

Local resources

Kirklees Keep in Mind provides mental health and emotional wellbeing support for children and young people in primary and secondary education in Kirklees. This might be directly with young people and/or their parents/carers. Sometimes this work may be 1-1 and sometimes in a group. If you are concerned about your child's mental health or wellbeing, please speak to your school, who will discuss your concerns to see if the service is suitable for your child's needs, and can request support by completing the KKIM consultation form. There are also lots of resources and links on the KKIM website for you to use www.kirklees-keep-in-mind.nhs.uk



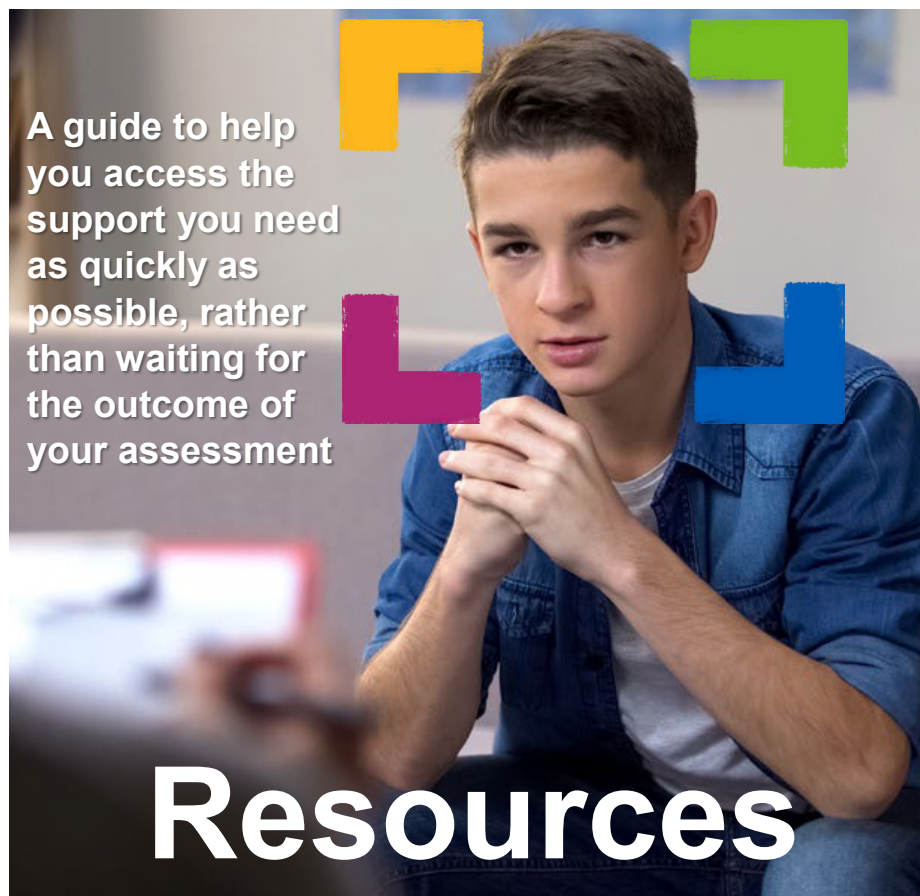
KIAS stands for the **Kirklees Information Advice and Support service** and is the name of the SENDIAS service in Kirklees which is a service which has to be provided by law for families to get independent SEND information, advice and support. Calderdale and Kirklees Sendiass is a dedicated service for parents, carers, children and young people providing free, impartial and confidential Special Educational Needs and Disability Information Advice and Support.



Call: 07771 977384. Website: www.kias.org.uk

Kirklees Early Support Strategy provides interventions early to support and build resilience amongst children, young people and their families, particularly those that may be vulnerable.

If you need to speak to social care for advice or support, please contact the Childrens Services and Advice Team on: 01484 456848
Website: www.kirkleessafeguardingchildren.co.uk



Developed for Children, Young People, Families and Carers as you wait for your Kirklees Neurodevelopmental Assessment

This booklet contains a whole host of resources to support you and your child while you wait for your Neuro Assessment.

However, if you notice a deterioration in your child's mental health needs, please speak to your GP, your child's school, or visit Kirklees Keep in Mind www.kirklees-keep-in-mind.nhs.uk

Night Owls

Night OWLS is a confidential support line, 8pm to 8am every night for all children, young people, and parents/carers in West Yorkshire. Call 0800 148 8244; Text 07984 376950; Chat on wynightowls.org.uk



For urgent mental health crisis out of hours service, please call our Crisis Line on 07385 399840 Monday to Friday 5pm to 8pm or weekends and Bank Holidays 9am to 8pm.

Alternatively, attend A&E where you can access a 24-hour assessment.

Kirklees Local Offer is a website is where parents, carers, children and young people up to 25 with special educational needs and disabilities (SEND) can find information, advice and guidance about support, services and activities that are available to those living in Kirklees.



The site includes information for parents or carers; information for young people; news feed; events calendar; local activities; have your say; local offer videos and Kirklees SEND newsletters.

www.kirkleeslocaloffer.org.uk

Phone Apps

Brain in Hand: This app is designed for people with ASC and mental health difficulties. It provides information about strategies to manage difficulties with emotional wellbeing.

Anxiety apps: Xploro App; Wysa mental health support app; Combined Minds app.

Low mood: Happify App; Feeling Good

Brili Routines - Visual Timer:

This app allows you to set up routines, such as morning routines, bedtimes and the school day. It helps you to create visual timetables and structures which can help to remind you what you need to do.



Sleep: Sleepio is a digital sleep-improvement program featuring cognitive behavioural therapy which deliver tailored and engaging advice 24/7. It is clinically proven to improve sleep, mental wellbeing and productivity. This is only available from the Apple Store.

Headspace: This is a mindfulness app. It has guided meditation practices, including short and long practices to support you to practice mindfulness. It also has ideas about other relaxation activities.

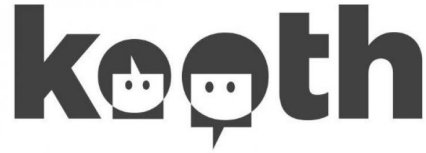
Sleep: Families can access a sleep advice service from Cerebra. www.cerebra.org.uk

Conversation Therapy Lite:

This app is aimed at helping to develop people's communication skills. It supports you through speech therapy activities designed to improve language, problem-solving and communications skills.

****We encourage parents and their children/young people, to check out sites jointly in the first instance and always be aware of what sites your child/young person is viewing.***

A safe and confidential space to share experiences and gain support from the Kooth community and qualified professionals.



It is an online digital platform with live counselling options.

www.kooth.com

Kooth believe in a judgement free space, achieved through their moderated community and professional content and have

accredited counsellors and emotional wellbeing practitioners.

Ideal for young people.



www.barnardos.org.uk

In some areas of the UK, Barnardo's have specific services that support children with ADHD and their families. They'll help you learn parenting techniques to help support your child, give you the chance to meet other parents in the same boat as you, and celebrate the little things that make your child unique. The website has sections for parents and young people's resources.

A website crammed with information for everyone. When you're living with a mental health problem, or supporting someone who is, having access to the right information is vital.

aged 11 to 18; How to find a therapist. Ideal for everyone.



www.mind.org.uk

Sections include: Types of mental health problems; Helping someone else; Tips for everyday living; Therapies and medications; Legal rights; Crisis resources; Information for young people

Websites



Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, YoungMinds can help.

Ideal for children, young people and parents.

www.youngminds.org.uk



www.adhduk.co.uk

ADHD UK has been created by people with ADHD for people with ADHD. It features sections on work, education, support and list along with a musician, entrepreneur and actor who speak of their ADHD diagnosis.

Ideal mainly for parents.

Autism is a lifelong developmental disability which affects how people communicate and interact with the world.



More than one in 100 people are on the autism spectrum and there are around 700,000 autistic adults and children in the UK. So let's start with an obvious resource ...

The National Autistic Society: www.autism.org.uk