

# 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](http://www.stgileshospice.com)

# UPSIDE

[www.upsideonline.co.uk](http://www.upsideonline.co.uk)

Upside is a [Barnardo's](http://www.barnardo's.org.uk) 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](http://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](http://www.cachpartnership.org.uk)  
[selfreport@cachpartnership.org.uk](mailto:selfreport@cachpartnership.org.uk)





Follow @CACHPartnership

Like us /CACHPartnership on Facebook

# Parent Direct Staffordshire

## Useful websites for parents

ADFAM

[www.adfam.org.uk](http://www.adfam.org.uk)

Child Accident Prevention  
Trust

[www.capt.org.uk](http://www.capt.org.uk)

Barnardo's

[www.barnardos.org.uk](http://www.barnardos.org.uk)

Family Rights Group  
[www.frg.org.uk](http://www.frg.org.uk)

Family Friends of  
Lesbian and Gays

[www.fflag.org.uk](http://www.fflag.org.uk)

Eating Disorders Association  
[www.edauk.com](http://www.edauk.com)

Kidscape

[www.kidscape.org.uk](http://www.kidscape.org.uk)

Gingerbread

[www.gingerbread.co.uk](http://www.gingerbread.co.uk)

NHS Direct

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

NSPCC

[www.nspcc.org.uk](http://www.nspcc.org.uk)

Young Minds

[www.youngminds.org.uk](http://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](http://www.childline.org.uk) For young people in trouble or danger



[www.rd4u.org.uk](http://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](http://www.time-to-change.org.uk/young-people)

Real life stories and info



[www.youngminds.org.uk/](http://www.youngminds.org.uk/)

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



[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Info on anxiety



[www.coap.org.uk](http://www.coap.org.uk)

Support for young people affected by a parental addiction



[www.rethink.org/at-ease](http://www.rethink.org/at-ease)

For young people to explore their feelings young people



[www.samaritans.org.uk](http://www.samaritans.org.uk)

24 hour confidential emotional support

**selfharm**<sup>UK</sup>

[www.selfharm.org.uk](http://www.selfharm.org.uk)

Information resource for young people



[www.b-eat.co.uk](http://www.b-eat.co.uk)

Info and support around eating problems



[www.themix.org.uk](http://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](http://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](mailto: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.

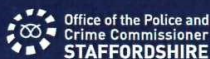
Feb 10  
Mark: Feel like I have been neglecting my mates recently. I just need 2 show Kate that I am only interested in her + not other girls when I go out.

0 likes.

**Abuse in relationships is never OK.**

Get advice, guidance and help at

[www.treatedbadly.co.uk](http://www.treatedbadly.co.uk)



#treatedbadly



Treatedbadly

