

THRIVE DIRECTORY

Supporting those that cause
harm to themselves
when in distress

If you wish to add more organisations to this document, please contact
Parental Minds at admin@parentalminds.org.uk



PARENTAL MINDS C.I.C.
Mental Healthcare ; Exploring Pathways



PARENTAL MINDS SUPPORT
Mental Healthcare ; Supporting Families

Supporting those that cause harm to themselves

Thrive Directory

This directory lists the places that parents and caregivers can get support and advice, and is grouped into four levels of support:

Getting Advice	For those who need advice and signposting, where issues have just arisen
Getting Help	For those who need focussed, goal-based input and where issues are ongoing.
Getting More Help	For those who need more intensive and targeted goal-based input.
Getting Risk Support	For families experiencing a crisis situation, where there may be for example suicidal thoughts, hospitalisation.

F2F = Face to Face

Thriving		
Name	Description	Link
Action East Devon	Non-clinical spaces and programmes for young people and their families	https://www.actioneastdevon.org.uk/
Devon Community Foundation Trust	Devon village profiles	https://devoncf.com/our-work/reports-and-publications/
Devon Connect	Things to do and services in Devon	https://devonconnect.org/
Facebook	Search 'Whats on' in your area	https://www.facebook.com/
Happy Maps	Mental Health Directory	https://happymaps.co.uk/
Health for Kids	Interactive resource for children	https://www.healthforkids.co.uk/
Involve	Volunteering opportunities and events	https://involve-middevon.org.uk/news/
Sid Valley Help	Sidmouth and surrounding areas	https://www.sidvalleyhelp.co.uk/
Health for Teens	Interactive resource for teens	https://www.healthforteens.co.uk/
The Joy App	Social Prescribing	https://www.thejoyapp.com/
The Waffle House	Axminster and Seaton	https://waffle.org.uk/about/waffle-house/

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Thriving and Getting Advice			
Type	Name	Description	Link
Online	Adoddle	Organisation location service	https://adoddle.org/
F2F	Action East Devon	Non-clinical spaces and programmes for young people and their families	https://www.actioneastdevon.org.uk/
Online	Autism Mag	Online parenting magazine	https://www.autismparentingmagazine.com/
Online	Autism UK	Autism awareness	https://autismuk.com/
Online	Carers UK	Financial and practical support	https://www.carersuk.org/
Online & F2F	Carers UK	Emotional support (parents and caregivers)	https://carers.org/
Online	Childline	Upskilling and support for under 18s	0800 1111 https://www.childline.org.uk/
Online	Creative Education	Awareness, upskilling and how to support	https://www.creativeeducation.co.uk/
Online	Devon Voluntary Action	DEVA videos on health and care	https://www.healthandcarevideos.uk/
Online	Healthtalk	Information and navigation	https://healthtalk.org/
Online	Hub of Hope	Organisation location service	https://hubofhope.co.uk/
Online & F2F	Mind	Information and peer support	https://www.mind.org.uk/
Online	Mind Ed	Upskilling - adults	https://www.minded.org.uk/
Online	NHS	Awareness, upskilling and navigation	https://www.nhs.uk/mental-health/
Online	NICE	Guidelines for support	https://www.nice.org.uk/search?q=Self-harm
Online	NSPCC	Upskilling and reporting (child's safety)	https://www.nspcc.org.uk/search/?query=self%20harm
Online & F2F	Parental Minds CIC	Navigation, upskilling, training	https://www.parentalminds.org.uk/category/all-resources/
Online & F2F	Parental Minds CIC	Awareness, upskilling and how to support loved ones	https://www.parentalminds.org.uk/links/
Online & F2F	Parental Minds CIC	Support for carers, peer support	https://www.parentalminds.org.uk/parent-support-hub-meetings/
Online & F2F	Place2Be	Mental health in schools	https://www.place2be.org.uk/our-services/services-for-schools/mental-health-support-in-schools/
Online	Rethink	Advice and information for mental illness	https://www.rethink.org/search-results?q=Self-harm
Online	Satveer Nijjar	Awareness, upskilling and training	http://satveernijjar.com/
Phone & F2F	School Nurse (Chat Health)	Text support for 11-19	07520 631722 https://www.healthforteens.co.uk/devon/find-help/

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Phone & F2F	School Nurse (Chat Health)	Parent and caregivers	07520 631721 https://www.healthforkids.co.uk/devon/school-nurses/
Online	Self-injury UK	Upskilling, navigation and support	https://www.selfinjurysupport.org.uk/
	Starting Point	Single point access for mental health support	https://headsupmha.com/starting-point/
	Starting Point (Exmouth)	Wellbeing navigation for 4-17 years	07984 354049
Online	X-Plore	Navigation (LGBTQ+)	https://www.lgbtqyouthdevon.org.uk/resources
F2F	Young Devon	Wellbeing Cafe	https://www.youngdevon.org/wellbeing/our-wellbeing-services
Online	Young Minds	Upskilling and support (youngsters)	https://www.youngminds.org.uk/young-person/
Online	Young Minds	Awareness and upskilling (parents and caregivers)	https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/
Online	Young Minds	Awareness and upskilling (support workers)	https://www.youngminds.org.uk/professional/

Getting Help			
Type	Name	Description	Link
Online	Alumina	Weekly support course and upskilling	https://www.selfharm.co.uk/alumina-online-support-for-mental-health-and-wellbeing
Online	Battlescars	Self-harm support	https://www.battle-scars-self-harm.org.uk/
App	Blue Ice	Mood diary and toolbox	https://www.oxfordhealth.nhs.uk/blueice/
F2F	Bounce	Mental health charity	https://www.bouncebrighterfutures.co.uk/
F2F	Building Futures	1-2-1 Mentoring with Young Devon	https://www.youngdevon.org/skills/1-2-1-support-and-employment-mentoring
App	Calm Harm	App	https://calmharm.co.uk/
Online/ F2F	CFHD	Early help via single point of access team	https://childrenandfamilyhealthdevon.nhs.uk/occupational-therapy/referrals/
Text Support	Crisis Text Line	85258 - Text a volunteer and online information	https://www.crisistextline.uk/
App	Distract	Resources and crisis advice	https://www.expertselfcare.com/health-apps/distract/
Online	Get Self Help	CBT Resources	https://www.getselfhelp.co.uk/
F2F	GP	Mental health and social prescribing teams	https://www.eastdevonhealth.co.uk/about/members/

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App	Harmless	Resources and clinical support	https://harmless.org.uk/
App	Headspace	Meditation and sleep	https://www.headspace.com/
Online	Kelty ED	Eating Disorder support	https://keltyeatingdisorders.ca/
Online	Kooth	Online counselling and emotional well-being platform for children and young people	https://www.kooth.com/
Online	Lifesigns	Self injury guidance and network support	https://www.lifesigns.org.uk/
Online	NAS	Navigating, upskilling and support	https://www.autism.org.uk/advice-and-guidance/topics/mental-health
Online/ F2F	New Maudsley Carers	Research and training	https://thenewmaudsleyapproach.co.uk/
Online/ F2F	Normal Magic	Single session	https://www.normalmagic.co.uk/
F2F	Oasis	Overdose and self-injury support	https://www.dpt.nhs.uk/our-services/psychology-and-psychological-therapies/ppt-service/therapies-we-offer/oasis-overdose-and-self-injury-service
Online/ Helpline	Papyrus	Young suicide prevention	https://www.papyrus-uk.org/
Online/ F2F	Parental Minds	Navigation, upskilling, training and peer support	https://www.parentalminds.org.uk/parent-support-hub-meetings/
Online	Qwell	Anonymous messaging for adults	https://www.qwell.io/
Helpline	Saneline	Phone, email, and text	https://www.sane.org.uk/
Helpline	Shout	Text service	https://giveusashout.org/
Online/ F2F	Sidmouth Youth Centre	Support for 11-25	https://www.youngdevon.org/where-we-work/sidmouth-youth-centre
Online/ F2F	Space	Youngsters groups and 1:1	https://www.spaceyouthservices.org/
Online	Spunout	Awareness and support	https://spunout.ie/
Online	Staying Safe	Safety Plans	https://stayingSAFE.net/ST/
Helpline	Supportline	01708 765 200 (hours vary, ring for details)	https://www.supportline.org.uk/
Online/ F2F	Talkworks	Self referral and workshops	https://www.talkworks.dpt.nhs.uk/
Online	Teen Flash	Upskilling	https://www.teenflash.co.uk/
App	Tell Mi (previously MeeToo)	App for young people	https://www.tellmi.help/
Helpline	The Mix	Phone, app, and text, under 25s	https://www.themix.org.uk/
F2F	YMCA	Upskilling courses (youngsters and parents)	https://www.ymca.org.uk/
F2F	Young Devon	Wellbeing conversation and 6 week counselling	https://www.youngdevon.org/wellbeing/wellbeing-toolkit
Online/ F2F	Youth Arts and Health Trust	Creative art therapies	https://www.youthartsandhealth.org/

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More Help			
Type	Name	Description	Link
Online	Alumina	Weekly support and upskilling	https://www.selfharm.co.uk/
Online	Autistica	Research and campaigns	https://www.autistica.org.uk/
Online	Battlescars	Self-harm Support	https://www.battle-scars-self-harm.org.uk/
Online/ F2F	Bounce	Mental health charity	https://www.bouncebrighterfutures.co.uk/
Online/ F2F	Building Futures	1-2-1 Mentoring with Young Devon	https://www.youngdevon.org/skills/1-2-1-support-and-employment-mentoring
App	Calm Harm	Self-harm support app	https://calmharm.co.uk/
Online/ F2F	CAMHS	Support for children and young people	https://childrenandfamilyhealthdevon.nhs.uk/camhs/ South Devon – 01803 763500 North Devon – 01271 384000
Online/ F2F	Changing Face	Skin camoflage service	https://www.changingfaces.org.uk/
Online	First Person Plural	Dissociative Identity Disorder	https://www.firstpersonplural.org.uk/
App	Harmless	Resources and clinical support	https://harmless.org.uk/
Online	Kelty ED	Eating Disorder support	https://keltyeatingdisorders.ca/
Online	Lifesigns	Self-injury guidance and network support	https://www.lifesigns.org.uk/
Online/ F2F	New Maudsley Carers	Research and training	https://thenewmaudsleyapproach.co.uk/
F2F/ Phone	Oasis	Overdose and self-injury support	https://www.dpt.nhs.uk/our-services/psychology-and-psychological-therapies/ppt-service/therapies-we-offer/oasis-overdose-and-self-injury-service
Online/ Helpline	Papyrus	Young Suicide Prevention	https://www.papyrus-uk.org/
Online/ F2F	Parental Minds	Navigation, upskilling, training, peer support	https://www.parentalminds.org.uk/
Online	Qwell	Anonymous messaging for adults	https://www.qwell.io/
Online	Self-harm Parents	Peer support	https://www.facebook.com/selfharmforparents/
Online	Shout	Text service	https://giveusashout.org/
F2F	Skin Camouflage	Skin camoflage service	https://skin-camouflage.net/scwp/
Online/ F2F	Space	Youth services	https://www.spaceyouthservices.org/
Online	Spunout	Upskilling on mental health (Ireland)	https://spunout.ie/category/mental-health
Online	Staying Safe	Safety Plans	https://stayingsafe.net/
Online/ F2F	Talkworks	Self referral and workshops	https://www.talkworks.dpt.nhs.uk/
App	Tell Mi (previously MeeToo)	App for young people	https://www.tellmi.help/

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Online/ F2F	Young Devon	Young people's charity	https://www.youngdevon.org/wellbeing/our-wellbeing-services
Online/ F2F	Youth Arts Foundation	Creative art therapies	https://www.youthartsandhealth.org/

Risk Support			
Type	Name	Description	Link
Helpline	111	111 - Free call	https://111.nhs.uk/
Online/ Helpline	CAMHS Crisis Team	9am - 5pm 01392 208 600 Out of hours emergency duty team - 0300 555 5000 South Devon - 01803 763500 North Devon - 01271 384000	https://childrenandfamilyhealthdevon.nhs.uk/camhs/
Online	Every Life Matters	Resources and support	https://www.every-life-matters.org.uk/
Online/ Helpline	Papyrus	0800 068 4141	https://www.papyrus-uk.org/
Online	Prevent Suicide	Urgent support signposting - Stay Alive App	https://prevent-suicide.org.uk/
Online/ Helpline	Samaritans	116 123 - Free call	https://www.samaritans.org/
Helpline	The Mix	0808 808 4994 - under 25s 24/7	https://www.themix.org.uk/

Further Reading - Counselling		
Name	Description	Link
BACP	Qualified Counsellors	https://www.bacp.co.uk/search/Therapists
CYP Southwest	Search for Services	https://swcypiapt.com/about/south-west-services/
EPIC Solutions	Assessment & Support	https://www.epicsolutions.org.uk/
Freebird Counselling	Counselling	https://www.facebook.com/freebirdcounselling/
Horizon Counselling Services	Counselling	https://www.horizonplymouth.co.uk/
Ironmill	Counselling	https://www.ironmill.co.uk/counselling-service
Normal Magic	Resources and support	https://www.normalmagic.co.uk/

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Southwest Family Values	1-2-1 Parenting support	https://southwestfamilyvalues.org.uk/
Tor Support	Ages 5-25 in Okehampton and surrounding parishes	https://torsupport.org.uk/

Further Reading - Books, leaflets and guides

Name	Description	Link
Can I Tell You About Self-Harm	Book by Pooky Knightsmith	https://www.amazon.co.uk/Can-Tell-About-Self-Harm-Professionals/dp/1785924281
Parenting a Teen Who Has Intense Emotions	Book by Pat Harvey	https://www.amazon.co.uk/gp/product/1626251886/ref=ppx_yo_dt_b_asin_title_o09_s00?ie=UTF8&psc=1
Rethink Mental Illness	Self Harm Factsheet	https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/self-harm/
Self-Harm - How to help your child	Book by Pooky Knightsmith	https://www.amazon.co.uk/Self-Harm-practical-Parents-Carers-Supporting-ebook/dp/B0B8J6X37R?crd=155GS3LSG84PP&keywords=knightsmith&qid=1662452752&sprefix=knightsmith,aps,121&sr=8-4&linkCode=sll&tag=eatidisoadvi-21&linkId=c9ea-
Self-Harm and Eating Disorders in Schools	Book by Pooky Knightsmith	https://www.amazon.co.uk/Self-Harm-Eating-Disorders-Schools-Whole-School/
Self-Harm Safety Plan	Leaflet by Pooky Knightsmith	https://www.pookyknightsmith.com/wp-content/uploads/2022/11/Self-harm-safety-plan.pdf
The Truth about Self-Harm	Leaflet by MentalHealth.org	https://www.mentalhealth.org.uk/explore-mental-health/publications/truth-about-self-harm

Further Reading - Other

Name	Description	Link
Action for Children	Charity	https://www.actionforchildren.org.uk/
Anna Freud	Resources for families and schools	https://www.annafreud.org/
Checkpoint	Mental health resources and games	https://checkpointorg.com/
Devon Family Resource	Funding only victim support	https://familyresource.eci.org.uk/
Headtalk	Seeking attention - The Self-Harm Expert - Video	https://www.youtube.com/watch?v=Wq_ZTTHcCy0&ab_channel=HeadTalks