**Relevant websites**

**Trauma, PTSD and Attachment**  
**[www.saia.org.uk](http://www.istss.org/" \t "_blank)** (Scottish Attachment in Action)  
**[www.istss.org](http://www.istss.org/" \t "_blank)** (International Society for Traumatic Stress Studies)  
**[www.estss.org](http://www.estss.org/" \t "_blank)** (European Society for Traumatic Stress Studies)  
**[www.estd.org](http://www.estd.org/" \t "_blank)** (European Society for Trauma and Dissociation)  
**[www.isst-d.org](http://www.isst-d.org/" \t "_blank)** (International Society for the Study of Trauma and Dissociation)  
**[www.ukpts.co.uk](http://www.ukpts.co.uk/" \t "_blank)** (UK Psychological Trauma Society)  
**[www.trauma-pages.com](http://www.trauma-pages.com/" \t "_blank)**  
**[www.understandingdissociation.com](http://www.understandingdissociation.com/" \t "_blank)**  
**[www.nctsn.org](http://www.nctsn.org/" \t "_blank)** (National Child Traumatic Stress Network)  
**[www.birthtraumaassociation.org.uk](http://www.birthtraumaassociation.org.uk/" \t "_blank)** (Birth Trauma Association)  
**[www.janinafisher.com](http://www.janinafisher.com/" \t "_blank)** (Janina Fisher’s Trauma Pages)  
**[www.familyrelationsinstitute.org](http://www.familyrelationsinstitute.org/" \t "_blank)** (Patricia Crittenden’s Attachment Pages)  
**[www.iasa-dm.org](http://www.iasa-dm.org/" \t "_blank)** (International Association for the Study of Attachment)

**Young people’s mental health**  
**[www.childmentalhealthcentre.org](http://www.childmentalhealthcentre.org/" \t "_blank)** (Child Mental Health)  
**[www.childline.org.uk](http://www.childline.org.uk/" \t "_blank)** – 0800 11 11 (Childline)  
**[www.youngminds.org.uk](http://www.youngminds.org.uk/" \t "_blank)** (Young Minds)  
**[www.headspace.com/](http://www.headspace.com/" \t "_blank)** (A Mindfulness app for relaxation)  
**[www.smilingmind.com.au/](http://smilingmind.com.au/" \t "_blank)** (Relaxation made easy)  
**[www.gires.org.uk](http://www.gires.org.uk/" \t "_blank)** (Gender Identity Research and Education Society)  
**[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk/" \t "_blank)** (Support and information for gender variant children and teens)  
**[switchboard.org.uk](http://switchboard.org.uk/" \t "_blank)** (Brighton & Hove LGBT Switchboard was established in 1975 and is here to listen to, inform and support lesbian, gay, bisexual and transgender people)

**Adult mental health**  
**[www.samaritans.org](http://www.samaritans.org/" \t "_blank)** – 08457 90 90 90 (The Samaritans)  
**[www.mind.org.uk](http://www.mind.org.uk/" \t "_blank)** (Mind)  
**[www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp" \t "_blank)** (Cognitive Behavioural self-help strategies)  
**[www.llttf.com/index.php](http://www.llttf.com/index.php" \t "_blank)** (An online self-help service)  
**[www.getselfhelp.co.uk/links2.htm](http://www.getselfhelp.co.uk/links2.htm" \t "_blank)** (Links to other useful website and self-help strategies)  
**[www.headspace.com/](http://www.headspace.com/" \t "_blank)** (A mindfulness app for relaxation)  
**[www.sussexrecoverycollege.org.uk/](https://www.sussexrecoverycollege.org.uk/" \t "_blank)**

**Fostering and adoption**  
**[www.baaf.org.uk/info](http://www.baaf.org.uk/info" \t "_blank)** (British Association of Adoption and Fostering)  
**[www.adoptionplus.co.uk](http://www.adoptionplus.co.uk/" \t "_blank)** (Adoption Plus)  
**[www.pac-uk.org/](http://www.pac-uk.org/" \t "_blank)** (Post adoption Centre)

**Abuse and child safety**  
**[www.nspcc.org.uk](http://www.nspcc.org.uk/" \t "_blank)** (NSPCC)  
**[www.ceop.police.uk](https://www.ceop.police.uk/" \t "_blank)** (CEOP – online safety)  
**[www.safelives.org.uk](http://www.safelives.org.uk/" \t "_blank)** (Safe Lives)

**Parenting and Parent-Infant mental health**  
**[www.parentskool.co.uk/](http://www.parentskool.co.uk/" \t "_blank)**  
**[www.nct.org.uk/](http://www.nct.org.uk/" \t "_blank)**  
**[www.aimh.org.uk/](http://www.aimh.org.uk/" \t "_blank)**  
**[www.zerotothree.org/](http://www.zerotothree.org/" \t "_blank)**  
**[www.breakthesilence-pni.org/](http://www.breakthesilence-pni.org/" \t "_blank)**  
**[www.birthtraumaassociation.org.uk](http://www.birthtraumaassociation.org.uk/" \t "_blank)**  
**[www.pandasfoundation.org.uk/](http://www.pandasfoundation.org.uk/" \t "_blank)**  
**[www.brightpip.co.uk](http://www.brightpip.co.uk/" \t "_blank)** (Parent Infant Psychotherapy Service based in Brighton)

**Occupational Therapy**  
[**www.sensoryattachmentintervention.com**](http://www.sensoryattachmentintervention.com/)  
[**www.sensoryproject.org/through-the-senses**](https://sensoryproject.org/through-the-senses/)  
[**www.sensoryintegration.org.uk/What-is-SI**](http://www.sensoryintegration.org.uk/What-is-SI)  
[**www.zonesofregulation.com/index.html**](http://www.zonesofregulation.com/index.html)  
[**www.hwtears.com**](http://www.hwtears.com/)  
[**www.sosapproach-conferences.com**](http://www.sosapproach-conferences.com/)

**Supporting Infant Mental Health (0 – 5 years old)**

[Cry-sis](http://www.cry-sis.org.uk/" \o "Cry-sis" \t "_blank)

* Support for families with excessively crying, sleepless and demanding babies.  
  Helpline: 08451 228 669 (Daily 09:00 – 22:00)
* Email: [info@cry-sis.org.uk](mailto:info@cry-sis.org.uk)

[Eric](http://www.eric.org.uk/" \o "Eric" \t "_blank) (Education and Resources for Improving Childhood Continence)

* Support for children, parents and professionals who deal with childhood continence issues – potty training, bedwetting, daytime wetting, constipation and soiling.
* Helpline: 0845 370 8008 (Mon – Thu 10:00-14:00). Charges apply.
* Email: [helpline@eric.org.uk](mailto:helpline@eric.org.uk)

[Childnet](http://www.childnet.com/" \o "Childnet" \t "_blank)

* Keeping under-fives safe online.
* Top tips for parents on what you need to know, how to guide your young child, where to go for help

[Netmums](http://www.netmums.com/" \o "Netmums" \t "_blank)

* Online parenting organisation made up of local sites that cover the UK, each site offering parenting information to parents/carers following through each stage of childhood.

[Barnardo's](http://www.barnados.org.uk/" \o "Barnardo's" \t "_blank)

* Barnardo’s provides a range of services to children, young people and families in UK.

[National Childbirth Trust](https://www.nct.org.uk/" \o "NCT" \t "_blank) (up to two years old)

* Practical and emotional support in all areas of pregnancy, birth and early parenthood
* Enquiries line: 0300 330 0700
* Email: [enquiries@nct.org.uk](mailto:enquiries@nct.org.uk)

## Helplines and services available

**YoungMinds Crisis Messenger**

* Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
* If you need urgent help text YM to 85258
* All texts are answered by trained volunteers, with support from experienced clinical supervisors
* Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
* Visit our [YoungMinds Crisis Messenger](https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/" \o "YoungMinds Crisis Messenger" \t "_blank) page for more information

**Childline**

* [www.childline.org.uk](http://www.childline.org.uk/" \t "_blank)
* If you're under 19 you can confidentially call, email or chat online about any problem big or small
* Freephone 24h helpline: 0800 1111
* [Sign up for a childline account](https://www.childline.org.uk/registration/" \t "_blank) on the website to be able to message a counsellor anytime without using your email address
* Chat 1:1 with an [online advisor](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/" \t "_blank)

**Youth Access**

* [www.youthaccess.org.uk](http://www.youthaccess.org.uk/" \t "_blank)
* A place for you to get advice and information about counselling in the UK, if you're aged 12-25.

**The Mix**

* [www.themix.org.uk](http://www.themix.org.uk/" \t "_blank)
* If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.
* Freephone: 0808 808 4994 (1pm-11pm daily)