

Wellbeing

Multi-agencies offering support, guidance and strategies to promote and develop wellbeing and positive mental health.



St Giles hospice

- St Giles Hospice, offers specialist care for patients with cancer and other serious illnesses, as well as providing support for their families and helpers.

www.stgileshospice.com

UPSIDE

www.upsideonline.co.uk

Upside is a [Barnardo's](#) website, which is free, safe and confidential to support the emotional wellbeing and mental health of young people aged 11-18 years living in Staffordshire and Stoke-on-Trent.

We are sometimes asked...

Can Malachi help me? We support families who are having difficulties. We have male and female staff and we come from a range of ethnic backgrounds. If you want our help, we have someone who can help you.

Are you linked to Social Services? No, but they do sometimes ask for our help.

Are you part of the school? No, but the school has asked us to help them.

Is it free? Yes, it will take time and effort from you but won't cost you money.

Think we can help you?

We have someone working in your child's school at the moment. Ask a member of staff for their details.

If you are not sure who to ask, just give us a call or email our office. See below for our contact details.

Contact us...

Billesley Ark
725 Yardley Wood Road
Billesley
Birmingham
B13 0PT

enquiry@malachi.org.uk
0121 441 4556

Visit our website...

www.malachi.org.uk

 @malachifamily

 Malachi-Specialist-Family-Support-Services

Registered in England: No. 6996096



We are working in your child's school

Supporting you...
supporting your family



CACH

communities against crimes of hate

* Race * Religion * Disability * Sexual Orientation * Gender Identity *
* Alternative Subculture * Mental Health *

If you have been bullied, abused or harassed because you are **different** this might be a hate crime – contact us for support and advice:

0797 149 7988

www.cachpartnership.org.uk
selfreport@cachpartnership.org.uk



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Like us [/CACHPartnership](https://www.facebook.com/CACHPartnership) on Facebook

Parent Direct Staffordshire

Useful websites for parents

ADFAM

www.adfam.org.uk

Child Accident Prevention
Trust

www.capt.org.uk

Barnardo's

www.barnardos.org.uk

Family Rights Group

www.frg.org.uk

Family Friends of
Lesbian and Gays

www.fflag.org.uk

Eating Disorders Association

www.edauk.com

Kidscape

www.kidscape.org.uk

Gingerbread

www.gingerbread.co.uk

NHS Direct

www.nhsdirect.nhs.uk

NSPCC

www.nspcc.org.uk

Young Minds

www.youngminds.org.uk

Samaritans

0845 790 90 90



MoodPanda



Moodbug



Moodometer



Healthy
Minds



Stop,
Breathe &
Think



Personal
Zen



SAM (Self-help
for Anxiety
Management)



Sleep Cycle

USEFUL WEB SITES



www.childline.org.uk For young people in trouble or danger



www.rd4u.org.uk Bereavement care for young people

it's time to talk. it's
time to change

let's end mental health discrimination

www.time-to-change.org.uk/young-people

Real life stories and info

YOUNGMINDS
The voice for young people's mental health and wellbeing

www.youngminds.org.uk/

To promote the mental health and emotional well-being of young people



www.anxietyuk.org.uk

Info on anxiety



www.coap.org.uk

Support for young people affected by a parental addiction



Rethink
Mental
Illness.

www.rethink.org/at-ease

For young people to explore their feelings young people



SAMARITANS

www.samaritans.org.uk

24 hour confidential emotional support



selfharm^{UK}

www.selfharm.org.uk

Information resource for young people



beat[™]
beating eating disorders

www.b-eat.co.uk

Info and support around eating problems



THE MIX
Essential support for under 25s

www.themix.org.uk

Info and advice for young people

Children's Worker: Jackie Hughes

Telephone: 01543 442 613

Website: www.pathway-project.co.uk

24 hour Helpline: 01543 676 800



Turning Victims Into Survivors



T3 Staffordshire
Young Person's
Substance Misuse Service

Contact us if you are concerned about your drug or alcohol use. We offer free and confidential advice and support.

We won't judge you and we won't tell you what to do.



01785 241393



Our goal is to help service users regain control, change the direction of their lives, grow as a person and live life to its full potential.



Keeping our communities
safe and reassured



Staffordshire Police Preventing Child Sexual Exploitation Team

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

<https://www.thinkuknow.co.uk/>



We are
on
Facebook



Offering condom
distribution and
chlamydia screening

We offer confidential support and guidance for 14-17 Year olds on:

- *Healthy relationships awareness*
- *Keeping safe*
- *Preparing for the future*
- *Health and well being*
- *Building self esteem and confidence*

Contact us at
teenspirit@staffordshire.gov.uk



R U



Feeling controlled in your relationship?

Jan 20
Mark: Lovin the idea of goin out 2nite with the boys. Just need ask gf that it's ok. She likes me to check that sort of thing first xx

James, Dan and 1 more like this.

Jan 21
Mark: Kate hacked my Facebook account as a joke. If u had any strange messages just ignore them!

0 likes.

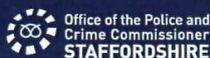
Feb 10
Mark: Feel like I have been neglecting my mates recently. I just need 2 show Kate that I am only interested in her + not other girls when I go out.

0 likes.

Abuse in relationships is never OK.

Get advice, guidance and help at

www.treatedbadly.co.uk



#treatedbadly



Treatedbadly

