

# The Little Guide for Children's Mental Wellbeing in Worthing

**FREE!**



The Ignite Team

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# Introducing this guide



We wrote this book to help parents and carers to focus on their *young children's* good mental health and emotional wellbeing. Just like looking after our body, we can be mindful and work on having good mental wellbeing.

We also share suggestions, activities and resources local to Worthing that can help you.

We hope this book will help you to:

-**Think a bit** about good mental health and emotional wellbeing of your child or children.

-**Help you** discover ways that could support you and your child or children.

-**Encourage you** to look after your own mental wellbeing to be able to support your child or children.

**We want to remind you are doing a god job.  
Parenting is not easy so please ask for help  
(especially during covid-19)**



# A message from the Ignite Team

We are a small group of ordinary people. From our work and life experiences, we know (and know you'll agree) it's important for all children to grow up with good mental health and emotional wellbeing.

Before covid-19, we brought lots of different people together; people who know and care about mental health, and wanted to do something to help young children living in Worthing. We shared experiences and knowledge, listened and learnt from each other.

**We saw that there could be more help for young children's mental health. This book is one of the things we are doing to help.**

Covid-19 has completely changed the world and how we need to behave to keep ourselves and each other safe. It has highlighted to adults now more than ever, the importance of supporting children's mental health as well as looking after our own.

We hope this little book gives reassurance that you are doing a good job and points to help and support where you need it. This book is a quick guide and a starting place. All advice draws on evidence-based research of things that work so look to the sources to do more reading.

We wish you and your family well. Stay safe.

Carl, Gráinne, Becky, Debs & Lucie





# What is Emotional Wellbeing?

Emotional wellbeing (and mental health) is about how you *think* and *feel*, and how you *relate* and *understand* yourself, other people and the world around you. Having good emotional health is about being **happy** but it's much more as well. It's about being **confident** and **engaging positively** with things around you. It's about feeling confident in who you are - having a **strong sense of self-esteem**.

We know that good emotional wellbeing contributes to good physical health. And keeping physically well helps with emotional wellbeing.

Let's start here.

We have listed a few great local places for you to get outside with your children into the lovely free places in and around Worthing.



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## Good places in Worthing for your child's wellbeing

Spending time together, making memories and having fun are all good for each one of us. Being in nature is good for our wellbeing.

Worthing is a great place for nature, with woods, many different parks, a long pebble beach and it's within easy reach of the hilly South Downs. All the places listed are free with open access. Some places might have variable opening times so please check ahead.

You could have a family challenge to visit them all within this next year? And what other places do you like to go?



## 1 Steyne Gardens

Brighton Road, BN11 3DZ

In Worthing centre, an open grassy park with a tarmac path around the edge (great for safe cycling) and a small garden area at the south end towards the sea. Space to walk and run around and lots of benches to sit, reflect, rest and relax. Open every day.



## 2 The Waterwise Park

West Parade, BN11 5EH

A children's play area on the beach. Plenty of sand play, climbing equipment and swings. Surrounded by a low wooden fence and wall with gated entrance and exit.

Open all day every day. Great area to play, explore and learn with friends and family. Good for all ages.



## 3 Homefield Park

Newland Road, BN11 1LB

Play equipment, basketball and football court, lots of outdoor space and a free outdoor gym. Seating and benches. Includes a skate park with jumps, half pipes, quarter pipes, bars and bowls. Open every day, all day.

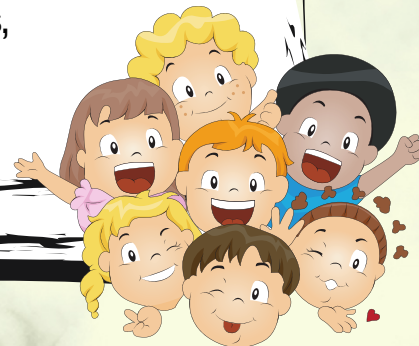


## 4 Victoria Park

Norfolk Street, BN11 4BB

Variety of play equipment suitable for children up to 12 years, open space for playing, lined with trees, toilet block nearby, free outdoor gym.

Open all day every day.





## 5 Beach House Park

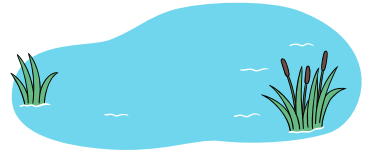
Lyndhurst Road, BN11 2DB

A formal garden in Worthing opened in 1924, with flower beds and lawns, a bowling green, and a war memorial commemorating war pigeons (Why don't you go and have a look?). A lovely space to walk and meet friends.

## 6 Pond Lane Park

Pond Lane, BN13 2RQ

Open all day every day. Lots of play equipment suitable for children under 12. A great place for children to socialize, play, learn, explore, exercise and have fun. Good for picnics and family walks.



## 7 Broadwater Green

114 Broadwater St W, Worthing BN14 9DJ

Open all day every day. Open Field surrounded by low level fencing, ideal for football, cricket, bike riding, kite flying and picnics. Lots of open space to run, have fun, learn and play. Ideal for walks, relaxing and exercise. Lovely for picnics, great for all ages.



## 8 Brooklands Park,

Western Road, BN15 8RR.

'We Play Too' playground with wheelchair swing, sensory springers and more. 'We Cycle Too' all weather cycle track for everyone to enjoy. Feed ducks on the big lake. Car parking and large green space to run around in.



## 9 Worthing Beachfront Promenade

Two miles of tarmacked promenade makes this completely accessible to everyone in all weather. The promenade runs parallel to West Parade.

Starting at the west end of town at the Waterwise Park the promenade passes the Lido, Worthing Pier, several public toilets (including a Changing Places toilet opposite the Dome near Worthing Pier), through to the end of Marine Parade, past the MiniGolf, Gull Island Playground and the Splash Pad at the east end of town. An accessible space for all with regular shelters to rest and catch your breath or hide from the wind and rain.

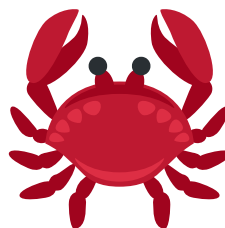
How do you all think and feel as you look at the free art gallery on Worthing Pier? Go and have a look!



## 10 Goring Gap

Marine Drive, Worthing BN12 4QW

A beautiful West Sussex beach with a long stretch of pebbles and shingle separated by wooden groynes. Great for exploring rock pools at low tide and paddling in the sea when the tide is in. In front of the beach is a large grassy area - nice for picnics. A paved path runs from the Sea Lane Cafe to Worthing town centre so you can cycle, scoot, walk, jog or skate here all year round.



# Good places for your child's wellbeing near Worthing

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## 11 Dinosaur Island & Southwater Country Park, Southwater, towards Horsham RH13 9UN (Off the A24)

An adventure park celebrating Southwater's dinosaur prehistory where a real iguanodon skeleton was found in the lake and is now housed safely in Worthing Museum! The park has 'Iggy the Iguanodon', aerial walkways, jungle swings, musical instruments, dinosaur sculptures and a wheelchair accessible roundabout. Spend a whole day here and explore the walk around the lake or along the accessible cycle path (which leads to Guildford to the north and Shoreham to the south). Cafe by the lake. Please check opening times .



## 12 Ferring Country Centre

Rife Way, Ferring BN12 5JZ

Local independent charity giving training and work experience to people with learning disabilities. Has a Riding Therapy Unit, a Garden Centre, Café and small Farm. Café open to everyone. Farm, Children's Play Areas and Garden Centre open as paying visitor attractions. Family discounts, annual and childminder passes available. Please check opening times via website or Facebook page.



## 13 Cissbury Ring

Findon Valley, BN14 OHT

Free and open access to a special place looked after by the National Trust. Cissbury Ring has wonderful views to the sea, over the whole of Worthing and the countryside all around. This big site (more than 26 acres or 29 football fields) on was an Iron Age fort. Acces via bus to Findon or park in the the car park at the bottom of the hill. Walk up the hill and explore the man-made circular ditches; a wonderful place to go with your child. See if they can find the trigonometry point? Can you find out what this was used for?





# Five Ways to Mental Wellbeing

Established research tells us that doing these five things will help us look after our mental wellbeing.

Be **Active**

**Connect** with others

**Give** to others

**Learn** new skills

Take **Notice** of the present moment



A good place to read more is [www.NHS.uk](http://www.NHS.uk)

 **Be active:**

Being active keeps you physically healthy and makes you feel good. Walk to school. Dance to your favourite song. Walk a dog. Play in the playground. Visit all the parks in Worthing!

 **Connect:**

Spend time with family and friends. These days this might need to be at a distance – on the telephone or on-line video calls. Enjoy talking to each other. Wave a hello to your neighbours. Send someone a postcard or letter.

 **Learn:**

Try something new. Try a new hobby, or learn about something just because it interests you. Do a word search. Try a new food. Study an animal or bug. Visit a new park in Worthing.

 **Notice:**

Stop what you are doing. Take a break and see how you feel. Relax and look around you. Take a few deep breaths. Try this calm breathing technique: Slowly counting on your fingers, breathe in for 4 counts, hold your breath for 4 counts and then breathe out slowly for 8 counts. 4-4-8 breathing.

 **Give:**

Give a smile. Say thank you. Draw someone a picture. Hold open a door for someone. Give your family a hug.



## 12 Tips from UNICEF on supporting your child's mental health during covid-19 school return

The coronavirus outbreak has caused major disruptions to daily life and some children and parents are feeling these changes deeply. While the return to school might be exciting for many children, others will be feeling anxious or frightened.

Starting school or starting a new school year can be stressful at the best of times, let alone during a global pandemic.

- Work with your school, be prepared for arrangements to change and be kind - everyone is doing their best.
- If you have any concerns, contact the school and have a plan if possible. Children feel safer when the adults around them are consistent and work together.
- If your child is worried about being separated from you, identify an adult they can meet.
- Help your child to ask for help - who would be the best adult to talk too?





## 13

- It's important to be calm and proactive in your conversations with your child – check in with them to see how they are doing. Their emotions will change regularly and you need to show them that's okay.
- Covid-19 may be affecting your child's mental wellbeing, and it's important to show that it's normal and OK to feel overwhelmed at times. When in doubt, empathy and support are the way to go.
- Let children know that worry is normal and everyone feels worry some of the time. They are uncomfortable but the feeling/s will pass.
- Wherever you are, creative activities, such as playing and drawing, help children find positive ways to express difficult feelings such as anger, fear or sadness.
- Reassure children: One of the best ways to keep children safe from covid-19 and other diseases is to simply encourage regular handwashing. It doesn't need to be a scary conversation. When children understand why they need to wash their hands, they're likely to continue doing so. Extend reassuring conversations to face masks and space where appropriate.

Please look at West Sussex Local Offer website front page for lots of information in one place.

Search for '**West Sussex Local Offer**' online



## 14 Useful starting points when thinking about children's mental wellbeing

- All children struggle with their emotions.
- All parents struggle with their children's emotions.
- Like adults, children's behaviour is often a response to things going on in their lives and the things that they think about a lot. Often children themselves can't name what's making them struggle and will show this through how they behave. Behaviour can take unusual forms and you may not understand it straight away.
- Underneath all the feelings, behaviours and thoughts, the world can feel very mixed up. Children's emotions are very real for them so try not to dismiss them. Take note, listen, consider and seek help if you think it's needed.
- Try not to say '*Don't worry it will all be fine*'. Reassurance does not help worry but having a plan and empathy do.
- **If you're worried, ALWAYS talk to a trusted member of school staff or your GP who can listen and point you towards sources of help**
- Remember - children do well if they can!



# Talking to your child about mental wellbeing

- You are **never too young** (or old) to talk about emotional wellbeing and mental health.
- Try to make conversations about mental health a **normal** part of life.
- **Anywhere is a good place to talk**; in the car, walking the dog or cooking together.
- **Model everyday talk about feelings.** For instance, talking about a TV character's feelings on the telly.
- **Give your full attention!** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
- **Take it seriously.** Try not to down play what your child is saying or tell them they're "*just being silly*". Resist the urge to reassure them that everything is fine.
- **Ask open questions:** Such as "*How did your day go today?*" This will help to extend the conversation.
- **Calmly stay** with the feelings that arise. It can be our automatic reaction to steer away from difficult emotions and stop our children trying to experience difficult emotions.
- **Remember we are all different.** Respect and value your child's feelings, even though they may be different to yours.





**Some ways to start a conversation about feelings:**

*“How are you feeling at the moment?” “You don’t seem your usual self”. “Do you want to talk about it?” “Do you fancy a chat?” “I’m happy to listen if you need a chat”.*

**Let your child know that you’re concerned.**

Explain why you feel that way, e.g. if you’ve noticed they haven’t been interested in activities they usually enjoy.

**Sometimes starting these conversations is tough.**

So use activities that you do together to have conversations about how they are doing. Talking whilst doing something together, side-by-side, such as cooking, can help kids share their feelings more easily than a face-to-face conversation.

**Let them know that struggling sometimes is normal and nothing to be ashamed of.**

Tell them that we all, including you, go up and down the mental wellbeing scale throughout our lives. Reassure them that talking about difficult feelings with the people we trust is a brave thing to do.

**Listen and empathise.**

Often the first step to feeling better is feeling connected and knowing that someone is alongside you. Empathy involves acknowledging what your child is feeling, trying to understand things from their point of view and not judging them. Empathy is usually more helpful than giving advice or trying to ‘fix’ their problem.



## Emotional literacy- (Helping your child to understand their feelings)

**'Emotional literacy'** is about children being able to recognise, understand and show their feelings in a way that is good for them.

In the following pages there are some tips for helping children to learn about and manage their emotions. But before we come to these its worth remembering -

**All of us continuously manage our emotions.** We're usually not aware we're doing it because it's become second nature.

**Self-regulation goes by many names** - self-control, self-management, anger control and impulse control. It is the extent to which people can control their emotions so that their behaviour is socially positive for them.

Some children need meaningful opportunities through the day that will help them to self-regulate.

**Some children don't know how to make better choices.** They just don't have the skills at that time to recognise and manage their emotions.





# Anxiety and worry

## **Worry and anxiety are a normal part of life.**

Managing these feelings is a skill to be developed. Anxiety and worry are two separate but similar feelings.

## **Worry is a natural feeling.**

Worry is a response to a challenge or scary experience. For instance, upcoming tests or relationships with friends. Neuroscientists tell us that it's (surprisingly) normal and healthy to worry – it's a way of our mind helping us make sense of the world.

## **Going over worrying thoughts again and again (rumination) is, however, NOT good for you.**

This is anxiety. Anxiety is when worry affects your child's behaviour and thoughts every day, interfering with their learning, home and social life. Sometimes we think of children as anxious when they are actually understandably worried.



## Some tips on how to make worry less of a problem

### **Find gentle ways to face feared situations.**

Help plan ways for your child to test out their fears gradually and set special goals.

**Stay calm and remain supportive** and try not to get drawn into their emotion. Be supportive but stay practical.

**Instead of reassuring your child** that nothing bad will happen, ask things like *"What has happened in this situation before?"*

**Help your child think through what they have learned** about their fears and about themselves (e.g. did their worry come true, did they cope?)

**Praise and reward small (and big) successes** when your child faces their fears. It can help them if you remain positive.





## More tips on worry

**Remember, your child will pick up on the feelings and emotions of people around them.** Try to have a 'positive ripple effect' and be positive in front of them.

**Also remember, you know your child the best!** Spend some time thinking through what makes them worried when they are away from home or in certain situations.

- Is it not knowing where the toilet is?
- Is it hearing loud unexpected noises?
- Is it not knowing what is expected of them and not knowing what to do?

**Try and help them prepare for things you know about.** You won't be able to predict everything in their world, so helping other adults understand their worries and helping your child gradually become more comfortable with uncertainty will help.



And  
remember...

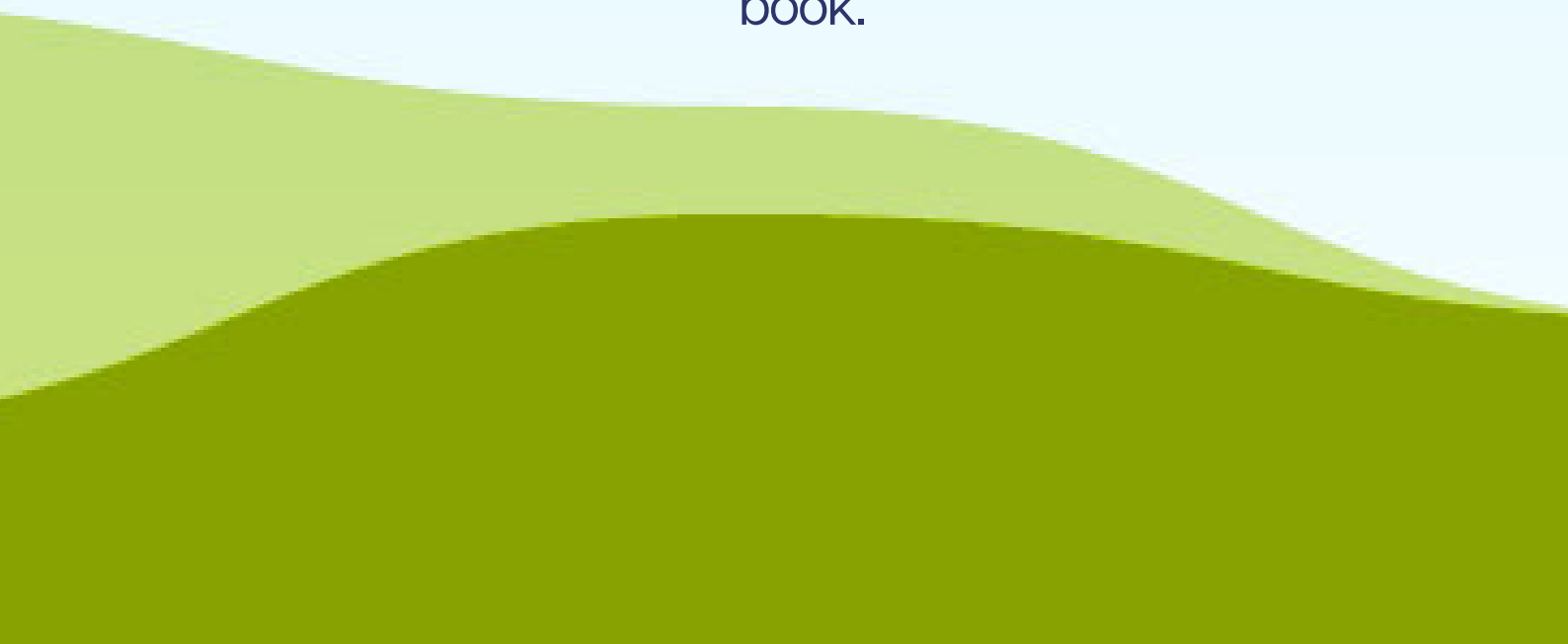
... **anxiety and worry** can come from unexpected situations for each one of us.

Be kind, be calm and be gentle  
when supporting your child with their worries.

**\*\*\*ALWAYS\*\*\* ask for HELP**  
**You could speak to a trusted member of  
school staff, the school nurse or your family GP.**

If you are concerned that your child's small worry has become *lasting* and *extreme anxiety*, and is interfering with their everyday behaviour, always seek help.

Local organizations who can help are found at back of this  
book.





## Some strategies for reducing worry



### Put your feelings into words or pictures.

Evidence has shown that instead of keeping negative feelings and worries to ourselves, it's more effective to name them instead. When we name an emotion, and recognize how we feel, it reduces the impact of the negative thought. Help your child to name and express their negative feelings. It won't make those feelings go away altogether, but it does reduce their impact.

### Look for things you are grateful for.

Research has also shown that it's very helpful (for all of us) to look for gratitude every day. So that could be '*Living by the beach*', '*seeing a tall tree*' or '*having beans on toast!*' One thing that keeps our minds happy is the act of thinking of things to be grateful for, not the long list we come up with!

Help your child practice being grateful and have fun thinking of things together. Perhaps decorate a notebook together and list 5 things every day to be grateful for.

### Worry Time.

For some children it is useful to have a time of the day when it is okay to worry –no more than five or ten minutes is needed. This is their special '*worry time*'. If children find themselves worrying at a time when they have other things to do (like at bedtime or while you are trying to concentrate on something else), remind them that they can stop and put off the worries for later, at their worry time.



## Self-talk.

If your child is worrying about the same thing over and over (for example, *“I’ll start my new school and no one will like me”*) then ask them to write down the opposite, “positive” thought (for example, *“People will like me. I’m a nice person”*). Each time you notice them worrying about the first thought, remind them of the positive thought. They could write or draw a positive picture on a small card and carry it with them, in their pocket, to remind themselves of it.

## Problem solving.

If your child is worrying about a problem ask them to write or draw what they think the problem is. It’s important to ask them to be exact about the problem, so *“I’m worried I won’t cope”* isn’t specific, while *“I’m worried that I will forget people’s names when I go to my new school”* is specific. Then think of all the possible ways they can think to sort this problem out – even the most silly-sounding ones! Write them all down as you both think of them.

Once you have a list of possible solutions, go through them one at a time. Think about the pros (good) and the cons (bad) about each solution. Then think together about the consequences of each solution (*“what will happen if I do that?”*).

When you’ve thought about all solutions, suggest that your child decides which solution they could use. If they can, suggest they check with someone else they trust whether they think this is a good solution. Then suggest they go and do it!





## Bottling worrying thoughts in a jar.

Encourage your child to draw or write down their worries and store them in a 'Worry Jar'. Be specific, thinking about times, places, situations or other things that make them worried. In other words help them to 'name' their worry. Your child can get out their worry thoughts at a set time and only worry about them at that time. The jar should be kept in a safe place. This is good for children who have a lot of worries or are anxious. These may be sensitive issues for the child and can be very useful in identifying what causes them the most worry.

## Have fun with friends.

This is a little more difficult at this time when we have to be safe and practice social distancing but it's very important.

Human brains, especially children's developing ones, need to feel love and acceptance through words and physical touch. This helps all of us to be happy and have good emotional health.

When this doesn't happen, it can be painful. Being pushed away from people or being socially excluded activates the same networks in our brain as physical pain. Positive relationships and environments are really important to your child's brain's feeling of happiness. When we feel happy, our brains make and release a chemical called oxytocin. One of the primary ways to release oxytocin is through touch - touching is incredibly powerful. So hug your child lots. A hug or a squeeze, especially a long one, releases oxytocin which reduces worries and can help make children happy.



## If your child is struggling to make friends

### Follow their Interests

Enjoying being with other children will come more naturally when a child is doing something they are genuinely interested in. Whether it's participating in a favourite sport, playing an instrument they like or being part of a club they're interested in, this is the first step toward building social skills.

It also places a child around like-minded people that the child will probably feel more at ease with. Starting out with other kids who like the same things is an excellent way to more easily build social skills.

### Learning to ask questions

Sometimes when children get nervous or a conversation lags, they can become more introverted and ultimately struggle in social situations. Help your child think of ways of starting and carrying on conversations.

One way to find out about others and form connections is to ask questions specifically about the person the child is talking with. Encourage your child to ask 'open' questions that can't be answered with just a yes or no. *'Favourite book or TV show?' 'Favourite colour?' 'Favourite sound?'*





## Practice role playing

Pretend-play, with both younger and older children, is a great way for kids to actively practice their social skills. Have your child pretend to be the person they have difficulty talking to or getting along with. This will give you an idea of what this person is like, or at least how your child perceives this particular person. Then switch roles to see how your child does when pretending to interact with the person. Suggest ways your child can more effectively talk with the person. Don't forget to include body language, such as smiling and making eye contact. These are really important and helpful.

## Teach Empathy

If children have a better understanding of how others feel, they are much more likely to feel connected to other people and form positive bonds. You could talk about different situations and scenarios with your child. Ask how other people might feel when each of these things happen. Part of teaching empathy is helping children learn how to actively listen to others.



## Tips for when children are avoiding school

**Early recognition and action** can help prevent a pattern of not wanting to go to school developing. It's helpful to think about what are called 'pull' and 'push' factors.

**'Pull' factors** (those that may pull your child away from attending school) may include family dynamics, (separation anxiety, illness of family members, bereavement, marital breakdown etc.).

**'Push' factors** (those that push your child away from school) may include bullying, difficulty with peer relationships, difficulty with teacher relationships, difficulty with learning, exam pressure etc.

There is very good information, videos, support and leaflets that you and your child can read on the West Sussex Local Offer pages under 'Emotionally Based School Avoidance'. You will find helpful videos and guidance written by the Educational Psychology Team to help you and your child.

For more information search online for 'West Sussex Local Offer'





**Talk with your child about the reasons** why he or she does not want to go to school. Consider all the possibilities and state them. Be sympathetic, supportive and understanding of why he or she is upset. Think about different ways to help with any stressful situations the two of you identify as causing worries.

**Talk to the school as early as you can** to avoid things building up. Work with the class teacher, the pastoral team and other key staff to try to improve the situation.

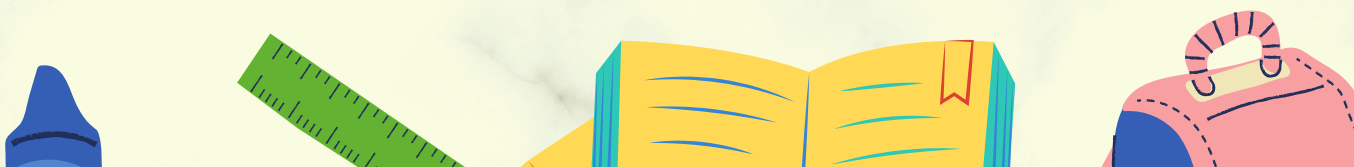
**If your child stays home**, be sure he or she is safe and comfortable, but do not give him or her any special treatment.

**Help your child develop independence** by encouraging activities with other children outside the home. These can include clubs, sports activities and overnights with friends.

**If your child's worry is severe**, a step-wise return to school might help. For example: On day one, he or she might get up in the morning and get dressed, and then you might drive him or her by the school so he or she can get some feel for it before you finally return home together. On day two, your child might go to school for just half a day, or for only a favourite class or two. On day three, your child can return for a full day of school.

**Plan a regular morning routine** that can be followed each day – from getting up to having breakfast, getting dressed, leaving the house and arriving at school. This will help to create a sense of security.

**Consider using a worry journal** if your child feels anxious while they're at school. They can carry this with them and write down a worry when it comes into their head, helping to keep anxious thoughts from becoming overwhelming.







# Self-harm

## What is 'self-harm'?

Self-harm is when a person deliberately causes harm to themselves through a physical injury (hurting themselves), or puts themselves in a dangerous situation. It could also be neglecting themselves.

For many young people self-harm is a way to communicate high levels of upsetting emotions.

Young people who self-harm describe feeling powerless and sad, and say that they self-harm to release frightening emotions, relieve tension or gain control in their lives.

It can seem to other people that these things are done calmly and deliberately, but we know that someone who self-harms is usually in a state of distress and inner turmoil.

Common methods of self-harm for young people include cutting themselves, overeating or undereating, biting themselves, picking or scratching their skin, burning themselves, hitting themselves off walls or hard surfaces, misusing alcohol or pulling out their own hair.



## 30 Why do children self-harm?

**It may be that there is a problem at home**, or bullying or relationship difficulties with say friends or brothers, sisters or other family members.

**The young person may feel that no one is listening** or hearing them, and so develops more extreme ways of communicating their distress.

**The vast majority of people who self-harm are not trying to kill themselves.** It is a way of coping with strong and painful feelings and circumstances.

**It is important to remember that all children's emotional needs are legitimate.** However, they may need help to find safer ways to communicate, in order to get the right support.

**Remember, if a child is expressing a wish to die and says they have a plan of what to do, they should be seen urgently by the local emergency department who will access mental health services as appropriate.**

**When in doubt or if concerned, please seek immediate medical attention. Phone 999 (emergency), phone 111 (non-emergency) or go to an A&E Department.**



# Things you could do

**Listen and talk to your child and try to understand** what is prompting the behaviour. Be empathic. Stay calm and avoid judging your child, even if you are upset. Be supportive.

**Help your child know that you want to understand** their difficulties and support them to find new ways of coping. Understand that your child is often self-harming to manage emotions and/or to show they are distressed - they may want you to see the self-harm so that their distress is noticed.

**Try to remove the temptation of self-harm**, by encouraging your child to avoid situations in which they could self-harm.

**Help your child think about why they are self-harming.** Ask them if there is anything that can be done about the cause or if something else needs to change to make things better for them.

**Make a list of people your child can talk to** such as you or a partner, other relatives, a teacher or friends of the family. Your child could also talk to their School Nurse so encourage this to happen.

**Depending on your child's age, encourage talking about feelings.** Write them down; draw them; do breathing exercises, or physical activity as a way to relieve stress and anxiety.

**If your child's behaviour is not changing** or if you suspect they might be depressed, ask your GP (doctor) for advice.

**Keep in close contact with your child's school** and take an active role in deciding the best course of action.

**Keep the school informed of any incidents outside of school** that you feel the school should know about. Every school has a pastoral lead; make contact with them and make sure they are aware. Work with and get support from school staff.

**ALWAYS provide first aid for wound care.**





## 32 Some useful strategies for children

- Find someone to talk to about their feelings (this could be a friend or family member). Talk to someone on the phone (they might want to ring a helpline).
- Sometimes it can be hard to talk about feelings. Writing about and drawing their feelings may help.
- Scribbling on and/or ripping up paper.
- Listening to music, going for a walk, run or other kinds of exercise.
- Getting out of the house and going somewhere where there is with other people.
- Keeping a diary.
- Having a bath/using relaxing oil
- Hitting a pillow or other soft object.

### Further resources

SEN and Self-Harm resource  
Search online for 'Self-Harm UK'

To find more distraction and coping techniques there are online resources available  
Search for 'NSH distractions'

Harmless- User-led organisation that provides a range of services about self-harm including support, information, training and consultancy  
Search online for 'Harmless organisation'



## Support for you - your own wellbeing is important

**Family Centers (CFC)** offer information signposting and advice for all child issues up to age 19. Specialist health clinics offer health visitors or midwives, prenatal, postnatal help, weekly routine weigh-in clinics for babies, child sleep clinics, health drop-in clinics and a variety of Stay & Play groups. Sensory room at Durrington CFC. Places to socialize with other parents and carers with Stay & Play sessions. Information, places to go for reassurance, socialization and signposting. Free or low cost. *Ad-hoc* events/training/activities.

Footprints CFC Lyndhurst Road 01903 270424

Footprints CFC 40 Crescent Road.

Maybridge CFC 77 The Strand.

Durrington CFC 81 Salvington Road.

The Wave CFC Broadwater Baptist Church, Dominion Road.

**Citizen's Advice** Town Hall, Chapel Road, Worthing.

Advice line opens 09:00 to 16:30 Mon - Friday 0344 477 1171.

Free independent, confidential and impartial advice, guidance and signposting on rights, benefits and practical help. Benefits, Universal Credit, Debt & Money, Employment, Housing, Other Legal Issues.

**Job Center Plus Worthing** Crown House, High Street

Worthing, BN11 1NG. Monday to Friday 09.30 - 16.30,

08001690190. Help and support around benefit advice, job applications, maternity grants/funds and social grants.

**Integrated Front Door (IFD)** for when you are worried about the safety of children and need help and signposting.

01403 229900 [WSChildrenservices@WestSussex.gov.uk](mailto:WSChildrenservices@WestSussex.gov.uk)



**'E-wellbeing'** website helping West Sussex children & young people access the right support and information in the right place at a time for them. <https://e-wellbeing.co.uk>

**West Sussex MIND** an independent local charity supporting people with their mental health, providing specialist training, campaigning to improve services and promote understanding. <https://www.westsussexmind.org/>

**Your Space** website for young people in West Sussex. Section for emotional wellbeing information and support. Facebook. Twitter. <https://www.westsussex.gov.uk/education-children-and-families/your-space/health/emotional-wellbeing-and-mental-health/>

**Adur and Worthing Council** Richmond Road, BN11 1HS. Monday to Friday 09.00 to 17.00. Housing Benefits advisors. Council Tax advice and information, Council housing and emergency housing options. 01903 239999.

**Happy Minds Sussex/ Happy Kids Sussex** Shoreham based company offering small and practical group and 1:1 sessions for kids, teens and families for a variety of emotional needs. Trauma and anxiety specialists. Able to help with all emotional issues. <https://www.happykidssussex.org>

**Young Minds** A UK charity fighting for children and young people's mental health <https://youngminds.org.uk/>  
Call the Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25. Freephone 0808 802 5544

**Every Mind Matters** A service to help parents make small changes that fit their lives, so they feel better and healthier every day. <https://www.nhs.uk/oneyou/every-mind-matters/>



**West Sussex Parent Carer Forum** A local charity that helps and supports parents and carers whose children have any additional needs or disabilities. Listening, information, signposting and regular on-line events . Facebook, Twitter, Website. 01903 726188

**Reaching Families** Local charity that provides information and training for parents/carers of children with additional needs and disabilities. Umbrellas support group Facebook, Twitter, Website . 01903 366360.

**Carers Support West Sussex** A charity helping all carers. Listening, Signposting, Information, Grants, Discount Card. <https://carerssupport.org.uk>, Facebook, Twitter. 0300 028 8888.

**SHOUT** free confidential 24/7 text message support for anyone struggling to cope in a crisis. Text 85258

**WORTH** Services have teams of Domestic Violence Advisors across West Sussex available 5 days a week (Monday-Friday) 9.00am-5.00pm to help you, with quick access to interpreters. Call 07834 968539.

**Samaritans Worthing** 2 Lennox Road, BN11 1DA. Call 116 123 free from any phone or 0330 094 571 local call charges apply.

**If you would like to get in touch with the Ignite Team, you can contact Gráinne or Carl at [igniteworthing@gmail.com](mailto:igniteworthing@gmail.com)**

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