

Other Support



Self Harm

YoungMinds | www.youngminds.org.uk

Information for young people and parents on self-harm

Calm Harm | www.calmharm.stem4.org.uk

An app to help manage the urge to self-harm age 13+

Alumina | www.selfharm.co.uk

Free online self-harm support for ages 10–17

National Autistic Society | <https://tinyurl.com/3mewifpr>

Self-injurious behaviour, a guide for all audiences

Sleep

The Sleep Charity | www.thesleepcharity.org.uk

Information and support including a helpline

Spectrum Gaming Sleep Guide | <https://rb.gy/xri3q9>

Autism focused sleep guide

Cerebra Sleep Advice Service | <https://tinyurl.com/ytfdvstc>

Support and tips from trained sleep practitioners

Oxford Health CAMHS | <https://tinyurl.com/3c2v768d>

Sleep resources including worksheets and videos

What to Do When You Dread Your Bed | Dawn Huebner

Interactive, self-help book for ages 7-10

Bereavement

Daisy's Dream | www.daisysdream.org.uk

Free support for young people in Berkshire aged 6 - 18 who have been, or will be affected by bereavement

Winston's Wish | www.winstonswish.org

Supports bereaved young people up to age 25

Sexuality & Gender

SupportU | www.supportu.org.uk

Offering LGBTQ+ support throughout the Thames Valley

Gendered Intelligence | www.genderedintelligence.co.uk

Expanding understanding of gender to improve trans lives

The Proud Trust | www.proudtrust.org

Resources for LGBTQ+ young people

Substance Misuse

The Edge | www.via.org.uk/services/west-berkshire-the-edge

Information and support including a helpline

Frank | www.talktofrank.com

Honest information about drugs

Eating

BEAT | www.beateatingdisorders.org.uk

Information and support around eating issues

Autistic Girls Network | www.tinyurl.com/4rdwts9r

Information and support around eating issues related to autism