

## Resources to support Kirklees Young People’s Survey

If you (or someone you know) have been affected by any of the issues raised in the Young People’s Survey or would just like more information on a particular topic, please see the appropriate section below.

This list has been compiled by the Public Health team at Kirklees Council, and is also available as a web page here: [http://observatory.kirklees.gov.uk/jsna/KYPS\\_resources](http://observatory.kirklees.gov.uk/jsna/KYPS_resources)

Further information about the survey (including Kirklees-level results when available) can be found here: [www.kirklees.gov.uk/KYPS2019](http://www.kirklees.gov.uk/KYPS2019)

To see how some of the results from our Young People’s Survey have been used, see the Kirklees Joint Strategic Assessment web site: <http://observatory.kirklees.gov.uk/jsna>

### General information and support on all kinds of topics

ChildLine	<a href="http://www.childline.org.uk">http://www.childline.org.uk</a> phone: 0800 1111
Health for Teens	<a href="https://www.healthforteens.co.uk/">https://www.healthforteens.co.uk/</a>
Samaritans	<a href="http://www.samaritans.org">http://www.samaritans.org</a> phone: 116 123
Chat Health local messaging service for 11-16 year olds	text: 07520618866
Kooth online counselling service	<a href="https://www.kooth.com">https://www.kooth.com</a>

### Apps

Calm harm - helps to resist or manage the urge to self-harm	<a href="http://calmharm.co.uk/">http://calmharm.co.uk/</a>
Daylio - mood tracker/anxiety	Search 'Daylio' on the app store
Stop, breathe and think - relaxation and meditation techniques	<a href="https://www.stopbreathethink.org.uk/">https://www.stopbreathethink.org.uk/</a>

### Bullying

ChildLine	<a href="http://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying/">http://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying/</a>
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### Child safety and safeguarding

Kirklees Council's web page	<a href="http://www.kirklees.gov.uk/beta/child-protection/concerns-about-a-child.aspx">http://www.kirklees.gov.uk/beta/child-protection/concerns-about-a-child.aspx</a>
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Child Exploitation and Online Protection (CEOP): online sexual abuse	<a href="http://www.ceop.police.uk/safety-centre/">http://www.ceop.police.uk/safety-centre/</a>
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## Crime

Police (emergency)	Phone 999
Police (non-emergency)	Phone 101
West Yorkshire Police (Kirklees)	<a href="https://www.westyorkshire.police.uk/my-neighbourhood/kirklees">https://www.westyorkshire.police.uk/my-neighbourhood/kirklees</a>

## Cycling

Streetbikes (free training and used bikes)	<a href="http://www.streetbikes.org.uk/">http://www.streetbikes.org.uk/</a>
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## Domestic violence

The Pennine Domestic Violence Group	<a href="https://pdap.co.uk/services/children-and-young-peoples/">https://pdap.co.uk/services/children-and-young-peoples/</a> phone:08000527222
Kirklees Council's web page	<a href="http://www.kirklees.gov.uk/beta/domestic-abuse/index.aspx">http://www.kirklees.gov.uk/beta/domestic-abuse/index.aspx</a>

## Drugs and alcohol

The Base - Kirklees (confidential drug and alcohol service for young people)	<a href="http://www.changegrowlive.org/young-people/the-base-kirklees">http://www.changegrowlive.org/young-people/the-base-kirklees</a> phone: 01484 541589
FRANK (confidential drugs advice)	<a href="http://www.talktofrank.com">http://www.talktofrank.com</a>
ChildLine (drugs)	<a href="http://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/drugs/">http://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/drugs/</a> phone: 0800 1111
ChildLine (alcohol)	<a href="http://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/alcohol/">http://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/alcohol/</a> phone: 0800 1111

## Eating disorders

Beat Eating Disorders	<a href="http://www.beateatingdisorders.org.uk/support-services">http://www.beateatingdisorders.org.uk/support-services</a> phone: 0808 801 0677 youthline: 0808 801 0711
NHS Choices	<a href="https://www.nhs.uk/mental-health/advice-for-life-situations-and-events/how-to-help-someone-with-eating-disorder/">https://www.nhs.uk/mental-health/advice-for-life-situations-and-events/how-to-help-someone-with-eating-disorder/</a>

## Education, employment and training

C & K Careers: Education, employment and training guidance and support	<a href="http://ckcareersonline.org.uk/">http://ckcareersonline.org.uk/</a>
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## Food and physical activity

Teen Weight Wise	<a href="http://www.teenweightwise.com/">http://www.teenweightwise.com/</a>
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## HPV vaccine

HPV vaccine - video	<a href="https://www.healthforteens.co.uk/health/immunisation/video-5-rumours-about-the-hpv-vaccine/">https://www.healthforteens.co.uk/health/immunisation/video-5-rumours-about-the-hpv-vaccine/</a>
NHS Choices	<a href="https://www.nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine/">https://www.nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine/</a>

## Mental health and emotional wellbeing

ChildLine	<a href="https://www.childline.org.uk/info-advice/your-feelings/">https://www.childline.org.uk/info-advice/your-feelings/</a>
Northorpe Hall (including Children's Emotional Wellbeing Service)	<a href="http://www.northorpehall.co.uk/young-people/support-5-18-year-olds">http://www.northorpehall.co.uk/young-people/support-5-18-year-olds</a> <a href="https://www.northorpehall.co.uk/useful-link/young-people">https://www.northorpehall.co.uk/useful-link/young-people</a>
Young Minds	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
Papyrus (prevention of young suicide)	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
Thriving Kirklees Single Point of Contact (Child and Adolescent Mental Health Services)	<a href="https://www.thrivingkirklees.org.uk/">https://www.thrivingkirklees.org.uk/</a> phone: 0300 304 5555
CAMS den	<a href="http://camsden.com/home">http://camsden.com/home</a>
Youthtalk.org	<a href="https://youthtalk.org.uk/help-for-you/">https://youthtalk.org.uk/help-for-you/</a>
App: Daylio - mood tracker/anxiety	Search 'Daylio' on the app store
App: Stop, breathe and think - relaxation and meditation techniques	<a href="https://www.stopbreathethink.org.uk/">https://www.stopbreathethink.org.uk/</a>

## Self-harm

ChildLine	<a href="http://www.childline.org.uk/info-advice/your-feelings/self-harm/">http://www.childline.org.uk/info-advice/your-feelings/self-harm/</a> phone: 0800 1111
Samaritans	<a href="http://www.samaritans.org">http://www.samaritans.org</a> phone: 116 123
App: Calm harm - helps to resist or manage the urge to self-harm	<a href="http://calmharm.co.uk/">http://calmharm.co.uk/</a>

## Sexual abuse and exploitation

Child Exploitation and Online Protection (CEOP): online sexual abuse	<a href="http://www.ceop.police.uk/safety-centre/">http://www.ceop.police.uk/safety-centre/</a>
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## Sexual health

Sexwise	<a href="https://sexwise.fpa.org.uk/">https://sexwise.fpa.org.uk/</a>
Contraception	<a href="https://www.nhs.uk/conditions/contraception/">https://www.nhs.uk/conditions/contraception/</a>
Sexually transmitted infections	<a href="https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/">https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/</a>
The law on sex	<a href="https://www.thinkuknow.co.uk/14_plus/need-advice/sex-and-the-law">https://www.thinkuknow.co.uk/14_plus/need-advice/sex-and-the-law</a>
C-card scheme (confidential sexual health advice in Kirklees and access to free condoms)	
Kirklees Integrated Sexual Health Service (Locala)	
NHS Choices	<a href="http://www.nhs.uk/Livewell/Sexandyoungpeople/Pages/Sex-and-young-people-hub.aspx">http://www.nhs.uk/Livewell/Sexandyoungpeople/Pages/Sex-and-young-people-hub.aspx</a>

## Sexual and gender identity

The Brunswick Centre yOUTH project: Providing support across Kirklees to LGB&T young people, their parents and carers	<a href="https://www.thebrunswickcentre.org.uk/services/youth">https://www.thebrunswickcentre.org.uk/services/youth</a>
The Proud Trust: LGBT+ youth groups and other support (Manchester based)	<a href="https://www.theproudtrust.org/">https://www.theproudtrust.org/</a>
Mermaids: Support	<a href="https://www.mermaidsuk.org.uk/">https://www.mermaidsuk.org.uk/</a>

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around gender identity and being trans	
ChildLine	<a href="https://www.childline.org.uk/info-advice/your-feelings/sexual-identity/">https://www.childline.org.uk/info-advice/your-feelings/sexual-identity/</a> phone: 0800 1111
Young Stonewall	<a href="https://www.stonewall.org.uk/young-stonewall">https://www.stonewall.org.uk/young-stonewall</a>

## Smoking

ChildLine (smoking)	<a href="http://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/smoking/">http://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/smoking/</a> phone: 0800 1111
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## Volunteering

Volunteering Kirklees	<a href="http://www.volunteeringkirklees.org.uk">http://www.volunteeringkirklees.org.uk</a> phone: 01484 519053 email: info@vkirklees.org.uk
Kirklees Youth Alliance: **Young advisors wanted to help develop new positive activities for young people in Kirklees**	Susan Greenwood, KYA Development Manager Susan@kirkleesyouthalliance.org

## Young carers

ChildLine	<a href="http://www.childline.org.uk/info-advice/home-families/family-relationships/young-carers/">www.childline.org.uk/info-advice/home-families/family-relationships/young-carers/</a> phone: 0800 1111
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