

Additional Information for Parents and Carers

Here is a list of helpful services to support your child's emotional wellbeing:

Asperger's Children and Carers Together

- Asperger's Children and Carers Together (ACCT) is a parent-led support group for children and families affected by Asperger's syndrome and High Functioning Autism. ACCT run activity groups for children and teenagers with Aspergers and Autism, as well as family days out and other trips. They also host meetings for parents and carers.
- Link: <https://www.sheffieldmentalhealth.co.uk/services/aspergers-children-and-carers-together-acct>

CAMHS Signposting Service

- Extensive list of various services and charities which could support your child's mental health and emotional wellbeing.
- Link: <https://library.sheffieldchildrens.nhs.uk/camhs-signposting-resources/>

Cavendish Cancer Care

- Cavendish Cancer Care is a local charity dedicated to improving the quality of life for people living with cancer in South Yorkshire, North Derbyshire and Nottinghamshire. They provide free emotional support through a buddy scheme, counselling and complimentary therapies to the patient, their carer and their children. They offer lots of different services including a Children's and Young People's Service; this specialist service offers supportive care to children up to the age of 18, who either have cancer or are affected by the illness within the family. They tailor a range of approaches to suit the child's needs, such as play therapy or working with parent and child together.
- Link: <https://cavcare.org.uk/>

Child Bereavement UK

- Child Bereavement UK is a national charity supporting families and educating professionals around loss and bereavement. They provide confidential support, information and guidance to families and professionals throughout the UK through their helpline. Their website provides information and resources for family, young people, schools and professionals. They also provide books, DVDs and workbooks for bereaved families.
- Link: <https://www.childbereavementuk.org/>

ChildLine:

- Childline is a free, confidential 24-hour helpline for children and young people in the UK, provided by the NSPCC. Children and young people (aged under 19) can call the helpline about any problem, at any time – day or night.
- Link: <https://www.childline.org.uk/about/about-childline/>

Chilypep

- The Children's & Young People's Empowerment Project (Chilypep) is a local charity aiming to involve young people (aged 8-25) in the policy and decision making of services and organisations which affect them, in Sheffield. They promote the rights, wellbeing and

opportunities of all young people across Sheffield and South Yorkshire. They currently offer a range of different projects for young people to access.

- Link: <https://chilypep.org.uk/>

Cruse Bereavement Support

- Cruse Bereavement Support provides support to people who have been bereaved. Cruse is a national organisation with local branches, including in Sheffield. They provide a national helpline, 'cruse chat' function on their website, one-to-one support, and Hope Again which is a website run by Cruse for young people who have been bereaved. Children and young people under 18 can be referred by parent or carer, with signed consent.
- Link: <https://www.cruse.org.uk/>

Department of Health and Social Care and Department of Education

- Link to two papers around 'Transforming children and young people's mental health provision: a green paper' and the Government's response.
- This green paper sets out the ambition that children and young people who need help for their mental health are able to get it when they need it.
- Link: <https://www.gov.uk/government/consultations/transforming-children-and-young-peoples-mental-health-provision-a-green-paper>

Grief Encounter

- Grief Encounter supports bereaved children and young people, and their families and friends, across the UK. They provide Griefftalk, a specialist helpline for children and young people who have recently experienced a death of someone they love, family programmes, Grief Relief kits and e-counselling.
- Link: <https://www.griefencounter.org.uk/>

Haven

- Haven is a local organisation who support children affected by domestic abuse. They provide children and young people with support and care through the provision of services and education.
- Link: <https://www.havenorg.uk/>

IDAS

- IDAS is a specialist charity in Yorkshire that supports anyone who is experiencing, or is affected by, domestic abuse or sexual violence. You can self-refer to IDAS.
- Link: <https://www.idas.org.uk/>

Mencap and Gateway Sheffield

- Mencap & Gateway Sheffield is a local charity which provides support to adults and children with learning disabilities, and their families/carers.
- Link: <https://www.sheffieldmencap.org.uk/>

Mermaids

- Mermaids is national organisation that supports children and young people up to 20 years old who are transgender and/or gender diverse; their families, and professionals involved in

their care. Mermaids helps trans and gender variant children and their families navigate the challenges they face with support, understanding and freedom to explore their gender identities whatever the outcome or their decision. They also help provide a sense of community whilst raising awareness of gender non-conformity and gender dysmorphia in young people, professionals who support them and the general public.

- Link: <https://mermaidsuk.org.uk/>

MindEd For Families

- MindEd is a free learning resource about the mental health of children, young people and other adults. They offer advice and information from trusted experts to help understand what problems may occur and what to do to support your family.
- Link: <https://mindedforfamilies.org.uk/>

Papyrus

- Papyrus are a national charity dedicated to the prevention of young suicide. They help young people (under 35) who are struggling with suicidal thoughts. They also support the family and friends of the young person.
- Link: <https://www.papyrus-uk.org/>

Place2Be

- Place2Be is a children's mental health charity working with pupils, families and staff in UK schools. They provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research.
- Link: <https://www.place2be.org.uk/>

SARAS (Sheffield Area Refuge and Support)

- SARAS (Sheffield Area Refuge and Support) offer a safe space for single women (16+) with or without children, to live after leaving abusive relationships. The service is responsive to women and children from a variety of cultural backgrounds and with a variety of needs and circumstances.
- Link: <https://sheffielddact.org.uk/domestic-abuse/get-help/need-somewhere-safe/>

SAYiT: Support for LGBTQ+ and questioning young people and their families (age 11+)

- SAYiT is a local charity supporting LGBTQ+ young people under the age of 25, but their youth groups are open to ages 11-25. SAYiT's groups are for anyone who identifies as LGBTQ+ or are questioning their gender and/or sexuality. They also offer a parents and carers group.
- Link: <https://sayit.org.uk/>

Sheffield Autistic Society

- Local charity for autistic people, their families and carers. They provide support and information and campaign for a better world for autistic people.
- Link: <https://sheffieldautisticsociety.org.uk/>

Sheffield Parent Carer Forum

- Sheffield Parent Carer Forum is the largest parent-led network of families of children with special educational needs and disabilities in Sheffield. Their main aim is to ensure the needs

of children they support are met. The Forum allows parents to provide mutual support, exchange information, and influence policy and practice. Membership is free and is open to all Sheffield parents and carers of children and young people, aged 0-25 years, with disabilities and/or special educational needs.

- Link: <https://sheffieldparentcarerforum.org.uk/>

Sheffield Safeguarding Hub

- Sheffield Safeguarding Hub is the place for professionals and members of the public to report safeguarding concerns regarding a child or young person.
- Link: <https://www.safeguardingsheffieldchildren.org/scsp>

Sheffield Young Carers

- Sheffield Young Carers (SYC) is a registered charity that provides information, advice and support to children and young people (aged 8-25 years) who care for, or who share the care of someone (usually in their family) who is ill, disabled, has mental health problems or who is affected by alcohol or substance use. The service aims to reduce the isolation that young carers can experience and give them access to a range of social, educational and employment opportunities.
- Link: <https://www.sheffieldyoungcarers.org.uk/>

Shelter

- Shelter is a national organisation that provides support to people experiencing problems with housing and homelessness.
- Link: https://england.shelter.org.uk/get_help/local_services/sheffield

Winston's Wish

- Winston's Wish supports children and young people after the death of a close loved one. They provide in-depth and dedicated bereavement support services to help children and young people cope with their grief.
- Link: <https://www.winstonswish.org/>

Young Minds

- Young Minds is a national charity working to improve the mental health of all children and young people. They work with young people, as well as their parents, and professionals. The website provides lots of resources for young people on a wide range of issues they might be facing, including where to find support and help. Young Minds also provide free advice and support for parents if they are worried about their child's mental health.
- Link: <https://www.youngminds.org.uk/>