

Useful Websites

Liverpool Early Help Directory

- www.fsd.liverpool.gov.uk

Local Offer Wirral

- www.localofferwirral.org

Made By Dyslexia

- www.madebydyslexia.org

Think You Know

- www.thinkuknow.co.uk

Alder Hey Children's Hospital Liverpool

- www.alderhey.co.uk

Counselling Directory

- www.counselling-directory.org.uk

Young Minds

- www.youngminds.org.uk

Dyspraxia Foundation

- www.dyspraxiafoundation.org.uk

Healthy Children

- www.bdadyslexia.org.uk

Mental Health (ADHD)

- www.mentalhealth.org.uk

NIMH – A detailed booklet that describes ADHD symptoms, causes, and treatments, with information on getting help and coping

- www.nimh.nih.gov

Childline – Advice and stories from children who have survived bullying – 0800 01111

- www.childline.org.uk

Parentline Plus – Advice and links for parents – 0808 8002222

- www.parentlineplus.org.uk

Know IT All for Parents – a range of resources for primary and secondary schools by Childnet International. Has a sample family agreement.

- www.childnet-int.org

A Guide to UK-based Free Mental Health Helplines by Cassiobury Court

- <http://www.cassioburycourt.com/article/98/guide-to-uks-free-mental-health-helplines>

The Samaritans

- www.samaritans.org

CALM – Campaign against living miserably: a web site for young men

- www.thecalmzone.net

Saneline – a national mental health helpline – 0845 767 8000 (6pm-11pm)

- www.sane.org.uk

Clinical Partners – Clinical Partners are a private mental health partnership. They work closely with a team of over 160 senior clinicians nationwide, include psychiatrists, psychologists, psychotherapists, educational, forensic, and neuro psychologists. They provide private mental health services for adults, children, companies and other public and private sector organisations including the Armed Forces and NHS

- www.clinical-partners.co.uk

Mind – Confidential Mental Health Services information – 0300 123 3393 (9am-5pm, Monday to Friday)

- www.mind.org.uk
- [Hope University Wellbeing Podcasts](#)
- www.meetup.com
- www.adhdandyou.co.uk
- www.myadhd.com
- www.childmind.org