



Hidden Harm

Tools and resources



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Introduction

In response to the national concerns relating to hidden harm during COVID-19. The below list of tools and resources have been compiled on a number of key subjects for professionals to use when working with children and families.

Domestic abuse

The Blue Door

The Blue Door is a specialist service who provide support to anyone that has experienced domestic abuse and sexual violence in North and North East Lincolnshire and those who have experienced rape and serious sexual offences in Hull and the East Riding of Yorkshire through a variety of advocacy, outreach workers, groups and programmes.

Office Telephone: 01724 841947

Helpline: 0800 197 47 87

Further information and referral forms are available from [The Blue Door's website](#)

Re:Form – Domestic Abuse Perpetrator Programme

Re:Form is a comprehensive prevention package based on motivational, experiential approaches, as recommended by Respect. The primary aim is to manage risk to victims and families, increase safety, and reduce incidents thereby improving outcomes around perpetrators being able to sustain non-abusive behaviour.

Further information and referral forms are available on the [Children's MARS website](#) or via [The Blue Door](#).

Who's in Charge – Child to Parent Violence Programme

Who's in Charge? is a 9 week child to parent violence (CPV) programme aimed at parents whose children are being abusive or violent toward them or who appear out of parental control. The structure of the programme consists of 8 two and a half hour sessions with a two-month follow up.

Further information and referral forms are available on the [Children's MARS website](#) or via [The Blue Door](#).

SafeLives

SafeLives, the UK-wide charity that provides research, training and support to frontline domestic abuse services and professionals

Information and guidance for a variety of professionals is available on the [SafeLives website](#).

Respect UK

The Respect Phonenumber is a confidential helpline, email and webchat service for perpetrators of domestic violence looking for help to stop. Respect provide help to male and female perpetrators, in heterosexual or same-sex relationships. Partners or ex-partners of perpetrators, as well as concerned friends and family and Frontline Workers are welcome to get in touch for information, advice and support.

Helpline: 0808 802 4040

Webchat also available via [the Respect website](#).

The National Domestic Abuse Helpline

The National Domestic Abuse Helpline offers confidential, non-judgmental information and expert support. The Helpline can also help callers access refuge accommodation, or other specialist services. The Helpline is free to call. It uses the services of Language Line to provide access to interpreters for non-English-speaking callers. The Helpline can also access the BT Type Talk Service for deaf or hard-of-hearing callers. The Helpline is open 24 hours a day and every day of the year.

Helpline: 0808 2000 247

The Hideout

The Hideout provides information to children and young people to understand domestic abuse and how to take positive action if it happening to them.

[The Hideout website](#)

What's OK at Home?

Previously called 'Bursting the Bubble', this organisation creates websites, videos, apps, brochures, posters and other resources to help young people understand what family violence is, why it happens, how to recognise it and how to help others who are experiencing it.

[What's OK at Home website](#)

Hidden Hurt

Hidden Hurt aims to help children and young people understand the dynamics of an abusive relationship, the different types of abuse and the effect on both direct and indirect victims. A number of resources and personal stories are available to read on their website.

[Hidden Hurt website](#)

Adult substance misuse

We Are With You

We Are With You is a national charity and we are the commissioned service to support adults with substance use issues in North Lincolnshire. Their website provides information and advice to substance users, family and friends and professionals.

[We Are With You website](#)

We Are With You also provide free confidential support with alcohol, drugs both through online webchat which is available via their website Monday-Friday 9am-9pm and Sat/Sun 10am-4pm

Overs 50s advice line 0808 8010750
Phone number: 01724 857633

Address: 189-195 High Street, Scunthorpe, DN15 6LQ

Secure email: nlincsspoc@wearewithyou.cjsm.net
Generic email: northlincsadmin@wearewithyou.org.uk

Harm Reduction information

Below is the link to a number of harm reduction documents on a range of substances. The documents contain information around what the substance looks like, how it is used and the effects on the user.

[Harm reduction information](#)

Assist-Lite screening tool

Guidance for health and social care professionals on using the ASSIST-Lite tool to identify substance use and provide appropriate intervention.

[ASSIST-Lite screening tool: how to use](#)

Alcohol use screening tool and eLearning

The screening tool and eLearning courses help healthcare professionals to identify harmful alcohol use and give brief advice.

[Alcohol use screening tests](#)

[Alcohol Identification and Brief Advice - e-Learning](#)

Alcohol use disorders identification test (AUDIT)

AUDIT is a comprehensive 10 question alcohol harm screening tool. This tool is used to explore alcohol use and whether further support is needed.

[Alcohol use disorders identification test - AUDIT](#)

Frank

Confidential advice and information about drugs, their effects and the law.

0300 123 6600

[Talk to Frank website](#)

Adult mental health

Northumberland self-help leaflet library

This collection of self-help leaflets contains information on a wide range of mental health and emotional wellbeing topics.

[Self-help leaflet library](#)

RDaSH leaflet library

The online library contains information and self help leaflets on a wide range of subjects.

[Full leaflet library](#)

Panic leaflet

A leaflet from Adult Mental Health Services providing information on Panic.

[Panic leaflet](#)

Depression leaflet

This leaflet provides information for service users and carers about depression, self help information and when to seek further support.

[Depression leaflet](#)

Anxiety self-help guide

This self-help information sheet provides advice around how to cope with anxiety and gives examples of exercises that can be done to help relieve symptoms.

[Anxiety self help information sheet](#)

Anxiety leaflet

This leaflet provides information for service users and carers about anxiety, self-help information and when to seek further support.

[Anxiety leaflet](#)

Stress leaflet

This leaflet provides information for service users and carers about stress, self-help information and when to seek further support.

[Stress leaflet](#)

An information pack for relatives and friends who care for people with mental health problems

A leaflet from Rotherham Early Intervention in Psychosis Team providing information for relatives and friends who care for people with mental health problems.

[Information pack](#)

Bereavement and grief leaflet

This leaflet provides information for service users and carers about bereavement and grief and how to access further support.

[Bereavement and grief leaflet](#)

Sleep

Sleep can have a huge impact upon a person's ability to cope and it is often one of the first symptoms that people struggling with their mental health will disclose. The below leaflet provides information around how to get a good

night sleep.

[Getting a good night sleep leaflet](#)

[RDaSH sleep leaflet](#)

Scunthorpe Talking Shop

The Talking Shop provides free confidential advice about mental health and wellbeing.

[Talking Shop leaflet](#)

[Further information on the Talking Shop](#)

North Lincolnshire IAPT service

The improving access to Psychological Therapies (IAPT) service can be accessed through self-referral or through your GP.

[To self-refer visit their website.](#)

Dr. Fiona Kennedy – YouTube channel

On her YouTube channel, Dr. Kennedy discusses a range of topics including how to cope during COVID and how to cope with anxiety, loneliness and grief.

[Visit her YouTube channel](#)

Calm Harm

This is an app which is designed to help people resist or manage the urge to self-harm.

[Calm Harm app information](#)

NHS app library

The library is a collection of NHS approved apps for people to access self-help. There are a number of recommended apps for mental health and emotional wellbeing support.

[NHS app library](#)

Psychoeducation information handouts

These handouts provide information about psychological issues and techniques. Handouts include, how trauma can affect you, how your body responds to stress and how to recognise a range of disorders such as depression, panic disorders and insomnia.

[Psychoeducation worksheets and handouts](#)

Face COVID guide

Face COVID is a set of practical steps for responding effectively to the coronavirus pandemic, using the principles of acceptance and commitment therapy.

[Face COVID guide](#)

Mind infoline

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services.

Telephone: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463

[Mind website](#)

Rethink mental illness advice line

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England.

Telephone: 0300 5000 927 (9.30am - 4pm Monday to Friday)

[Rethink website](#)

Shout

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text: 85258

[Shout website](#)

Mind Out

Mental health service run by and for LGBTQ+ people.

[Mind out website](#)

Children and young people's mental health

Life Central

Life central aims to be the go-to app for young people in North Lincolnshire. It aims to give young people the information they need to help themselves make lifestyle changes for better emotional health and wellbeing.

[Life Central website](#)

Kooth

Kooth is an online mental wellbeing community, with free, safe and anonymous support for 11 to 18 year olds.

[Kooth website](#)

The Mix

The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, webchat, peer to peer and counselling services.

Telephone: 0808 808 4994 (11am-11pm, free to call)

Crisis Support: Text 'THEMIX' to 85258.

[The Mix website](#)

Beat

Offers information and advice on eating disorders and runs a supportive online community. Also provides a directory of support services at HelpFinder.

0808 801 0711 (youthline)

0808 801 0811 (studentline)

0808 801 0677 (adult helpline)

[Beat website](#)

Young Minds

Committed to improving the mental health of babies, children and young people, including support for parents and carers.

0808 802 5544 (parents helpline)
85258 (crisis messenger service – text the letters YM)
[Young minds website](#)

Student Minds

Mental health charity that supports students.

[Student minds website](#)

Children’s MARS hints and tips support leaflets

The below leaflets have been developed to signpost children, young people and families to support during the COVID-19 period.

[Support leaflet for children and young people](#)

Child exploitation and grooming

Friend or Foe: Who can you trust?

The Friend or Foe education resource was developed to help schools and other settings explore positive and negative relationships, peer pressure and sexual exploitation. The pack includes a number of new exercises addressing the risks associated with new technologies, and materials aimed at increasing knowledge and confidence of staff involved in delivery.

[Friend or Foe education resource](#)

Not in Our Community

Developed with young people, Not In Our Community works to protect and prevent grooming and exploitation.

[Not in our community website](#)

Alfie’s story

The video story follows Alfie’s journey of criminal exploitation, how it can happen and the consequences it can have for all involved

[View Alfie’s story on YouTube](#)

Missed Me?

Missed Me? is based on real life events and shows the different ways that children and young people can be pushed and pulled into situations of great risk and episodes of going missing.

The story has been created to help raise awareness of the reasons behind young people going missing and present them as victims rather than perpetrators of crime or the cause of situations including sexual and criminal exploitation.

[View Missed Me? On YouTube](#)

Fearless

Their website has educational resources on county lines to educate young people on recognising the signs and how to report it. Young people themselves can also access the website for information around crime and exploitation

[Fearless website](#)

#knifefree

These free-to-download lessons will inform young people of the consequences of carrying a knife and inspire them to pursue positive alternatives, using real life stories of young people's experiences as a basis. Accompanying teacher guidance will help you plan the lessons into your PSHE curriculum safely and effectively. The included PowerPoint slides for each lesson will help you to deliver engaging and effective lessons.

[#knifefree lesson plan](#)

Choose a different ending

Choose a different ending is an interactive film that allows you to decide what happens next. You can interact with it, choose what to do and decide how it ends.

[View the video on YouTube](#)

Lives not knives

Lives not knives is a youth-led charity that works to prevent knife crime, serious youth violence and school exclusions by engaging, educating and empowering disadvantaged young people and supporting them to enjoy their lives and improve their future prospects.

[Lives not knives website](#)

The Ben Kinsella Trust

The Ben Kinsella Trust is a anti-knife crime charity which tackles knife crime through education. Their website contains resources of young people, parents and professionals.

[The Ben Kinsella Trust website](#)

PACE: Parents against child exploitation

PACE supports parents and carers of children who are being exploited by offenders outside the home. Their website provides information, support and training.

[PACE website](#)

Catch 22

Their website contains information and research around child exploitation and has a number of resources and posters relating to child exploitation and missing children.

[Catch 22 website](#)

NSPCC: It's Not OK

It's Not OK helps children and young people recognise concerning behaviour and identify characteristics of positive relationships. The lesson plans, films and accompanying activities cover what behaviour to look out for and how to respond to it.

[It's not ok lesson plans](#)

County Lines and Criminal Exploitation toolkit

The Children's Society have developed a toolkit to address some gaps in knowledge and offer suggestions for supporting young people who are at risk of, or being trafficked for the purpose of criminal exploitation.

[County Lines and Criminal Exploitation toolkit](#)

Parent Zone

The parent zone website has a range of articles to support parents with digital parenting. Articles include being safe online, what apps to watch out for and what to teach children about internet safety.

[Parent Zone website](#)

Children's Society: Stages of Recruitment

This educational resources shows that there are a number of different stages that people and gangs use when they're trying to exploit you. Knowing what these stages of recruitment are, and what signs to look out for, can help you keep yourself safe from exploitation.

[Stages of Recruitment](#)

CEOP: Thinkuknow

The thinkuknow website contains resources for children of all ages around internet safety and preventing online grooming. There are lesson plans, activities for children and advice articles for parents, carers and professionals.

[Thinuknow website](#)

Safer sleeping and coping with crying

ICON programme

The ICON programme has been developed to help parents, carers and families understand that increased crying between 2 weeks and 6-8 weeks of age is normal and helps families cope with a crying baby. It also raises awareness of the dangers of a baby being shaken, something that can be triggered by a baby crying, and the devastating injuries this can cause sometimes resulting in death.

The [ICON website](#) provides further advice for both parents and professionals working with children and families.

Posters, action plans and resources for professionals are also available on the [Children's MARS website](#).

NHS website - Soothing a crying baby

The NHS have information and guidance on their website which gives parents the techniques to comfort a crying baby.

[Soothing a crying baby](#)

Cry-Sis

Cry-Sis is a charity offering help and support to parents with babies who cry excessively or have sleeping problems. Their website provides advice, information and guidance along with a telephone helpline that you can access for advice.

[Cry-Sis website](#)

Lullaby Trust

The lullaby trust website provides advice around safer sleeping for babies and young children. Information is available around co-sleeping, room temperature and appropriate bedding.

[Lullaby Trust website](#)

Little Lullaby

Little Lullaby has been created by young people for young people and provides advice and guidance around caring for babies and education around safer sleeping.

[Little Lullaby website](#)

Lift the baby

Video resource and information for new dads around safer sleeping

[Lift the baby website](#)

Further information

Children's MARS toolkits

- [Domestic abuse toolkit](#)
- [Supporting young people's emotional health and wellbeing 'let's talk about it' toolkit](#)

- [Change the narrative: appropriate language relating to child exploitation](#)
- [Helping and protecting babies and young children briefing](#)

Children's MARS policy and procedures

- [One Family Approach – Helping Children and Families in North Lincolnshire Document](#)
- [Policy statement – children who live in households where there is domestic abuse](#)
- [Joint safe sleep guidance for babies](#)
- [Child sexual exploitation: Definition and guide for practitioners, local leaders and decision makers working to protect children from child sexual exploitation](#)
- [CSE vulnerabilities and risk indicators](#)
- [Child criminal exploitation: Definition and guide for practitioners, local leaders and decision makers working to protect children from child sexual exploitation](#)
- [CCE vulnerabilities and risk indicators](#)