

CAMHS IN THE COMMUNITY

Useful resources and links

Headspace website and app

This website teaches young people about meditation and mindfulness. This can be a helpful coping skill if they feel overwhelmed or unable to control strong thoughts and feelings. Users can sign up for free and take part in guided meditation and mindfulness sessions.

Young Minds - parents helpline

This is a confidential service (unless the advisors think the young person is at risk) advisors are available from 9:30am – 4:00pm Monday to Friday. The advisor will listen and give some practical guidance on how to help, if you need further help they'll refer you to one of our specialists whether it's a psychotherapist, psychiatrist, psychologist or mental health nurse. They'll arrange a phone consultation within seven days.

Calm Harm website and app

This resource is designed to help young people resist the urge to self-harm. It is free and password protected.

HeadMeds website

This website helps to explain mental health medications without medical terms or jargon. It includes explanations of what the medication is used for, as well as explaining side effects.

AskNormen website

This website is for those interested mental health and emotional wellbeing of young people in Northamptonshire. It contains a search tool and links to a directory of services.

Beat. website

BEAT is the UK leading charity for supporting those with Eating Disorders. The website has lots of useful information about types of eating difficulties as well as support helplines.

Rethink website

Rethink is a mental health charity which provides advice and information

[Overview](#)

[Available Locations](#)

[How do I register for this service?](#)

[Contact us](#)

[Useful resources and links](#)

[Professionals](#)