

Online Mental Health Resources (For children)

Chill Panda App

This free app is for children and adults who want to learn how to manage stress and worry, and feel better.

<http://chillpanda.co.uk/>



Clear Free App

This free app aims to help children and teenagers manage anxiety. This app helps to reduce physical responses to threat and change thoughts and behaviours through distraction and helpful activities.

<https://clearfear.stem4.org.uk/>



Coping Skills for Kids

A website that provides free resources for teaching children about healthy ways to cope with stress, anxiety and anger.

<https://copingskillsforkids.com/>



Kooth

Free mental health support from online counsellors. A free sign up service with discussion boards, helpful tips, articles written by young people, and the option to write mood journals and set positive goals.



Online Mental Health Resources (For Young People)

Shout

A free, confidential 24/7 text messaging service for anyone who is struggling to cope.

Text 85258 to speak to someone

<https://giveusashout.org/>



Calm

A mindfulness app that includes various relaxing sounds to listen to, visualisations to help relaxation, 'sleep stories' and guided meditations

<https://www.calm.com/>



Calm Harm

An app to help teenagers resist the urge to self-harm by providing a wide range of distraction techniques.

<https://calmharm.stem4.org.uk/>



Aye Mind

Website aimed at improving the mental wellbeing of young people. Includes resources and links to lots of useful digital tools.

<https://ayemind.com/>



Papyrus

Mental health charity dedicated to preventing young suicide by supporting young people and families. Young people can phone their 'Hopeline' if they are experiencing thoughts of suicide or for anyone who is concerned about a young person.

Tel: 0800 068 4141

Text: 07860 039967

Email: pat@papyrus-uk.org

<https://www.papyrus-uk.org/>



Local Supports

Renfrewshire Carers Centre

The Renfrewshire Carers Centre provides advice, support and information to unpaid carers of all ages in Renfrewshire.



They can offer the following supports:

- Information and advice
- Carer Support Plans
- Carer Breaks
- Emotional Support
- Support Groups
- Advocacy
- Training
- Care at Home
- Emergency Planning Support

Of particular interest may be the *Autism Parent Carers Support Group*. This group has both an evening and daytime option and offers opportunities for parents to share experiences, and access emotional and practical support. (Follow the QR code for more info)



Contact details:

Tel: 0141 887 3643

Email: enquiries@renfrewshirecarers.org.uk

Ren-10

A network of people who work and volunteer in the Renfrewshire Area – offering a variety of early help services to support mental health and wellbeing. They work with children aged 0-25 and parents. You can make a request for assistance on their website and a member of their team will get back to you to discuss what supports they can offer you.



The supports they can offer/link you in with include:

- Counselling
- Anxiety management support
- Family wellbeing supports
- Sleep supports
- Peer support groups
- Eating disorder supports
- Specific supports for care-experienced children and young people
- Non-Violent Resistance parent training groups



Parent Resources

Right Click Programme

A free online support programme for parents and carers of young children or teenagers. Made up of over 50 videos and supporting materials, Right Click offers advice and practical strategies for supporting your child.

<https://www.scottishautism.org/online-support-right-click>



DIFFERabled Scotland

Providing peer support and training to parents and carers of children with Additional Support Needs.

www.differabledscotland.co.uk

ENQUIRE

Providing easy to understand advice and information about additional support for learning legislation and guidance for families and professionals.

www.enquire.org.uk

ENQUIRE

Young Minds Parent Helpline

A free and confidential service offering tailored information, advice and support to parents and carers who are concerned about their child's mental health. It is available for parents/carers of children/young people aged 25 and under. You can contact them via the phone or on an online chat.

YOUNGMINDS
fighting for young people's mental health

Tel: 0808 802 5544 (available Mon-Fri 9.30am-4pm)

OR use the QR link to chat to them online



ADHD Specific Support and Information



The ADHD Foundation is the UK's leading neurodiversity charity, offering a strength-based, lifespan service for the 1 in 5 of us who live with ADHD, Autism, Dyslexia, DCD, Dyscalculia, OCD, Tourette's Syndrome and more.



ADDITUDE is a resource for families and adults living with ADHD and related conditions, and for the professionals who work with them.



ADHD UK was founded in 2020 with a mission to help those affected by ADHD – either those that have the condition or people close to them: family, friends, employers, and co-workers.

ADHD UK is a charity funded solely from personal donations – of both time and money. ADHD is a condition that affects a significant number of people in the UK and, as every person is unique, it impacts individuals differently. We aim to help people navigate their life with ADHD, we want to reduce the stigma that some attach to those with ADHD, build awareness, and undertake or fund research that will have a meaningful positive impact on those with ADHD.

Higher Education – College and University

Sharing information about a diagnosis of ADHD

Many people worry that disclosing their disability when applying to university may lead to discrimination against them. Universities and colleges have a legal requirement to make 'reasonable adjustments' so that students with disabilities are not put at a substantial disadvantage. An example of a 'reasonable adjustment' could be to provide copies of the lecture notes for a student who finds note-taking during lectures difficult.

What supports are available?

You will need to contact the learning inclusion/student support staff at the university or college to find out about support services they offer and for a chance to talk about the support that you feel you may need whilst studying. It is useful to make contact with the support services before starting university or college so that the support is in place from the beginning of the course.

SAAS: Disabled Students' Allowance

You may be eligible for a Disabled Students' Allowance (DSA), awarded through SAAS (Student Awards Agency Scotland). These grants are available to help with costs that students may incur as a direct result of their disability. Unlike a loan, these do not have to be paid back.

SAAS gives information about what you can claim under DSA, how to apply and contact details.

<https://www.saas.gov.uk/>



Lead Scotland: National Disabled Students Helpline and Information Service

This service provides advice and information about

- Applying for educational courses and training programmes
- Information on community learning opportunities
- Sources of funding for disabled learners
- Support for disabled learners in a range of learning environments
- Support and funding for carers
- Information regarding disabled people's rights in post-school learning under the Equality Act
- Signposting to specialist sources of support



Tel: 0800 999 2568 (open Monday, Wednesday, Thursday 2-4pm and Tuesday, Friday 10am-12pm)

Disability Rights UK

Disability Rights UK is a useful website with further information about applying to higher education and accessing work and apprenticeships

<https://www.disabilityrightsuk.org/guidance-resources>



Daily and Social Activities

Quiet Hours

Many shopping centres and supermarkets have introduced Quiet Hours where they will often dim lights, turn music off, avoid using the tannoy and turn check-out beeps down. Check out their websites for further information about this.

Braehead Shopping Centre has an Autism-friendly quiet hour on the first Tuesday of each month 10-11am.



Employment

What can your employers do to support you?

Your employer can make a number of **reasonable adjustments** to working practices to support you if you have a diagnosis of ADHD.

Some examples of supports and adjustments your employer can make include:

- Appointing a colleague to act as a mentor for you, to help with any issues that arise and if need be represent your views;
- Arranging general and specific ADHD awareness training for staff who work with the employee(s) with ADHD
- Bringing in help from external support organisations that offer job mentoring, coaching and general or specific job assistance to people with ADHD
- Using a job coach to help both employer and employee to establish a successful working partnership

Employability Scotland: No One Left Behind

This service aims to support people of all ages to develop skills, confidence and access supports to help achieve employment goals. The support may include help to prepare for employment, training, education and volunteering to support career progressions.



<https://www.employabilityinscotland.com/local-employability-services/renfrewshire/>

Email: ann.davidson@renfrewshire.gov.uk

Tel: 0300 300 1180

RAMH: Renfrewshire Employability Support

Offers supports to individuals over 16 to focus on supports which will enable access to employment opportunities.



Supports on offer include:

- Personal profiling / person centred planning
- Confidence building, anxiety management
- Signposting for appropriate additional supports, such as: benefits advice, financial management and advocacy services
- Job search skills
- CV drafting
- Completing application forms
- Interview preparation
- Support to access further education, training or volunteering
- Support to sustain employment

Email: enquiries@ramh.org