

Parent(s)/Carers leaflet to support with their children's mental health

Liverpool based support

- **Fresh CAMHS** - Mental health Support for children and young people based at Alder Hey <http://www.freshcamhs.org/>
- **Young Persons Advisory service (YPAS)** - offers free counselling and small group work across the south, north & central part of the city <http://www.ypas.org.uk/>

Support for children on the ASD pathway or that have a diagnosis

- **ADDvanced Solutions Community Network** - Community based learning, coaching and mentoring programmes and health, wellbeing and enrichment activities for families living with Neurodevelopmental conditions. <http://www.addvancedsolutions.co.uk/>
- **The Isabella Trust** - Aims to support parents, carers and families of children with autism and sensory difficulties by providing support, information and access to training, courses and workshops. <https://www.theisabellatrust.org/>
- **ADHD Foundation** - The ADHD Foundation works in partnership with individuals, families, doctors, teachers and other agencies to improving emotional well being, educational attainment, behaviour and life chances through better understanding and self management of ADHD, ASD and related learning difficulties such as dyslexia, dyspraxia, Irlen's Syndrome, dyscalculia and Tourette's Syndrome. <https://www.adhdfoundation.org.uk/>

National support

- **Young Minds** - mental health support for young people <http://www.youngminds.org.uk/>
- **National website to support families with confidential helpline** - www.familylives.org.uk
- **MindEd is a free educational resource** on children and young people's mental health for all adults www.minded.org.uk/
- **Childline** - Online resources as well as access to free counsellors via email and telephone <https://www.childline.org.uk/>

Bereavement support

- **Winston's Wish** - is the leading childhood bereavement charity in the UK offering practical support and guidance to bereaved children, their families and professionals. www.winstonswish.org.uk
- **Child bereavement UK** - Supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement www.childbereavementuk.org