

# KETTLE'S YARD

## Paint What Matters! Self-care Guide

### Hello!

Thinking about some themes and topics that matter to us can be difficult and makes us feel strong emotions.

We've put together this short guide to offer some tools to help children and young people who need it.

**Need urgent support and in a mental health crisis? Call 111 and choose the Mental Health First Response Service.**

### Top Tips For Looking Out For Your Wellbeing

#### Give yourself time:

Create your artwork at a pace that suits you and be sure to give yourself breaks whenever you need to.

#### Be kind to yourself:

It is normal to feel emotions or responses to things that matter to us. Be gentle, kind and supportive of yourself if you are feeling overwhelmed.

#### Talk:

Find someone you trust to talk to and share how you are feeling. There are lots of suggestions for places with people who can listen and share advice in this guide.

#### Be Active:

Moving our bodies helps release chemicals that make us feel good. From playing sport, dancing, going for a walk to blowing up a balloon – all these activities can help.

#### Notice:

Slow down and take time to use your senses (sounds, smell, taste, sight and touch) and notice things around you.

#### Grow:

Develop a new skill. It could be anything from juggling, learning some new words in another language, baking – anything that gives you a chance to challenge yourself.

### **Purpose:**

If helpful, remember that *Paint What Matters!* celebrates the creativity of children and young people through what matters to us today. It is a call to action of what needs to change for a better tomorrow.

## **Mental Health Support for Young People**

If you want more information or support, here are some helpful organisations.

### **Local**

#### **Cambridge Brookside CAMHS**

The NHS service that assesses and treats young people up to 17 years old with emotional, behavioural or mental health difficulties. <https://www.cpft.nhs.uk/service-detail/service/child-and-adolescent-mental-health-services-camhs-63/>

#### **Blue Smile**

Supporting children aged 3- 13 years have happier and brighter futures. Blue Smile work largely through schools in Cambridgeshire. <https://www.bluesmile.org.uk>

#### **CPSL Mind**

Cambridgeshire, Peterborough and South Lincolnshire Mind (CPSL Mind) is a county-wide mental health charity. It promotes positive wellbeing across communities and campaigns against the stigma & discrimination faced by so many people experiencing mental health challenges. <https://www.cpslmind.org.uk>

#### **Kooth**

A confidential and anonymous online service for children and young people aged 11-18 years, specifically developed to make it easy and safe for them to access mental health support as and when they need it, while removing any associated stigma. <https://www.kooth.com>

#### **Keep Your Head**

A website for information on mental health and wellbeing services and support that are available in Cambridgeshire and Peterborough for children, young people, adults and professionals. It can help you to find local services and support for your own mental health challenges, and advise on how to look out for others. <https://keep-your-head.com>

### **National**

#### **Young Minds**

Mental health information and emotional support for young people, their parents and those who care for them.

[0808 802 5544](https://www.youngminds.org.uk) [youngminds.org.uk](https://www.youngminds.org.uk)

### **Black Minds Matter**

Provide safe and accessible mental health support with, and for the Black community.  
[www.blackmindsmatteruk.com](http://www.blackmindsmatteruk.com)

### **Kidscape**

Advice about bullying for young people, their parents, carers, and adults working with children. 07496 682785 (WhatsApp textline)  
[parentsupport@kidscape.org.uk](mailto:parentsupport@kidscape.org.uk) [kidscape.org.uk](http://kidscape.org.uk)

## **Advice and Support for Young People on Specific Issues:**

### **Centre 33**

Advise on housing, caring responsibilities, sexual health, mental health and more.  
<https://centre33.org.uk>

### **Cambridge Acorn Project**

Offers therapeutic services to children, young people and families who have experienced trauma and face financial hardship.  
<https://www.cambridgeacornproject.org.uk>

### **CB Mentoring**

Enriching and empowering young people of colour in Cambridgeshire via education, mentoring and social-cultural activities. <https://www.cbmentoring.co.uk>

### **Kids of Colour**

Online platform for young people to learn about race, identity and culture, and to challenge racism. [kidsofcolour.com](http://kidsofcolour.com)

### **The Kite Trust**

Supporting the wellbeing and creativity of LGBTQ+ young people in Cambridgeshire and Peterborough through information, support and groups. <https://thekitetrust.org.uk>

### **Dhiverse**

Offers support for children and young people aged 9 upwards, where there are issues relating sexualised behaviours, sexual health, HIV, sexual relationships, sexual trauma, gender identity, and sexual orientation affecting their mental health and wellbeing. <https://www.dhiverse.org.uk>

### **Terrence Higgins Trust Cambridgeshire and Peterborough**

Provide sexual health information and advice, both face to face and over the phone.  
<https://www.tht.org.uk>

### **Ormiston Families**

Supporting young people effected by bereavement, imprisonment of a family member, and making healthy relationship choices. <https://www.ormiston.org>

### **The Red Hen Project**

The Red Hen Project helps children to achieve at home and in school. It also runs outreach activities, courses & events for local parents so they can meet & support each other. <https://redhenproject.org>

### **CASUS**

Provides support to young people (up to 18 years) who are getting into difficulties around substances. They are sometimes able to work with 18-21 year olds (depending on complexity and need). <https://www.cpft.nhs.uk/service-detail/service/cambridgeshire-child-and-adolescent-substance-use-service-casus-180/>

### **Healthy You, Healthy Schools Stop Smoking and Vaping Service**

A referral pathway for any young person who either wishes to quit smoking or vaping. <https://healthyschoolscp.org.uk>

### **Cambridgeshire Holiday Activities and Food Programme**

Free activities and meals for children receiving free school meals. <https://haycambridge.co.uk/support/cambridgeshire-haf-programme/>

### **Trumpington Kids Clothes Hub**

Provides free pre-loved, good quality children's clothes to any families in Trumpington who can make use of them, regardless of financial or social circumstances. <https://www.trumpingtonkidsclotheshub.co.uk>

### **YMCA Trinity**

Can support young people with housing advice, health & fitness, youth justice services, employability and volunteering. <https://ymcatrinitygroup.org.uk/jobs-training/support-schools-menu-services/>

### **Turtle Dove Cambridge**

Helps young women aged between 14-24 gain confidence and skills through work experience opportunities in catering, hospitality and events. <https://www.turtledovecambridge.com>

### **The Resilience Project**

A bank of resources for young people experiencing climate anxiety <https://theresilienceproject.org.uk/resources/category/for-young-people>

### **Natural History Museum**

An inspiring article on turning eco-anxiety into action: <https://www.nhm.ac.uk/discover/how-to-cope-with-eco-anxiety.html>

## Telephone and Text Helplines:

**In a mental health crisis? Call 111 for the NHS and choose the Mental Health First Response Service**

### Centre 33 helpline:

0333 4141 809 or text/WhatsApp: 07514 783745

### Papyrun:

For young people at risk of suicide call 0800 068 4141 or SMS 0778620

### Childline:

Childline is a free national helpline and live chat for children and young people in danger or distress. Call 0800 11 11.

### Muslim Youth Helpline :

Provides faith and culturally sensitive support confidentially by phone, live chat, WhatsApp or email. Any day of the week between 4 – 10pm. Call 0808 808 2008.

### Samaritans

Call 116 123 [www.samaritans.org](http://www.samaritans.org)

### Lifeline Cambridgeshire and Peterborough helpline

0808 808 2121, 11am – 11pm, 365 days

### CALM (Campaign Against Living Miserably):

0800 585858 (5pm – midnight) [www.thecalmzone.net](http://www.thecalmzone.net)

### Shout Crisis text line:

85258 (SMS)

### SOS:

Supports children and adults struggling with their emotional health. Available to contact via their phone line 03001 020 505 between 8pm and midnight every evening.

### Drinkaware's Drinkline

A free, confidential helpline for anyone who is concerned about their drinking, or someone else's. Call 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm).

### Frank:

Helpline for anyone concerned about drug or solvent misuse. Advice and information for drug misusers, their families, friends, and carers. Call 0300 123 6600.

**This is not an exhaustive list of places to go for advice or support, but we do hope it is a helpful starting point for children and young people to find out more.**