Self Harm

The Opal Project

The Opal Project was founded in 2004 to help young people between the ages of 11 and 19 who self-harm, it is now run by Service Six who are based in Northamptonshire, UK. The aims and objectives of Opal is to help young people deal with self-harm, to help others handle difficult situations with self-harm and try to make young people’s lives better so they do not feel the need to self-harm.

The website has lots of useful information for both parents of young people who self harm and the young people themselves. It includes downloadable resource packs with information on self harm, help, useful strategies and advice as well as a very useful resource for young people who are self harming called a ‘Spectrum Journal’.

National Self Harm Network

The charity focuses on support and distraction enabling people to seek alternatives to self harm. The charity aims to empower individuals to explore reasons for their self harm and to seek appropriate professional help. NSHN now equally support friends, families and carers of individuals who self harm.

Local safeguarding Children Board Northamptonshire

We all share responsibility for safeguarding and promoting the welfare of children and young people, whether as a parent or family member, a friend or neighbour, an employer, or as a paid or volunteer worker. This website has been developed to offer up to date and accessible information about safeguarding children and young people in Northamptonshire.
Counselling Services

Service Six

http://www.servicesix.co.uk/

Service Six offers 1-2-1 therapeutic counselling for children, young people and families. We also offer a free counselling service for adults who live in East Northamptonshire. Counselling is a way of helping people with different personal problems. Counsellors work with a wide range of concerns including abuse, anxiety, depression, bereavement, bullying, loneliness, self-esteem, difficulties in relationships, self-injury, eating problems and many other issues. It is based on the building of a trusting relationship between the counsellor and the client and it can enable people to talk about experiences and to make sense of them. Counselling can also allow people to express difficult feelings and learn how to manage them in a different way. Counsellors are trained to listen thoughtfully and carefully to people's problems without judging or criticising them. They do not give advice but support clients to enable them to make positive decisions and positive changes to how they deal with problems.

Relate Northamptonshire – For Children and Young People.


We recognise that relationship difficulties affect children and young people too. This service is designed to support children through the process of:

- Parental divorce and separation
- New step-parents/siblings
- Difficulties in relationships generally (at school, with peers, with parents)
- Bullying
- Loss and bereavement
- School transition
- Witnessing domestic violence in the family home
Domestic Violence

Information services can be found on

**Northamptonshire Domestic Abuse Forum (NorDAF)**

http://www.nordaf.co.uk/

**Northampton Sunflower Centre**

01604 233684

We have office bases in Corby and Northampton but we also offer outreach appointments throughout the county at venues including Towcester, Daventry, Brackley, Kettering, Wellingborough, Raunds, Rushden and Irthlingborough.

Offers support and advice services to male and female victims of domestic abuse

**Northampton Women’s Aid**

http://www.northamptonwomensaid.org.uk
0845 123 2311

Offers 24-hour emergency refuge, support, outreach and aftercare to women and their children who are victims of domestic abuse. Everyone has the human right to be safe; NWA can support you if you or someone in your family is a victim of Domestic Abuse.

Northampton Women’s Aid offers a countywide service to male and female victims, and perpetrators of Domestic Abuse.

**Nene Valley Christian Family Refuge**

www.nvcfr.org.uk
01604 230311

Provides a 24-hour service for women with children escaping domestic abuse, offering accommodation in refuge, advice, crisis help, aftercare and resettlement.
Northamptonshire Rape and Incest Crisis Centre

http://www.nricc.com/
01604 250721

Offers confidential advice, counselling and support for victims of rape, incest and sexual abuse. NRICC is a local charity run by women for women and girls who have experienced sexual violence, whether recently or in the past. We have been operating since 1986. We are a rape crisis centre offering a professional service that women want and use.
Bereavement

Service Six

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Child and Adolescent Bereavement Service

Contact details
Telephone 01604 545131

The Child and Adolescent Bereavement Services (CABS) offers individual and group bereavement counselling to children and adolescents in the Northamptonshire area, in a school setting or at the Northampton General Hospital, Children's out-patients department. We offer support to parents, carers, school staff or any agency which are caring or working with a bereaved child or adolescent. We also offer support to families where a member has a terminal illness. Training can be provided to schools and agencies.

Children and young people may be seen in Children's Outpatients, in school, at home, and in a variety of other settings. The location of appointments is agreed between the families and the counsellor to provide the most suitable package of care to the child or young person.
The welfare and protection of children and young people is everyone's responsibility.

If you suspected a child or young person was at risk of abuse, would you know what to do? If you are worried about a child in any way, we are here to help.

**Emergency**

If a child is in immediate danger or left alone, you should contact the police directly on 101, and where in need of medical assistance also call an Ambulance (call 999).

**Non Emergency**

If there is no immediate danger or you need advice or information see below; 

**Advice/Information**

If you want to discuss your concerns or need advice e.g. if you not sure whether your concerns are justified, you would like more information about issues like confidentiality or you would like to know what happens next (after you have reported your concerns), do one of the following:

- Speak to **Northamptonshire County Council Children Customers and Education Services Initial Contact Team on**: 0300 126 1000 (extended opening hours)

  Speak to the National Society for the Prevention of Cruelty to Children (NSPCC) at **NSPCC National Helpline Tel**: 0808 800 5000

If your are a member of the public and you do not wish to give your name to the Children Customers and Education Services or NSPCC, you do not have to. If you do give your name, you can ask that your identity is not revealed to the parents/carer of the child concerned.
NSPCC

Report your concern or get advice and support on our free 24/7 adult helpline by phone, text or online

Don't wait until you are certain if you are worried about a child. Contact our free helpline service to speak to an NSPCC counsellor 24 hours a day, 365 days a year.

We will listen to and assess your concerns - whether about your own child, a family member, neighbour or child in the community - and can take action on your behalf if a child is at risk.

You can remain anonymous if you wish. All communications will be recorded and we keep records for 15 years.

If you think a child is in immediate danger, contact us straightaway or call the police on 999.

Northamptonshire Rape and Incest Crisis Centre

http://www.nricc.com/
01604 250721

Offers confidential advice, counselling and support for victims of rape, incest and sexual abuse. NRICC is a local charity run by women for women and girls who have experienced

If you are a child

Childline

http://www.childline.org.uk/talk/Pages/Talk.aspx

You can contact ChildLine about anything. No problem is too big or too small. Whatever your worry it's better out than in. There are several different ways you can get in touch with Childline on the phone or website. From the website you can access webchat and email counsellors.
Connexions provides careers advice and other information, advice, guidance and support to all 13-19 year olds (and to young people up to the age of 25 with learning difficulties or disabilities).

**Connexions Northamptonshire** is responding to the opportunities created by changes in government policy about the way services are provided to young people.

Connexions Northamptonshire is a not-for-profit organisation, and is the provider of choice for Northamptonshire County Council to deliver a targeted support service to young people on their behalf. We now work with a priority group of vulnerable young people across the county, both in schools and other community settings.

**Schools, colleges and other learning providers now have a responsibility to provide some of the support services which were previously delivered by Connexions.** To help them to do this, we provide a bespoke range of products and services which can be purchased to ensure young people can receive the services their school has identified they need. This includes independent and impartial advice and guidance, work experience, work related learning and much more.
Young Carers

Northamptonshire young carers

http://www.northamptonshire-carers.org/young-carers/

Carers Support Line
01933 677907

The Young Carers Service supports children and young people who are in a caring role. This means that they are helping to look after someone (usually within their family) who has a long term disability or illness.

The Young Carers Service is for ages 5 – 16 years whilst the Young Adult Carer Project is for those aged 16 – 25.

We run youth clubs and trips out to bowling, cinema, laser zone, ice skating plus many other exciting activities! We aim to give Young Carers a break from their caring role and to help them to make friends with other Young Carers who understand what caring is like.
Eating Disorders.

Northamptonshire Eating Disorder Service

Eating disorders are a serious health issue, especially in younger women and have the highest mortality rate among all psychiatric disorders. Northamptonshire's Eating Disorder Service has evolved over the past 20 years and is a pioneer of community-based approaches to treatment and support, in particular: modular group programmes, Binge-eating Disorder, and intensive home treatment for people who are severely unwell with Anorexia Nervosa.

Access to Help
We accept referrals from GPs and other health professionals. In exceptional circumstances, we can also accept self-referrals.
We aim to offer initial appointments quickly, within a few weeks, but we see urgent cases within 10 days.
Appointments are usually held at our bases at Campbell House in Northampton or Clarendon House in Kettering. People who are too unwell to attend are visited and assessed at home.

The Service
We offer treatment for the whole spectrum of eating disorders: Anorexia Nervosa, Bulimia Nervosa, and binge-eating disorders, as well as less specific problems many people encounter.
Eating disorders do not always go away quickly and easily. The length of recovery for Anorexia Nervosa can be up to seven years or .... just a short course of treatment depending on the circumstances.

B-EAT

Beat provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders

http://www.b-eat.co.uk/
Helpline

**Beat's Adult and Youth Helplines are open from Monday to Thursday 1:30pm to 4:30pm.**

Beat provides helplines for adults and young people which offer support and information to sufferers, carers and professionals.

**Help for young people**

If you are 25 or under, call the Beat Youthline.

**Youthline: 0845 634 7650**

**Email: fyp@b-eat.co.uk**

**Text: 07786 20 18 20**

The Youthline is open Monday to Thursday 1:30pm-4:30pm

Parents, teachers or any concerned adults should call the Helpline for adults on 0845 634 1414.
**Bullying**

**Bullying UK**

http://www.bullying.co.uk/

People contact us about all aspects of family life that include all stages of a child’s development, issues with schools and parenting/relationship support. We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying at school, teenage risky behaviour and mental health concerns of both parents and their children. We provide a 24 hour helpline, advice website, email service, live chat and parenting/relationship support groups.

**Beat Bullying**

http://www.beatbullying.org/

BeatBullying is all about young people helping and supporting each other online.

If you’re being bullied, or are feeling a bit low, or are maybe troubled by something and you’re not sure what to do or who to talk to, then BeatBullying is where you can go for help. It doesn't matter how big or small you think the problem is, or whether you're being targeted online or offline, our Mentors are here to listen and support you.

The best thing about it is that mentors are young people too. Many young people have told us that they would prefer to speak to another young person about bullying. That’s why mentors are young people like you. They have been trained and are volunteering their time online to help you.

It's still important to talk to your parents or teachers about bullying. If you don't feel ready to do this, a mentor can help.
Mental Health

Ask Normen

Ask Normen Directory contains information on services, organisations and support available in Northamptonshire. Use the sliding bar and drop down menus to search by age range or location or, simply type a word or phrase into our keyword search.

Welcome to NORMEN, the Northamptonshire Mental Health Gateway

This site is for everyone with an interest in the emotional wellbeing and mental health of children and young people in Northamptonshire.

We want to make sure that parents, professionals and other people working with children and young people are aware of local services, training and support materials. The Service Directory will allow you to search for services offered in your area dependent on your needs. The Document Library has a number of resources and toolkits to help you ranging from practical guidance on supporting needs, policies, academic papers etc.

Ask Normen Directory contains information on services, organisations and support available in Northamptonshire. Use the sliding bar and drop down menus to search by age range or location or, simply type a word or phrase into our keyword search.

CAMHS

Where Young Minds Matter

http://www.nhft.nhs.uk/main.cfm?type=CONTENTCAMHS

Every child deserves a healthy start, but the pressures of modern life can have as big an impact on the emotional health and wellbeing of children and young people as they have on adults.

Here at NHFT we provide specialist CAMHS services to children and young people who have severe, enduring and complex mental health difficulties.
Child, adolescent and family services help children and young people aged 0 to 18 years and their families. We become involved when a child or young person is experiencing continuing emotional or behavioural problems.

GPs, teachers, social workers and other professionals refer patients to us.

We will always involve the family where appropriate. Some of the problems we help with include:

- Acute psychiatric illness
- Anxiety/depressive disorders
- Attachment disorder
- Attention deficit disorder
- Autistic spectrum disorders
- Chronic fatigue syndrome/ somatisation
- Eating disorders
- Obsessive-compulsive disorder
- Post-traumatic stress disorder
- Self-harm/attempted suicide
- Severe phobias
- Substance misuse
- Unresolved bereavement

**Educational Psychology Services (EPS)**

01604 630082
mbrooks@northamptonshire.gov.uk

To promote child development and learning through the application of psychology, working with parents and carers, teachers and other adults in schools and early years settings; with children and their families in their homes; with individuals and groups of children and young people from birth to nineteen years (for those still in schools). The service works to promote mental health & emotional well-being (MHEWB). To provide support where there are concerns of a psychological nature or about learning difficulties/disabilities across the following areas of development: cognitive, linguistic, sensory, physical and/or social and emotional development. Such support includes identifying specific and pervasive developmental difficulties/disorders, including dyslexia, autism, & attention deficit/hyperactivity disorder (ADHD). Overall outcomes of support & intervention promote learning achievement & positive social, emotional & behavioural functioning; enhance the skills of key adults – parents/carers & professional staff; provide advice to the Local Authority on strategy and practice that promotes psychological health & well-being.
Autism Concern

Information, Advice, Group Advocacy and Guidance through Free telephone help line on all aspects of Autistic Spectrum Conditions plus dual diagnosis (ADHD/AS) provision. Website resource, internet
Drugs and alcohol services

**Northamptonshire Young Peoples Drug Service** 01536 4930957

The Northamptonshire Young People’s Drug Service (NYPD) offers free and confidential support for young people aged under 19. We welcome anyone who is concerned about their own alcohol, solvent or drug use or that of somebody else. The team includes professionals such as health workers and young people’s drugs workers so you have access to a wide range of skills and support. Services offered include assessments, advice and information, detoxification treatment, acupuncture, group work, family work and counselling.

**Talk to Frank**

http://www.talktofrank.com/

For friendly, confidential drugs advice, talk to FRANK. Call, text or email for answers to your questions or if you just want a chat.