

## Resources to support Kirklees Young People's Survey

If you (or someone you know) have been affected by any of the issues raised by 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/KYPS2018](http://www.kirklees.gov.uk/KYPS2018)

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>

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### 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
Kirklees Council's web pages for young people	<a href="http://www.kirklees.gov.uk/beta/young-people/index.aspx">http://www.kirklees.gov.uk/beta/young-people/index.aspx</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	<a href="https://daylio.webflow.io/">https://daylio.webflow.io/</a>
Stop, breathe and think - relaxation and meditation techniques	<a href="https://app.stopbreathethink.org/">https://app.stopbreathethink.org/</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>
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>

## 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="http://pdvg.org/about-domestic-abuse/children-domestic-violence/">http://pdvg.org/about-domestic-abuse/children-domestic-violence/</a> phone: 0800 0527222
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

Kirklees Council's web pages for young people	<a href="http://www.kirklees.gov.uk/beta/young-people/your-health/drugs-and-alcohol.aspx">http://www.kirklees.gov.uk/beta/young-people/your-health/drugs-and-alcohol.aspx</a>
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="http://www.nhs.uk/Livewell/teengirls/Pages/treatmentforeatingdisorders.aspx">http://www.nhs.uk/Livewell/teengirls/Pages/treatmentforeatingdisorders.aspx</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

Kirklees Council's web pages for young people	<a href="http://www.kirklees.gov.uk/beta/young-people/your-health/mental-health.aspx">http://www.kirklees.gov.uk/beta/young-people/your-health/mental-health.aspx</a>
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="http://www.youthtalk.org.uk/young-people">http://www.youthtalk.org.uk/young-people</a>
App: Daylio - mood tracker/anxiety	<a href="https://daylio.webflow.io/">https://daylio.webflow.io/</a>
App: Stop, breathe and think - relaxation and meditation techniques	<a href="https://app.stopbreathethink.org/">https://app.stopbreathethink.org/</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

Kirklees Council's web pages for young people	<a href="http://www.kirklees.gov.uk/beta/young-people/your-health/your-health.aspx">http://www.kirklees.gov.uk/beta/young-people/your-health/your-health.aspx</a>
Contraception	<a href="http://www.kirklees.gov.uk/beta/young-people/your-health/contraception.aspx">http://www.kirklees.gov.uk/beta/young-people/your-health/contraception.aspx</a>
Sexually transmitted infections	<a href="http://www.kirklees.gov.uk/beta/young-people/your-health/sexually-transmitted-infections.aspx">http://www.kirklees.gov.uk/beta/young-people/your-health/sexually-transmitted-infections.aspx</a>
The law on sex	<a href="http://www.kirklees.gov.uk/beta/young-people/your-health/sex-law-you.aspx">http://www.kirklees.gov.uk/beta/young-people/your-health/sex-law-you.aspx</a>
C-card scheme (confidential sexual health advice in Kirklees and access to free condoms)	<a href="http://www.kirklees.gov.uk/beta/young-people/your-health/c-card-scheme.aspx">http://www.kirklees.gov.uk/beta/young-people/your-health/c-card-scheme.aspx</a>
Kirklees Integrated Sexual Health Service (Locala)	<a href="https://www.locala.org.uk/your-healthcare/sexual-health/">https://www.locala.org.uk/your-healthcare/sexual-health/</a>
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>
Sexwise	<a href="https://sexwise.fpa.org.uk/">https://sexwise.fpa.org.uk/</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>
Yorkshire MESMAC: Youth groups and other resources for LGB&T young people	<a href="https://www.mesmac.co.uk/projects/lgbt-youth">https://www.mesmac.co.uk/projects/lgbt-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 around gender identity and being trans	<a href="https://www.mermaidsuk.org.uk/">https://www.mermaidsuk.org.uk/</a>
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.youngstonewall.org.uk/">https://www.youngstonewall.org.uk/</a>
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## Smoking

Kirklees Council's web pages for young people	<a href="http://www.kirklees.gov.uk/beta/young-people/your-health/drugs-and-alcohol.aspx">http://www.kirklees.gov.uk/beta/young-people/your-health/drugs-and-alcohol.aspx</a>
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

## Volunteering

Volunteering Kirklees	<a href="http://www.volunteeringkirklees.org.uk">http://www.volunteeringkirklees.org.uk</a> phone: 01484 519053 email: <a href="mailto:info@vkirklees.org.uk">info@vkirklees.org.uk</a>
Kirklees Youth Alliance: **Young advisors wanted to help develop new positive activities for young people in Kirklees**	Susan Greenwood, KYA Development Manager. <a href="mailto:susan@tslkirklees.org.uk">susan@tslkirklees.org.uk</a> M:07901372653

## 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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## Youth clubs

Kirklees Council's web pages for young people	<a href="http://www.kirklees.gov.uk/beta/young-people/things-to-do/youth-clubs.aspx">http://www.kirklees.gov.uk/beta/young-people/things-to-do/youth-clubs.aspx</a>
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