

## Online Resources

**Creative Youth Network** [www.creativeyouthnetwork.org.uk](http://www.creativeyouthnetwork.org.uk) (children & young people 11+)

We are youth workers, creative professionals, volunteers and campaigners. We help all young people to reach their potential and live fulfilling lives, by building secure, positive relationships with them based on the unique needs of each person.

**Childline** [www.childline.org.uk](http://www.childline.org.uk) if you want to access support & talk to someone in confidence please go to Childline. It has a free helpline - 0800 1111

**Off the Record** [www.otrbristol.org.uk](http://www.otrbristol.org.uk)

Drop-in, telephone: 0808 808 9120 & Email: [hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk)

**Kooth** [www.kooth.com](http://www.kooth.com)

Kooth is a free online service that offers emotional and mental health support for children & young people aged **11 –25**

**Lotty**

LOTTY is LPW's online and mobile service for young people between **11 and 25**.

You can text confidentially on 07786 20 20 40 from 2pm to 10pm on Mondays, Wednesdays and Fridays and from 2pm to 7pm on Tuesdays and Thursdays.

**The Mix** [www.themix.org.uk](http://www.themix.org.uk) Freephone 0808 808 4994

UK based charity that provides free, confidential support for young people under 25 via online, social and mobile

**Family Lives** [www.familylives.org.uk](http://www.familylives.org.uk) Helpline 0808 800 2222 Listening, supportive and non-judgemental – advice and support covering a wide range of topics and there is also an Online parenting course.

**Parenting.co.uk** [www.parenting.co.uk](http://www.parenting.co.uk) Advice & tips sections for all matters relating to parenting and bringing up children. Sections include education, general help, health, sports and more.

**Supportive Parents** [www.supportiveparents.org.uk](http://www.supportiveparents.org.uk) By providing a high quality, accessible, impartial and confidential SENDIAS service, we will empower children, young people and their parents to play an active and informed role in their/their child's education and in their preparation for adult life. By supporting good partnership working, we will encourage service-users and professionals to work more closely together, in the interests of children and young people with SEND. Supportive Parents provides the statutory SENDIAS service for Bristol, SENDIAS stands for Special Educational Needs & Disability Information, Advice and Support.

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**Bristol Local Offer** [www.bristol.gov.uk/web/bristol-local-offer](http://www.bristol.gov.uk/web/bristol-local-offer) Support for parents of children with autism, has details of what is available, specialist family learning courses and much more.

**National Autistic Society** [www.autism.org.uk](http://www.autism.org.uk)

**WECIL** [www.wecil.co.uk/support-info/youth-groups](http://www.wecil.co.uk/support-info/youth-groups)

**Time to Share** [www.time2share.org.uk](http://www.time2share.org.uk)

Our Vision: Time2share envisions a society where every disabled child and young person is supported, and has access to, outstanding social and leisure opportunities through to adulthood which contribute to a fulfilling, integrated and meaningful life.

Mission statement: To promote and facilitate a transition to independence.

Our Offer: We provide a one to one befriending service, youth groups, day trips and family activities that help improve the lives of children, young people and their families

**The Rainbow Centre** [www.rainbowcentre.org.uk](http://www.rainbowcentre.org.uk) Tel: 0117 985 3343

**Winstons Wish** [www.winstonswish.org](http://www.winstonswish.org)

Helpline: 08088 020021

**Child Bereavement UK** [www.childbereavement.org](http://www.childbereavement.org)

Helpline: 0800 0288840

**Grandparents Plus** [www.grandparentsplus.org.uk](http://www.grandparentsplus.org.uk) Advice and Information for grandparents raising a grandchild on a wide range of topics.

**Bristol Grandparents Support Group** [www.bristolgrandparentssupportgroup.co.uk](http://www.bristolgrandparentssupportgroup.co.uk)

### Internet Safety

Internet Matters [www.internetmatters.org](http://www.internetmatters.org)

NSPCC [www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety)

Safety net kids [www.safetynetkids.org.uk/personal-safety/staying-safe-online](http://www.safetynetkids.org.uk/personal-safety/staying-safe-online)

Think u Know [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Bristol Wellbeing Therapies** – [www.iapt-bristol.awp.nhs.uk](http://www.iapt-bristol.awp.nhs.uk)

Bristol Wellbeing Therapies (BWT) is the gateway into Bristol's NHS funded primary care service. BWT conduct all the assessments into this free and confidential service.

Therapies are provided by a range of different providers for adults of all ages.

The current wait for assessment is around a month. They can be booked by calling 0117 9823209

**Bristol Mind** [www.bristolmind.org.uk](http://www.bristolmind.org.uk)

Bristol Mind is a mental health resource for people in Bristol and surrounding areas providing:

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information and signposting service, a wide range of advocacy services, low cost counselling, a confidential helpline MindLine 0808 808 0330 (Wed-Sun, 8pm to midnight), a confidential Transgender helpline 0300 330 5468 (Mon and Fri, 8pm to midnight), a confidential out-of-hours peri-natal support helpline 0117 935 9366 (Sat and Sun, 8pm to midnight), LGBTQ+ wellbeing therapies and a hate crime service

**Young Minds** [www.youngminds.org.uk](http://www.youngminds.org.uk) – has parents survival guide- helping-your-child Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines).

[www.thehideout.org.uk/children/is-it-happening-to-me](http://www.thehideout.org.uk/children/is-it-happening-to-me)

**Domestic Violence support for children**

[www.refuge.org.uk/get-help-now/support-for-women/what-about-my-children](http://www.refuge.org.uk/get-help-now/support-for-women/what-about-my-children)

**Papyrus** [www.papyrus-uk.org](http://www.papyrus-uk.org) Hopeline uk 0800 068 4141 National charity for the prevention of young suicide, offering confidential support.

**Stem4** [www.stem4.org.uk](http://www.stem4.org.uk)

stem4 is a teenage mental health charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage. stem4 provides information on identification, intervention and effective management of commonly occurring teenage mental health issues. This information is shared through the following: website, Calm Harm app, videos

**Parents Protect** [www.parentsprotect.co.uk/warning-signs-in-children-and-adults.htm](http://www.parentsprotect.co.uk/warning-signs-in-children-and-adults.htm)

Help Parents and Carers Protect Children from Sexual Abuse and Exploitation.

**Mosac** [www.mosac.org](http://www.mosac.org) Mosac supports all non-abusing parents and carers whose children have been sexually abused. With 25 years of experience, they provide a range of support services and information for parents, carers and professionals dealing with child sexual abuse.

**Think u know** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.