

On Line



<https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd/about-ptsd/>

HelpGuide

<https://www.helpguide.org/home-pages/ptsd-trauma.htm>



<http://assisttraumacare.org.uk/our-service/children-are-affected-too/>

YOUNGMINDS

<https://youngminds.org.uk/find-help/conditions/ptsd/>



<https://beaconhouse.org.uk/resources/>

Explains what post-traumatic stress disorder (PTSD) and complex PTSD are, and provides information on how you can access treatment and support. Includes self-care tips and guidance for friends and family.

information and self-help support for individuals affected by PTSD and trauma

Information on children and the impact of trauma, from not-for-profit organisation/charity, ASSIST Trauma Care

if you're worried about post-traumatic stress disorder, and want to find out more about the condition and what to do if you're affected by it.

link to freely available resources and further websites for children, young people, their families and professionals courtesy of Beacon House Therapeutic Service for individuals who have experienced trauma and loss.

Apps



In Hand - Using a traffic light system, In Hand acts as a digital friend to help you in times of stress or low mood.



SAM - A friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety and provides welcome strategies to aid recovery.



WellMind - Free NHS mental health and well-being app designed to help with stress, anxiety and depression.

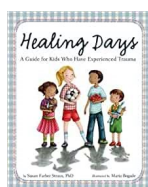
Webinars

"Once I Was Very Very Scared" (by Chandra Ghosh Ippen):

https://www.youtube.com/watch?v=tXOgvchh_Lc : online book, written to help children and grown-ups understand how stress can affect children and ways to help them. A squirrel announces that he was once very, very, scared and finds out that he is not alone, as lots of the little animals have gone through scary experiences, but they react in different ways. They need help, and they get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings.

(<https://www.youtube.com/watch?v=DcAPbDpgoso>: a free webinar about stress and trauma from Chandra Ghosh Ippen. *Includes above story "Once I Was Very Very Scared"*. Through story and metaphor this webinar shares common reactions to stress and begins to talk about ways we can support healing and recovery)

Books



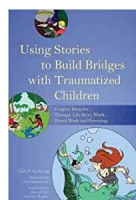
Healing Days: A Guide for Kids Who Have Experienced Trauma (by Susan Farber Straus): A book for parents to read together with children. Readers will follow four children as they learn ways to cope with their own trauma.



The Simple Guide to Child Trauma: What It Is and How to Help (by Betsy de Thierry): for any adult caring for or working with a child who has experienced trauma. It will help them to understand more about a child's emotional and behavioural responses following trauma



Everyday Parenting with Security and Love: Using PACE to Provide Foundations for Attachment (by Kim S. Golding): this book explains how children who have experienced trauma, loss or separation early in life need more than just special care and attention; they need to be parented with love and security in a way that allows them to heal and rebuild emotional bonds. This book provides parents/carers with advice and guidance on how to strengthen attachment and trust.



Using Stories to Build Bridges with Traumatized Children: Creative Ideas for Therapy, Life Story Work, Direct Work and Parenting (by Kim S. Golding): this book is for professionals and for parents/carers wanting to parent therapeutically. It explains how you can use stories to build connections with children aged 4–16 and support their recovery from trauma and stress.



Samaritans - 116 123 Confidential emotional support 24/7



Text Young Minds Crisis Messenger - 85258, for free 24/7 support across the UK if you are experiencing a mental health crisis and you need urgent help



Childline - 0800 1111 For Young people up to 19 years. Open 24/7



HOPELine UK - 0800 068 41 41 For Young people up to 19 years. Open Mon-Fri 10am-10pm, weekends 2pm-10pm, bank holidays 2pm-5pm

MOODJUICE

MOODJUICE - Run by NHS Scotland, Moodjuice has a lot of helpful information for young people in crisis.



Information and advice on counselling services for people aged 12–25. Visit the website and click 'Find a service'.

www.youthaccess.org.uk

Themix - 0808 808 4994

www.themix.org.uk



Text 'THEMIX' to 85258 (for 24/7 crisis support) Mental health support for young people under the age of 25.