

# Useful Links

## **Health Watch Wirral**

Healthwatch has built a Directory of Services that work with Wirral residents. It's very easy to use and covers a wide range of issues that people may need help with.

## **My Mind**

An NHS website run by CAMHS developed for everyone interested in the mental health and well-being of children and young people across Wirral and Cheshire.

## **Wirral Local Safeguarding Children's Board**

Website pertaining to children's services with regards to Safeguarding.

## **Wirral Autistic Society**

Information about services offered by the Society.

## **Caritas**

A very useful site offering support for all aspects of family life especially when times are hard and life is a struggle.

## **The NSPCC**

A link to the NSPCC's advice pages.

## **Home Start Wirral**

A useful link to a friendly home based support for families on Wirral.

## **Talk to Frank**

A useful link for worries about alcohol or substance misuse.

## **Get-Self Help**

A link providing information about various mental health conditions and self-help resources.

## **Gingerbread**

Support and advice for single mums and dads to help meet their family's needs.

### **Child Bereavement**

A link supporting children through bereavement.

### **Mind Ed**

Information and guidance about children and young people's mental health, wellbeing and development.

### **Reading Well**

Wirral libraries stock a number of books to promote the benefits of reading for health and wellbeing. Click on the above link to find out more.

### **Sibs**

Information, advice and support for people that grow up with a disabled brother or sister.

### **Young Minds**

Information and real life stories about children and young people's mental health, and ways to get help.

### **Young Minds, Parent Helpline**

Information for parents and carers about common mental health and behaviour concerns in children and young people.

### **The Dove Service**

Support to parents and professionals, including counselling for children/young people. The service also offer training on issues around bereavement and loss.

### **Butterflies**

A well-established activity-based therapy service for young people ages 4-15 experiencing bereavement and loss.

### **NSPCC- PANTS**

Information and a video to teach children that their body belongs to them and they should tell an adult if they're upset or worried.

### **My Sleep**

Practical resources developed by Wirral Sleep Service, to support families and professionals in encouraging good sleeping habits amongst children.

### **Child and adolescent mental health services (CAMHS)**

who have difficulties with their emotional or behavioural wellbeing.

### **W.I.R.E.D.**

Wirral Information Resource for Equality and Diversity.

### **Google Translate**

Translate text into any language.