

**ChildLine** offers children and young people aged 18 and under free, confidential advice and support 24 hours a day – no problem is too big or small. Our trained volunteer counsellors can be contacted through our helpline 0800 1111 or on [www.childline.org.uk](http://www.childline.org.uk) for online chat or email.

**Selfharm.co.uk** – Is a safe, pro-recovery website that supports young people who self-harm. It also offers training for parents, carers and professionals equipping them to handle disclosure and provide effective support.

**YouthNet** is the leading online charity behind TheSite.org, the online guide to life for 16-25 year olds. [TheSite.org](http://TheSite.org) provides essential, straight-talking, anonymous advice to young people about the issues affecting their lives. 0207 250 5700 [www.youthnet.org](http://www.youthnet.org) [www.thesite.org](http://www.thesite.org)

**YoungMinds** - YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. YoungMinds provides a Parents' Helpline for any adult concerned about the mental health or wellbeing of a child or young person. 0808 802 5544 or



### Achieving Positive Change through Effective Participation and Collaboration

For all media enquiries please contact the Northants Parent Forum Group using our **contact form** or call us on 07745 249 094

For the latest news about forthcoming events please ... **Join our e-bulletin.**

**Welcome to the Northants Parent Forum Group (NPFG)**

## New Service for Mental Health Support



**Where Young Minds Matter**

Chenderit are promoting CAMHS Live, a new initiative in Northamptonshire. This provides a safe and confidential live online chat service for young people aged 13-18 years old or their parent/carer. The service is available weekdays from 10am to 4.30pm and any emotional wellbeing or mental health issue can be discussed and then appropriate signposting and information is provided, or a referral made to the relevant mental health service. Find them at [www.nhft.nhs.uk/CAMHSLive](http://www.nhft.nhs.uk/CAMHSLive)