminds-professionals/
COVID 19					
East Midlands	Education Psychs	Back to school support COVID 19			http://www.em-edsupport.org.uk/Page/7730
C.A.L.L.	Helpline/resources	Covid 19 support			http://callhelpline.org.uk/Default.asp
Anxiety CANADA	Resources/links	Covid 19 support			https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/
Young Minds	Resources/links	Covid 19 support			https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/