Thurcroft
JUNIOR ACADEMY

Support for Children & Families

2026-2027

Mental Health

Child / Teen & Family Mental Health

Jade Youth & Community
https://jadeyouthandcommunity.co.uk/
Sam Oldroyd – CEO
Lisa Williams – Manager
Paige Dean – Partnership Coordinator

01909 565639

Childline https://www.childline.org.uk/
Child Support Helpline 0800 1111 Link to chat online with a counsellor. https://www.childline.org.uk/get-support/1-2-1counsellor-chat/

Soluna:
You can speak to a counsellor online as well as discussion boards and mental health magazine
https://solunaapp.com/uk

The Mix
Support for teens on many subjects, sexuality, mental health, relationships, study.
Access to freephone helpline, email, crisis messenger, 1-2-1 chat and counselling support. Tel: 0808 808 4994
Speak To Our Team | Support For Mental Health & Other Issues | The Mix

Link to the CAMHS App to download an App than enables children / teens to talk to a CAMHS Worker re anxiety
Getting Advice – CAMHS (rdash.nhs.uk)

Links to the list of CAMHS recommended Apps
APPS | CAMHS Resources (camhs-resources.co.uk)

Phone App's
WorryTree Mobile App — WorryTree (worry-tree.com)

Stressheads - The Mix

Calm Harm free app provides tasks to help you manage the urge to Self-Harm
https://calmharm.co.uk/

Chill Panda
Chill Panda: Calm Play Today – Apps on Google Play
Chill Panda on the App Store (apple.com)

Breathing Techniques
Guided Square Breathing for Children - YouTube
Two minutes Mindfulness: Balloon Breaths/Belly Breaths - Breathing exercise for Children - YouTube
Square Breathing Visual - YouTube
Calm | Breathe Bubble - YouTube

Support For Parents
Parents A-Z Guide to Support | Mental Health Advice | YoungMinds
Parental Support Helpline on 0808 802 5544

Free Online Parenting Support Programmes:

https://inourplace.co.uk/rotherham/
A wide range of courses in the Childrens and Young People section. All accessed with the code DON

Me, You and Baby Too - An online course to help couples prepare for the transition to parenthood. Me, You and Baby Too helps new and expectant parents adapt to the changes that parenthood can have on their relationship, while raising awareness of the impact of stress and conflict on their baby. Parents completing this course will develop the skills to manage their conflict more constructively.
Short online course, approximately 40 minutes.
Parents can access this directly by clicking the link below and registering for a free account: Parent guide for England (oneplusone.org.uk)

0-12 Triple P
Triple P Online supports parents of young children (under 12). Guide behaviour positively, set up routines and rules more easily, and have a calmer household.
Parents can access this directly by clicking the link below and registering their details: https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/

Teen Triple P
Teen Triple P Online supports parents of tweens and teens aged 10 to 16, to raise responsible, confident teenagers. Enjoy a closer bond with your child and help them get ready for adulthood.
Parents can access this directly by clicking the link below and registering their details:
https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/

Fear-Less Triple P
Fear-Less Triple P Online supports parents of children aged 6 to 14 with frequent worries/anxiety. Help children reduce anxiety and become more independent with proven tools and techniques.
Parents can access this directly by clicking the link below and registering their details: https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/

Arguing better - An online course for reducing parental conflict
Arguing better helps raise awareness of parental conflict and its impact on children. It gives parents the skills to cope with stress together and manage their conflict more constructively.
Short online course, approximately 40 minutes.
Parents can access this directly by clicking the link below and registering for a free account: Parent guide for England (oneplusone.org.uk)

Getting it Right for Children -An online course for separating parents to minimise the impact of separation on children.
Getting it right for children uses Behaviour Modelling Training techniques to help separating parents see how they are putting their children in the middle of their conflict. It helps parents to develop positive communication skills, so that they can parent co-operatively and work out solutions together.
Short online course, approximately 40 minutes.
Parents can access this directly by clicking the link below and registering for a free account: Parent guide for England (oneplusone.org.uk)

Action for Children
Understanding and managing my child's behaviour - Support for Parents from Action For Children
Family Lives
Advice on all aspects of parenting, including dealing with all ages, behaviour, development, education, bullying etc.
Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)
Website: www.familylives.org.uk

Bullying General Resources
https://www.bullying.co.uk/ Kidscape
http://www.kidscape.org.uk/

Parents struggling with Mental Health issues

Rotherham IAPT
Rotherham (Improving Access to Psychological Therapies) IAPT you can self-refer via the self-referral form, on the website, or by contacting on 03000 215108 .
Includes Self Help Guides and access to face to face or online group support.
https://iapt.rdash.nhs.uk/about-rotherham-iapt/

Hub Of Hope, search from your postcode for mental health support
Mental Health Support Network provided by Chasing the Stigma | Hub of hope Hub of Hope App.
Hub of Hope – Apps on Google Play

National Support Services for Anxiety, both offering Helplines https://www.anxietyuk.org.uk/
Helpline: 03444 775 774

https://www.supportline.org.uk/problems/anxiety/
Helpline: 01708 765200

Free Online CBT Therapy for people registered at Rotherham GP's.
Rotherham | Ieso (iesohealth.com)
Phone App's
WorryTree Mobile App — WorryTree (worry-tree.com)

Men's Mental Health Peer to Peer Support.
Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club (andysmanclub.co.uk)
Meetings are 7pm – 9pm on Mondays. Local groups in Brinsworth, Wath Upon Dearne, Maltby and Beighton

For Parents who are bullied / intimidated by their children
Support for Parents & Guardians | Pegs Support (pegsupport.co.uk)

Mental Health.org
How to support someone with a mental health problem | Mental Health Foundation **Mind**
Helping someone else | Mind, the mental health charity - help for mental health problems

The Rotherham Mental Health Crisis Team
The team operates a 24/7 crisis telephone line accessible to all providing triage, advice, signposting and follow-up appointments, alongside comprehensive face to face assessments and consultation.
Contact us 0800 652 9571 (Please note this a freephone number)
Opening hours: 24 hours a day, 7 days a week

Samaritans
Free Phone 116123
Samaritans | Every life lost to suicide is a tragedy | Here to listen

Drug / Alcohol misuse
ROADS - Rotherham Alcohol and Drug Service (Provided by With You) - With You (wearewithyou.org.uk)

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Self-Harm Support

Alumina
http://alumina.selfharm.co.uk
Online course started by selfharm.co.uk for young people between 14-18 years.
Alumina is an opportunity to think more about it and work out what your next step might be.

Calm Harm
Free app provides tasks to help you manage the urge to Self-Harm https://calmharm.co.uk/

Heads Above the Waves
Resources – Heads Above The Waves (hatw.co.uk)
Heads Above the Waves exists to raise awareness about self-harm and promotes hope through creativity. Includes sharing personal stories of young people who have overcome their struggle with self harm and how they did it.

Website of the Telephone Helplines Association giving information on helplines across the UK.
Find A Helpline - Helplines Partnership

CALM (Campaign Against Living Miserably): https://www.thecalmzone.net/what-we-do . They have a helpline but it isn't 24/7: https://www.thecalmzone.net/suicide-prevention-helpline and operates 5pm to midnight

EYUP- Text EYUP to 85258. Text the word 'EYUP' to 85258 to start a free, anonymous and confidential text conversation with a mental health professional.
Struggling with anxiety, low self esteem, loneliness, depression, suicidal thoughts and feelings or struggling to cope? We're here for you, 24/7.
If your life is at imminent risk, please call 999 for immediate help.
https://giveusashout.org/gethelp/get-help-with-your-mental-health-south-yorkshire/ We will send electronic resources for EYUP when we have them

Soluna (Kooth): https://solunaapp.com/uk

Young Minds: https://www.youngminds.org.uk/young-person/my-feelings/suicidal-feelings/

Samaritans: Freephone 24/7 116123

Bereavement / Separation / Suicide support

NHS List of Links to child bereavement support.
https://www.nhs.uk/conditions/stress-anxiety-depression/children-and-bereavement/

Apart of Me - Helping young people cope with grief

National Child Bereavement support
Child Bereavement UK

Winston's Wish https://www.winstonswish.org/ **Young Minds** https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-tosupport-grief-and-loss/

Cruse Bereavement Support
https://www.cruse.org.uk/get-help/for-parents/how-to-help-a-child-or-young-person

GriefEncounter
www.griefencounter.org.uk/

Child & Family Bereavement Support

We support bereaved children and their families to help alleviate the pain caused by the death of someone close.

Talk to Someone –

Grief Encounter team members can add to your list of trusted adults, who can offer you a wealth of support and guidance. Call grieftalk on 0808 802 0111 or drop us an email on grieftalk@griefencounter.org.uk.

If you want to meet other bereaved children who will understand exactly what you are going through, we can put you in touch via our fun days and workshops.

E-Counselling –

E-counselling is a new service being offered by Grief Encounter so that bereaved young people aged fourteen or over, who aren't situated within our local area, can receive support when they need it most.
We initially offer 6 counselling support sessions w with an experienced counsellor at a mutually convenient time conducted via webcam through Skype, Teams, Zoom.

If you are interested in this type of support, please email ecounselling@griefencounter.org.uk A Grief Encounter team member will respond to you to set up an initial assessment. The initial assessment will be to get to know you better and determine if e-counselling is a good match for you. Age range 14+ or those caring for 14+ bereaved young person.

Divorce & Young People's Mental Health | Parent Guide | YoungMinds

Family and Personal support following suicide
South Yorkshire - Amparo

Supporting your child through separation and divorce.
https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-tosupport-divorce-or-separation/

Gender / Identity / Sexuality

Mermaids:
www.mermaidsuk.org.uk – Advice and website with a telephone information and listening service for children and teenagers with gender identity issues and their families.
Under 18's section
Kids & Young People - Mermaids (mermaidsuk.org.uk)

Contact us - Mermaids (mermaidsuk.org.uk)
0808 801 0400
Free phone help and support line

Gendered Intelligence: http://genderedintelligence.co.uk/Work with the trans community and those who impact on trans lives; particularly specialise in supporting young trans people under the age of 21.
Support line 0330 3559 678
WhatsApp chat 07592 650 496
Youngminds Gender & Mental Health Advice and Support for Young People and Parents Gender and Mental Health | Support and Advice | YoungMinds

Support and advice for Parents of Young People who have come out
Coming out - Family Lives

Sheffield Based LGBTQ Support Groups for Young People and Parents.
SAYiT (Sheena Amos Youth Trust) | LGBTQ+ Youth Charity | Sheffield, England
0114 201 2633
Including the Fruitbowl Support Groups
Young Peoples Group link
Young People Groups | SAYiT
Parent / Carers Group link
Parents and Carers | SAYiT

Family lives
Support and advice for Parents of Young People who have come out
Coming out - Family Lives

Rotherham Rainbow Project
Home | The Rainbow Project LGBTQ+ Support Wath Upon Dearne (therainbowprojectrotherham.com)

Eating Disorder Support

The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)

SYEDA - South Yorkshire Eating Disorder Association

Resources — SYEDA - South Yorkshire Eating Disorder Association

Self Help — SYEDA - South Yorkshire Eating Disorder Association

Bullying General Resources

Family Lives
https://www.bullying.co.uk/

Kidscape
http://www.kidscape.org.uk/

Internet safety
Get Safe Online | The UK's leading Online Safety Advice Resource
Parents and Carers - UK Safer Internet Centre

Think You Know
Parents homepage (thinkuknow.co.uk)

Child Exploitation & Online Protection (CEOP)
https://www.ceop.police.uk/safety-centre

SEND online safety
Advice and support – Rotherham SEND Local Offer
https://www.rotherhamsendlocaloffer.org.uk/advice-and-support/

Autism, ADHD & SEND Support

The Rotherham Autism Information and Advice Service
Local advice, support, training and activities for parents of children with a diagnosis of ASD, or on the Neurodevelopmental Pathway waiting list.
Advice and Support – Rotherham SEND Local Offer
For any further information please contact us on 01709 336404
Or email: autismadvice@rotherham.gov.uk

Ambitious About Autism
Behaviour | Ambitious about Autism
Meltdowns and shutdowns | Ambitious about Autism
Support for families | Ambitious about Autism

The National Autistic Society
Advice and information on all aspects of living with, or supporting those with, Autism.
https://www.autism.org.uk/
Behaviour (autism.org.uk)
Meltdowns (autism.org.uk)
Distressed behaviour - a guide for all audiences (autism.org.uk)

ADHD Support
Resources Archive - ADHD Foundation : ADHD Foundation
ADHD Resources :: Cheshire and Wirral Partnership NHS Foundation Trust (canddid.nhs.uk)

CAMHS Links
Rotherham – CAMHS (rdash.nhs.uk)
ASD Top Tips – CAMHS (rdash.nhs.uk)
RDaSH Neurodevelopmental Services – CAMHS
Resourses – CAMHS (rdash.nhs.uk)

Rotherham Parent Carers Forum. Tel: 01709 296262
A local organisation that offers support, advice and events to parents of children with additional needs.
https://www.rpcf.co.uk/

List of upcoming activities / trips. A weekly Youth Club for 11+ Monthly SEN supported Cinema trips etc
Links to Supported Activities for Autistic Young People
RPCF Rotherham Parent Carers Forum

Links to Parent Workshops on offer and how to apply.
RPCF Rotherham Parent Carers Forum

Transitions Team information.

Preparing for Adulthood – Rotherham SEND Local Offer

Rotherham Sendiass
Supporting families to ensure their children are supported in education. If you are not working with a member of staff please call 01709 823627 http://www.rotherhamsendiass.org.uk/

Link to the free Triple P Programme Online
Positive parenting courses in Rotherham | Free Triple P - Online Parenting Programme | Triple P (triplep-parenting.uk.net)

Domestic / Sexual Abuse

Referral – Hopian
Call on 0330 2020571

http://www.growproject.org.uk/
Call on: 01709 511171

Rotherham Abuse Counselling Service - How Can We Help? (rothacs.org.uk)
Call on 01709 835482

Bright Sky app | Hestia
Bright Sky helps you to spot the signs of abuse, know how to respond, and help someone find a safe route to support.

Paladin – National Stalking Advocacy Service (paladinservice.co.uk)

Debt / Finance issues

Debt Advice
The government's www.moneyadviceservice.org.uk.

Other websites that have **benefit calculators** and provide advice are www.shelter.org.uk/advice

Entitled To, Benefits calculator
Benefits Calculator - entitledto - independent | accurate | reliable

Debt advice | Free debt advice | National Debtline | National Debtline
0808 808 4000

Turn2Us also offer a telephone advice service – **0808 802 2000** – which can help with welfare benefits, grants and other financial assistance and advice www.turn2us.org.uk

StepChange
have a telephone advice service **0800 138 1111** – this a free service for landlines and mobiles and they can help deal with debts and help lessen the impact of aggressive recovery techniques sometimes used to recover outstanding debt.
www.stepchange.org

Shelter telephone advice service 0808 800 4444

Citizens Advice
Get Advice - Citizens Advice Rotherham
For Telephone Advice Please Call Our Freephone Adviceline On
0808 278 7911 Or 01709 515680 To Book A Video Advice Call back
Kiveton Park Independent Advice Centre Kiveton Park Community Library **01909 773966 Mexbrough Citizens Advice Bureau** 0808 278 7955 / 01709 572400

Christians Against Poverty -
Christians Against Poverty | Debt Counselling Charity (capuk.org)

Money Charity
The Money Charity - Financial Wellbeing + Financial Education

Debt Advice Foundation -
Debt Advice Foundation - Call Our Debt Advisers Free On 0800 043 40 50

Rotherhive
https://rotherhive.co.uk/

PARENTING:-

Rotherham | Togetherness – Togetherness
https://togetherness.co.uk/mul/rotherham/

Evidence Based Programmes – Rotherham Metropolitan Borough Council
https://www.rotherham.gov.uk/homepage/490/evidence-based-programmes

For further support contact:

Rotherham MASH 01709 336080