

CAMHS Revised list of services/resources

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1. ADHD:

A Specialist ADHD nurse, may be helpful in offering targeted support: you can speak with your GP about this targeted support or call Virgin SPA: 0300 247 0090.

Referral information:

- A professional referral is required this is best completed by school based on Wiltshire Children Services requiring a report from school which needs to include factors such as academic level strengths and weaknesses, behaviour during structured and unstructured parts of the day, relationships with peers and adults, details of any interventions tried and any reports from other professionals.
- Information can be found on: <https://wiltshirechildrensservices.co.uk/community-paediatrics/support/attention-deficit-hyperactivity-disorder-adhd/>
- Information for families - https://wiltshirechildrensservices.co.uk/wp-content/uploads/2018/04/adhd_information_for_families_A5_service_booklet_17.01.18_LP.pdf

- ADHD Tips to managing ADHD - <https://www.therapistaid.com/worksheets/tips-for-managing-adhd.pdf>

Self-help for ADHD - <https://www.getselfhelp.co.uk/adhd.htm> - Have a range of subjects including:

Problem solving

Thinking Differently

Mindful breathing

Meditation

Mindfulness
Visualisation Exercises & MP3 downloads
Goal setting/ SMART Goals
Budgeting
Aim for a healthy life balance
Self-Care – Positive Steps to wellbeing

2. Anger:

Primary Children:

- www.elsa-support.co.uk – provides a range of information/resources to assist with managing anger, self-soothing and learning about strong emotions; such as:
 - <https://www.elsa-support.co.uk/wp-content/uploads/anger-worksheet.pdf>
 - <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Calm-down-dice.pdf>
- <https://www.homestoriesatoz.com/wp-content/uploads/2015/08/ANGER-CATCHER-DIRECTIONS.pdf> - fun activity that the child can make and then use, this includes emotional regulation skills.

Secondary and upwards:

- www.youngminds.org.uk – Anger management advice for parents
- www.youngminds.org.uk – Anger management information for young people, including how to manage anger, additional signposting information.
- www.therapist.aid.com - www.therapistaid.com/therapy-worksheet/coping-skills-anger
- www.getselfhelp.co.uk/anger.htm - provides more information about anger, CBT approach to understanding about anger and recommended ways to manage anger. Self-help materials and videos.
- Apps to assist with developing self-regulation skills: Headspace, Calm

3. Anxiety:

- There is self-help information on managing difficult thoughts, feeling and behaviour linked to emotional wellbeing from websites such as
 - <https://www.cosmickids.com/> offer yoga and mindfulness videos aimed at primary aged children
 - <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Panic> - Appropriate for 16 + Self-help material and worksheets to work through.
 - Calming strategies to be developed with a young person via adult to support, to reduce fight/flight stress response and introduce opportunity to calm. Link from Beacon House, Brain stem calmers . <https://beaconhouse.org.uk/wp-content/uploads/2019/09/Brainstem-Calmer-Activities.pdf>
 - www.getselfhelp.co.uk
 - www.onyourmind.org.uk/
 - www.youngminds.org.uk
 - Anxiety & ASD:
<https://www.autism.org.uk/advice-and-guidance/topics/mental-health/anxiety>

- Online guided material:
A series of self-help videos with associated booklets and worksheets to help with anxiety and depression. Each video is 30-40 minutes and includes information about anxiety or depression, how parents can help and what young people can do to help themselves. Accompanying the videos are a series of worksheets which can be used to try out the ideas.
<https://www.oxfordhealth.nhs.uk/camhs/carers/self-help/>

Primary School age:

- ELSA information via the website www.elsa-support.co.uk – a range of free downloadable resources including managing emotions, coping skills, understanding emotions.

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4. Autism:

Parenting support:

- As your child has a diagnosis of ASD, you can book onto a local Support in Wiltshire Autism Parenting Programme (SWAPP) Parenting course: T: 01225 718095 or email: TSLs.OperationalOffice@wiltshire.gov.uk
 - What is SWAPP? SWAPP is a partnership program between parents and their child's setting or school that aims to build an understanding of autism and the challenges and delights it can present. The program aims to empower families and staff who are closely involved in supporting a child or young person with autism. Sessions cover all aspects of autism including communication, sensory issues and behaviour.
- Who is SWAPP for? SWAPP is for families of children and young people with autism from preschool age to school year 13. A member of staff from the child or young person's setting/school is encouraged to attend whenever possible in order to develop a consistent approach around the child or young person. Children and young people themselves do not attend sessions
- <https://www.wiltshire.gov.uk/local-offer-early-years>
- <https://www.wiltshire.gov.uk/local-offer-primary>
- <https://www.wiltshire.gov.uk/local-offer-secondary>
- <https://www.wiltshire.gov.uk/local-offer-preparing-adulthood>

Agencies and Services:

- The Curly Hair Project: social enterprise supporting people on the autistic spectrum and the people around them. The website offers a range of reading materials, blogs, webinars etc.
www.thegirlwiththecurlyhair.co.uk - Information on anxiety; emotions, friendships, coping with meltdowns, teenagers, books for different ages, challenging behaviour and more...
- National Autistic Society (www.autism.org.uk):
 - National Autistic Society parent to parent service 0808 800 4106, details can be found here <http://www.autism.org.uk/services/community/family-support/parent-to-parent.aspx>
National Autistic Society new address: www.network.autism.co.uk
 - National Autistic Society specialist behaviour advice service, accessed via email behaviour@nas.org.uk or through the autism helpline 0808 800 4104
 - National Autistic Society have advice and resources for schools <http://nas-email.org.uk/YA3-508AY-56PR7D0499/cr.aspx?v=0>

- <https://youngminds.org.uk/find-help/conditions/autism-and-mental-health/>

5. Bereavement:

- www.childhoodbereavementnetwork.org.uk . A range of Information is available i.e. how schools can support bereaved students. Free downloadable app Grief: Support for Young People
- Cruse Bereavement care can be contacted:
 - Local services: Bath 01761 417250 bath@cruse.org.uk (Covering Bath, Chippenham, Trowbridge, Devizes, Warminster, Frome, Melksham and Warminster)
 - Salisbury 01722 411938 salisburybranch@cruse.org.uk (Covering Salisbury, Amesbury, Fordingbridge, Netheravon, Tidworth, Downton and Shrewton)
Please visit the website for your nearest branch for more information about the support and services offered, as well as a full list of towns and villages covered by each branch.
 - https://www.cruse.org.uk/sites/default/files/uploaded_files/Cruse%20YouBeU%20Signposting%20Pack.pdf (information leaflet detailing a range of services, this more helpful to share with adults, than young people directly).
- Cruse Bereavement care have a helpline for telephone support 0808 808 1677 and their own website for young people <http://hopeagain.org.uk/>
- <https://www.winstonswish.org.uk/supporting-you/support-for-schools/#How-you-can-prepare> Winston's Wish provide advice for schools when a child is bereaved; along with practical advice for children and helpline for anyone caring for a bereaved child 08088 020 021

6. Bullying:

- www.bullying.co.uk – a website for both children and adults affected by bullying
- www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/building-confidence-bullying/
- www.kidscape.org.uk/advice/advice-for-young-people/dealing-with-cyberbullying/
- <https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/#:~:text=%20Specific%20types%20of%20bullying%20include%3A%20%201,7%20bullying%20because%20you%20are%20different%20More%20>

7. Counselling:

- For a summary of counselling/support services available in Wiltshire please visit the On Your Mind website and look at "other services" www.onyourmind.org.uk
- Primary Aged Children: Targeted Emotional Literacy Support (ELSA) in school to help child identify and better manage difficult thoughts, feelings, and behaviour.
- It may be helpful to request increased pastoral support or an intervention from the school nurse (Virgin Care) or counsellor, if available.

- Barnados Service- self-referring – available for 5 to 18-year olds in Wiltshire : Providing Information, advice, and support for young people and their families/carers, support options include online and face-to-face counselling, decider skills group sessions and positive activities in the community. Information can be found on the www.onyourmind.org.uk.
- <https://familycounsellingtrust.org/> - The service is a counselling based early intervention support to children and young people. Please look at the website for more information and how to refer. Please note this is a means tested service.
- Teen Talk provides a confidential counselling service to young people aged from 10 to 25 within North and West Wiltshire. Services are offered face-to-face at our sessions in Melksham, Chippenham, and Westbury. We also offer telephone/video support. They offer short intervention person centred counselling, with a course of therapy typically lasting between 6 and 8 weeks. Referrals can be made on our website at www.teentalk.org.uk and accepted from young people, parents and professionals.
- We Hear You (working in Matravers School (Westbury) Frome College, Selwood and Oakfield (Frome), The Hubb in Trowbridge (for referrals from Trowbridge schools) - Works with adults and children aged 4 and up impacted by cancer or life threatening conditions from diagnosis to bereavement including children who themselves have cancer or a life threatening condition. Face to face session will resume mid-March/April in Frome, Bath, Yeovil, Street and Midsummer Norton. Will also offer sessions in Chippenham from Sept/Oct 2021. Online sessions also available for young people aged 12+. Works with adults and children aged 4 and up impacted by cancer or life-threatening conditions from diagnosis to bereavement including children who themselves have cancer or a life-threatening condition. Face to face session will resume mid-March/April in Frome, Bath, Yeovil, Street and Midsummer Norton. Will also offer sessions in Chippenham from Sept/Oct 2021. Online sessions also available for young people aged 12+ and up to 16 sessions are offered. Referrals are from individuals, schools, GP, cancer nurse specialists and community organisations. <https://www.wehearyou.org.uk/>

8. Domestic Violence/Abuse:

- <https://www.citizensadvice.org.uk/family/gender-violence/domestic-violence-and-abuse-getting-help/>
- Freedom Programme for female victims of domestic abuse
<http://www.freedomprogramme.co.uk/avs.php?search=wiltshire&Submit=Submit>
- **Splitz** help around issues linked to domestic abuse: T: 01225 777724. splitz@splitz.org.
- Splitz Young Persons Support
 - The Young Persons 121 support that takes place is for the ages of 11+. This takes place in a safe environment at the young person's school and there is around 6 educational structured sessions around helping young people understand the domestic abuse they have witnessed and will improve safety and promote recovery. Each case is reviewed on a case by case basis for suitability and we will need to discuss support with a safe care giver. Topic can include:
 - Safety planning
 - Domestic abuse
 - Healthy/unhealthy relationships
 - Emotions
 - Wellbeing/Resilience strategies

- Professional referral: <https://www.splitz.org/referral-forms/phoenix-professional-referral-form.html> .
- www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-domestic-violence/

9. Disability:

Support:

- Barnardo's provide a range of services for boosting self-confidence for children with disabilities 01249 463907 (North)
- **Learning Disability Team** – Virgin Care: children who have significant and complex needs and have a learning disability. They may have behaviours that could be perceived as challenging for those around them and themselves. This may include their general behaviour, continence problems, sleep problems or difficulties around growing up. The Community Children's Learning Disability Health Service are a specialist team of Learning Disability Nurses who work across Wiltshire to provide a flexible and accessible service that gives support and advice to families who have a child or young person with a learning disability. A professional is required to access the service - <https://wiltshirechildrensservices.co.uk/learning-disability-health-service/information-for-referrers/>

10. Mood/Emotional Wellbeing:

Self-help & Websites:

- <https://www.annafreud.org/on-my-mind/resources/>
- Oxford Health NHS Foundation Trust has produced a series of self-help videos with associated booklets and worksheets, initially to help with anxiety and depression. Each video is 30-40 minutes and includes information about anxiety or depression, how parents can help and what young people can do to help themselves. Accompanying the videos are a series of worksheets which can be used to try out the ideas. <https://www.oxfordhealth.nhs.uk/camhs/carers/self-help/>
- Self-help information on managing difficult thoughts, feeling and behaviour linked to emotional wellbeing is available from websites such as:
 - www.onyourmind.org.uk/
 - www.childline.org.uk/info-advice/your-feelings/feelings-emotions/
 - www.youngminds.org.uk
 - www.getselfhelp.co.uk
 - www.moodcafe.co.uk/managing-your-emotions.aspx
 - www.elsa-support.co.uk/downloads/ (younger age group)

11. Mental Health Psychological based support:

- IAPT offer a wide range of support from psycho-educational courses to one-to-one intervention, as everyone's needs, and preferences are different. Please look at the IAPT website to read about the available services and how to self-refer: <https://iapt-wilts.awp.nhs.uk/> Ph: 01380 731335

- Mental Health In Schools Teams (MHST). The role of the Education and Mental Health Practitioners (EMHP's) is to provide low intensity interventions to children, young people (CYP) with 'mild to moderate' presenting mental health issues.

The emotional and mental health difficulties EMHP's can work with in CYP and parents include:

- Low Mood
- Panic
- Worry/generalised anxiety
- Sleep problems
- Simple phobia
- Stress/Tension
- Difficulties self-organising
- Behavioural and emotional regulatory difficulties
- Some low-level difficulties with anger
- Low level self-esteem difficulties
- Mild social anxiety
- Low level compulsive behaviour
- Mild Health anxiety
- Assertiveness or interpersonal challenges (e.g., with peers)

Referrals can be made by mental health leads and school nurses within the schools.

- Place2Be – Supporting all students at Wellington Academy (one to one, brief interventions/signposting, whole class work, assemblies, online and face to face), all staff at Wellington Academy. Support with student's mental health, signposting for own issues. Parents of children at Wellington Academy (where there is a need to support them for the benefit of their child) and Parent workshops (online at present). Please speak to staff at Wellington Academy who can refer you into this service if they feel it is appropriate.
- Mental Wealth Academy for 16-25 year olds (**1 year project starting July 2021**) - The programme provides free individualised support to those young people dealing with mild to moderate mental health and wellbeing issues. The Transition Well-being Practitioners will offer bespoke support over 12 weekly sessions to young people through face-to-face and virtual sessions, which may cover issues relating to:
 - Access to education employment and training
 - Dealing with anxiety/stress
 - Personal identity
 - Physical health/Body image
 - Recognising/Managing emotions
 - Relationships/Social media
 - Steps to wellbeing
 - Social skills/Engagement

parents/ carers and young people themselves can make a referral to this service via an online form: <https://www.response.org.uk/children-young-people/mental-wealth-academy-request-for-service/>

12. Mentoring Support:

- Wiltshire Mentoring Service: ages 8-17 Call Sue Nash Sue Nash T: 01225 716505 or M: 07789 940970 to discuss referral in the first instance. This scheme is only available for children and young people who are receiving services from the Young Peoples Service which includes Youth Offending Team, Stronger Families Team and Emerald Team
- Primary Mentoring – Sue Nash Wiltshire Council – for age 8-11 year olds who are at risk of developing social, emotional and mental health difficulties. The child must not be receiving services from any other agency. Referrals are only accepted from the Primary Schools. If the scheme is not currently running in a primary school, the school will need to contact Sue Nash.
- Go Girls and CHAPS – accessed via Sue Nash – Wiltshire Council - Go Girls and CHAPS programmes are offered for years 8-10 across secondary schools in Wiltshire. The programmes provide the girls and boys with opportunities to engage with sessions on issues that affect them. They also aim to promote self-esteem, assertiveness, healthy relationships, keeping safe, stress and anger, substance abuse. Schools will need to request the programme and refer 6-8 pupils.
- Some secondary schools have a peer mentoring service; request information about this via pastoral care/HOY etc.
- The Rise Trust Chippenham offers mentoring in some schools
<http://www.therisetrust.org/services/mentor/>
- www.buildingbridgessw.org.uk/about/programme-eligibility/ In order to take part in the Building Bridges programme you must be aged 15* or over, living in Wiltshire or Swindon and currently unemployed. Please note that we are not able to work with anyone who is employed in any capacity, but we can work with people who are on zero-hours contracts that have not received any income from employment in the last three months. We can only support young people aged 15-18 who are not in education, employment or training (NEET) or at risk of becoming NEET. Referral: <https://buildingbridgessw.org.uk/take-part/>
- Wiltshire Mental Health Inclusion Network Service delivered by Rethink Mental Illness – Transition support for 16-21 year olds; provide advice and signposting, digital app support, drop ins. (Leaflets under enclosures on G drive).

13. Parenting Support:

- Home Start Support and friendship for families - All parents struggle at one time or another. We are there to support families through their toughest times. Families we help may be facing challenges such as:
 - Poor mental or physical health – including post-natal depression
 - Family breakdown, or bereavement
 - Isolation
 - Financial worries
 - Twins, triplets ... or more!

Support is completely free, and families can self-refer or be introduced to us by another agency. Please see our Get Support page for more information. You can approach us directly by completing a Self-Referral Form or if you want more information first send in an Initial Interest Form

www.homestartkennet.co.uk/ Ph: 01672 569457 We support families across the community areas of Tidworth – Pewsey – Devizes – Marlborough – Calne – Chippenham. We also offer support to Military families that are new to the area.

www.homestartsouthwilts.org.uk/ Ph: 01980 676237 Home-Start South Wiltshire provides a high-quality service for families living in the former Salisbury District Council Area from Larkhill in the north to Downton in the south, from Mere in the west to Whiteparish in the east. Self-referrals are accepted https://homestartsouthwilts.org.uk/get-support/#support_how

- Reduce family isolation and increase social support networks
 - Strengthen parent-child relationships
 - Improve parents' physical health & emotional well being
 - Develop and improve parenting skills
 - Improve the home environment
 - Improve children's health, wellbeing and development
 - Increase access to health, education and community services
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- NSPCC Building Blocks - Tidworth area only - Professional needs to refer Being run by NSPCC Ashdown Centre contact Gayle Jordan 01980 846164. <https://learning.nspcc.org.uk/services-children-families/building-blocks>
eSupport for families (there needs to be a child under 7 in the family) on a range of areas, nutrition, managing stress, managing behaviour e.g. bedtime, relationships. There is an initial assessment and then the Building Blocks Practitioner can offer between 2 – 20 weekly sessions in the family home
 - The Rise Trust provide parenting support workshops <http://www.therisetrust.org/services/parenting-workshops/> (North, 12 weeks, age 3-6. Challenging Behaviour courses = 4 weeks, up to age 11)
 - The Rise Trust Family Visiting Service <http://www.therisetrust.org/services/family-visiting-service/> (all ages near Chippenham)
 - Triple P parenting support, contact Claire Turner Claire.Turner@wiltshire.gov.uk 07767 230 082
 - Care for the Family – Time out for parents - They aim to Help support parents/carers in meeting their child's needs, focusing on children aged between 3 to 11 years with a disability or special needs, particularly those who have learning, developmental and behavioural issues. Consists of seven sessions. Contact: <https://www.wiltshirehealthyschools.org/core-themes/whole-school-approach/working-with-parents/parenting-programmes/> self-referral option.
 - Support from your local children's Centre. If you are not currently connected with a children's Centre their details can be found here <http://www.wiltshire.gov.uk/child-care-childrens-centres>
 - Support groups and activities for parents and young people through the Wiltshire Parent Carer Council https://www.wiltshireparentcarercouncil.co.uk/en/What%27s_on
 - [HappyMaps | Support for Your Child's Mental Health](#) – Centralised resource for parents about Child and Adolescent Mental Health.

14. Self-esteem:

- www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Self-Esteem - more appropriate for 16+; the website has a range of psychoeducation and worksheets to help with challenging negative self-esteem
- www.childmind.org/article/how-to-build-boys-self-confidence/ - For supporting boy's self-esteem, due to different needs.

- www.kidshealth.org/en/parents/self-esteem.html - This is for parents of younger children, so they can support improving their child's self-esteem.
- www.kidshealth.org/en/teens/self-esteem.html?WT.ac=p-ra
- www.minds.actionforchildren.org.uk/self-esteem - For parents to support their child with practical tips and resources.
- www.nhs.uk/conditions/stress-anxiety-depression/raising-low-self-esteem - This site is for all ages and is an NHS site.
- www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/self-esteem-self-help-guide. Self-help workbook to work through for mild and moderate concerns with self-esteem. For older young people.

15. Self-Harm

Accessing Help:

- www.childline.org.uk/get-support/1-2-1-counsellor-chat/
- Emergency Text Service - For support from Shout people need to text Shout to 85258. Details are available on Shout's website, <https://www.giveusashout.org/get-help/> this information can also be accessed via the Youngminds website.
- If requiring support from a CAMHS practitioner and it is not an emergency, then please call the BSW CAMHS helpline - 0800 023 2133 - 24/7 number - 9am-11pm this support will be provided by a CAMHS clinician based within Oxford Health. 11pm-9am this number will divert to a call handler within the NHS 111 service."

Information for professionals:

- <https://www.mentallyhealthyschools.org.uk/mental-health-needs/self-harm/>
- <https://www.harmless.nhs.uk/>

Websites and Resources:

- <https://www.childline.org.uk/info-advice/your-feelings/self-harm/self-harm-coping-techniques/>
- The NHS have a webpage where you can find information around self-harm and how to help and support someone through this. <https://www.nhs.uk/conditions/self-harm/>
- You may find it helpful to access information and support from peers on a forum basis, The National Self-Harm Network have a forum which you can find at <http://nshn.co.uk/>
- You can access a Wellbeing Action Plan from Charlie Waller on <https://charliewaller.org/media/l3jfcq4/wellbeing-action-plan-08-2020.pdf>
- No Harm Done – Young Person Guide
https://youngminds.org.uk/media/1211/no_harm_done_young_peoples_pack.pdf
- No Harm Done – Parents Guide
https://youngminds.org.uk/media/1209/no_harm_done_parents_pack.pdf
- No Harm Done – Professional's Guide
https://youngminds.org.uk/media/1210/no_harm_done_professionals_pack.pdf

16. Sexual Assault:

- <https://www.firstlight.org.uk/swindonwiltshiresarc/> **The Swindon and Wiltshire Sexual Assault Referral Centre (SARC)**
Supports victims of rape or sexual assault throughout Swindon and Wiltshire, whether they are men, women or children. Trained professionals can provide immediate medical care, a forensic examination and onward referral to counselling and other support. The service is available whether or not you wish to have police involvement. SARC accept ISVA referrals for aged 3+ but for forensic services YP need to be 16+. Revival is 13+.
- NSPCC: Letting The Future In is a course run in Swindon and they may accept children from Wiltshire onto the waiting list. T: 01793 683100
- <https://www.revival-wiltshirerasac.org.uk/> **Revival** -specialist counselling- 6-8 individual sessions for over 13 years in Swindon, Salisbury Trowbridge or Chippenham who have been raped, sexually abused or sexually assaulted. Self-referral. support@revival-wiltshirerasac.org.uk Counselling Line: 01225 751 568
- Swindon & Wiltshire Sexual Assault Referral Centre SARC <http://www.swindonsanctuary.co.uk/Under-18s/Youngadults> Self-referral helpline: 0808 168 0024 or General enquiries 01793 267018
- <https://www.onyourmind.org.uk> **Healthy Minds Wiltshire** A Wiltshire wide service for young people aged 5-18 experiencing early mental health issues . Services offered include information and advice , signposting , positive activities , group work and counselling . Support also available to parents and professionals
- Treatment and Recovery Centre – Bath Trauma Centre - <https://www.trc-uk.org/trc-therapy-centre-1> - <https://www.trc-uk.org/contact-2> (referrals)
- <https://rapecrisis.org.uk/> **Rape Crisis UK** Provide frontline specialist, independent and confidential services for women and girls of all ages who've experienced any form of sexual violence, at any time in their lives

17. Sensory Issues:

- Paediatric Therapy, Occupational Therapy can be referred directly into Virgin Care SPA.

18. Sleep:

Websites:

- www.autism.org.uk/advice-and-guidance/topics/physical-health/sleep/parents
- NHS choices sleep advice, information and sleep clinics details <http://www.nhs.uk/LiveWell/sleep/Pages/sleep-home.aspx>
- <https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/>
- If your child is pre-school then please speak with your health visitor for advice and guidance.

19. Substance Misuse:

- Motiv8 support young people who are using drugs and/or alcohol. Phone: 0800 169 6136 Email: info@dhimotiv8.org.uk website: <https://www.dhi-online.org.uk/get-help/young-peoples-drug-alcohol-services/motiv8>
- M-PACT is a whole family programme supporting children affected by parental substance misuse website: <https://www.actiononaddiction.org.uk/addiction-treatment/families-and-children/m-pact> email: families@actiononaddiction.org.uk phone: 01985 843780
- FRANK Freephone 0800 77 66 00 (24 hour service, provides translation for non-English speakers) www.talktofrank.com Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.

20. Toileting:

Websites:

- <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/children-who-soil-or-wet-themselves-for-parents-and-carers>

21. Tourette's:

Information from VC. Assessment/diagnosis of simple Tics/Tourette's Syndrome

Exceptions:

CAMHS will see children and young people where Tics/Tourette's are part of a comorbid mental health disorder such as severe anxiety, depression.

Virgin Care Community Paediatrics will see children and young people where TICS/Tourette's are due to/part of ADHD and/or ADHD medication.

Websites:

- Tourette's Action - www.tourettes-action.org.uk -Help desk 0300 777 8427 - Support, advice, resources and training opportunities for those with Tourette's Syndrome or working with those with Tourette's Syndrome.
- NHS Choices - www.nhs.uk - Self-help tips available on NHS choices website along with information on tics and Tourette's Syndrome and a video of a Neurologist talking about Tourette's Syndrome.
- Great Ormand Street Hospital (GOSH) has a wealth of information about Tourette's syndrome on their website including information on how to manage tics in the classroom and bullying amongst other common concerns. <https://www.gosh.nhs.uk/conditions-and-treatments/conditions-we-treat/tourette-syndrome>

22. Youth Offending:

- Wiltshire Youth Offending Services work with children and young people to prevent offending behaviours, who are offending or are victims are offending.
 - Prevention support in relation to aggressive or violent behaviour can be requested from the Youth Offending Team. A professional who knows the child can contact the duty officer on

01249 709400 to discuss further. Email either YOT_chippenham@wiltshire.gcsx.gov.uk or YOT_Salisbury@wiltshire.gcsx.gov.uk

- Information leaflet - <https://www.wiltshire.gov.uk/media/3460/Prevention-leaflet/pdf/Yot-prevention-leaflet.pdf?m=637160018743300000>

SWIFT – Swindon and Wiltshire Intervention for Families to Thrive

Wiltshire Police response to support communities who may require an early intervention to:

- Stop issues and risks escalating.
- Prevent young people from becoming part of the criminal justice system.
- Reduce the vulnerability of young people becoming victims or perpetrators of crime.

Wiltshire Police now offer a new targeted intervention programme for children/young people (**SWIFT**) which builds on the previous Early Intervention Project.

SWIFT is a strengths-based programme, understanding the impact of Adverse Childhood Experiences (ACEs) and trauma, but focussing on Protective and Compensatory Experiences (PACEs). The programme has five objectives:

For more information, please contact the team at Swiftswindon@wiltshire.pnn.police.uk

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