

Soiling and Constipation Resource Pack

Information for patients, relatives and
carers

Produced by:

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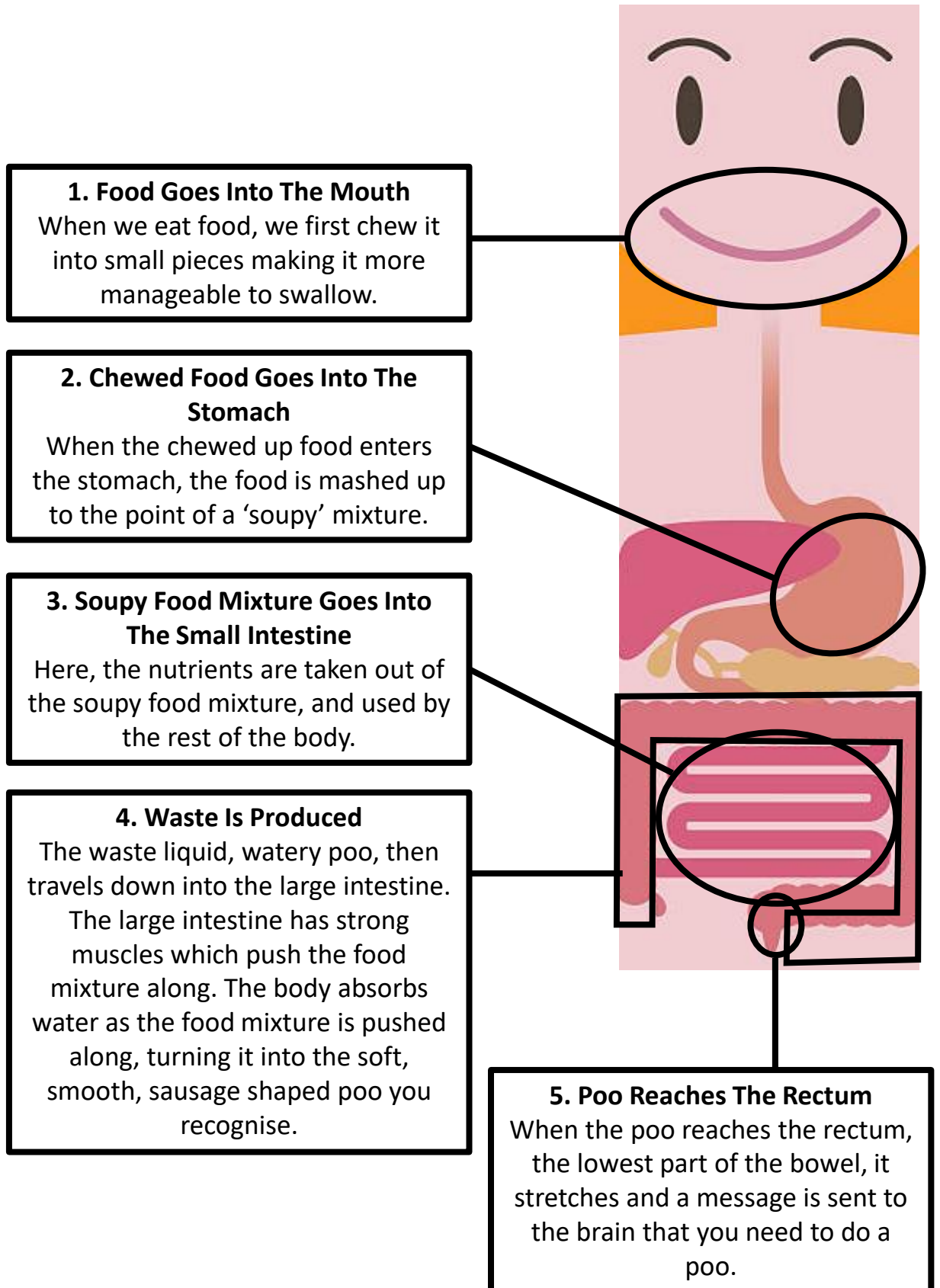
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How Does the Bowel Work?

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In order to explain the different problems that can occur in toileting, it helps to understand how the bowel works.










What does your poo look like?

4 Bristol Stool Form Scale

'Stool' and 'bowel movement' are just other words for poo!

Bristol Stool Chart[©]

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Reproduced from Dr KW Heaton, formerly Reader in
Medicine at the University of Bristol.

Heaton, K W & Lewis, S J 1997, 'Stool form scale as a useful
guide to intestinal transit time'. *Scandinavian Journal of
Gastroenterology*, vol.32, no.9, pp.920 - 924.

Constipation

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What is 'constipation'?

Constipation is described as the inability to poo regularly, or to completely empty the bowel. Someone may be constipated if they do fewer than four poos in a week. Type 1 and 2 stools on the Bristol Stool Form Scale indicate constipation.

What causes constipation?

There are many causes of constipation, including:

1. **Unhealthy Diet.** Diets lacking in water and fibre mean the bowels do not move as they should. A healthier diet that includes high fibre foods (fruits, vegetables, and wholegrains) prevent poo from becoming hard and dry. People with diets high in processed foods, cheeses, white breads and meats may find they become constipated more often.
2. **Not enough exercise.** Moving around helps food to travel down the digestive system; not getting enough physical activity can contribute towards constipation.
3. **Stress.** Some may find they become constipated when they are stressed or anxious. Stress can impact how the digestive system works, resulting in constipation, or the opposite, diarrhoea.
4. **Fear of the toilet.** This can also be associated with pain or discomfort when passing stools.
5. **Irritable Bowel Syndrome (IBS).** IBS can cause either constipation or diarrhoea, as well as stomach pain and gas.
6. **Withholding poo.** Avoiding the toilet, even when you have the urge to go, can cause constipation. Ignoring the urge can make it harder to go to the toilet later on.
7. **Medication.** Some medication, like those used to treat iron deficiencies, can lead to constipation.

What are the signs and symptoms of constipation?

Different people have different bathroom habits; someone who doesn't do a poo every day is not necessarily constipated. Some people may have bowel movements three times a day, whereas others may only have one every 2 days. However, if you are going less than normal, or you are finding it painful to poo, you may be constipated. A person with constipation might:

1. Feel full and bloated
2. Experience pain when attempting to poo
3. Have to strain to do a poo
4. Stomach aches, with occasional nausea.

Soiling

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What is soiling?

Soiling happens when poo comes out in underwear, on the floor, or in other inappropriate places. For younger children this may be because they are still learning to recognise when they need to go. However, some individuals may have a more regular and persistent difficulty.

What causes soiling?

- 1. Constipation.** Constipation is the most common cause of soiling. When you do not have regular bowel movements, the bowel can become loaded with large stools which are hard to pass. This is sometimes referred to as 'faecal impaction'. Soiling occurs when runny poo leaks around the hard lump that is blocking the way; or if there has been a longstanding problem of constipation and the lower bowel and rectum have become overstretched and de-sensitised. Soiling can happen several times a day as the child does not always receive the message that they need a poo, or is not always aware that the poo has come out.
- 2. Withholding poo.** This can be due to fear of the toilet, which can be associated with pain or discomfort.
- 3. Lack of a toilet routine.** Some children and young adults have such busy lives that it can be difficult to find time to sit and relax on the toilet each day. Some children may not want to interrupt play or other activities.
- 4. Resistance to toilet training.** This may be an insistence that a nappy be put on to poo in.
- 5. Diet.** Too little fibre or low fluid intake in the diet.
- 6. Anxiety and emotional upset.** Anxiety may be caused by any significant changes, including changes in routine.

In many children there is likely to be a combination of several of these factors.

Signs and symptoms of soiling

Soiling can affect people in different ways. You may have a problem if:

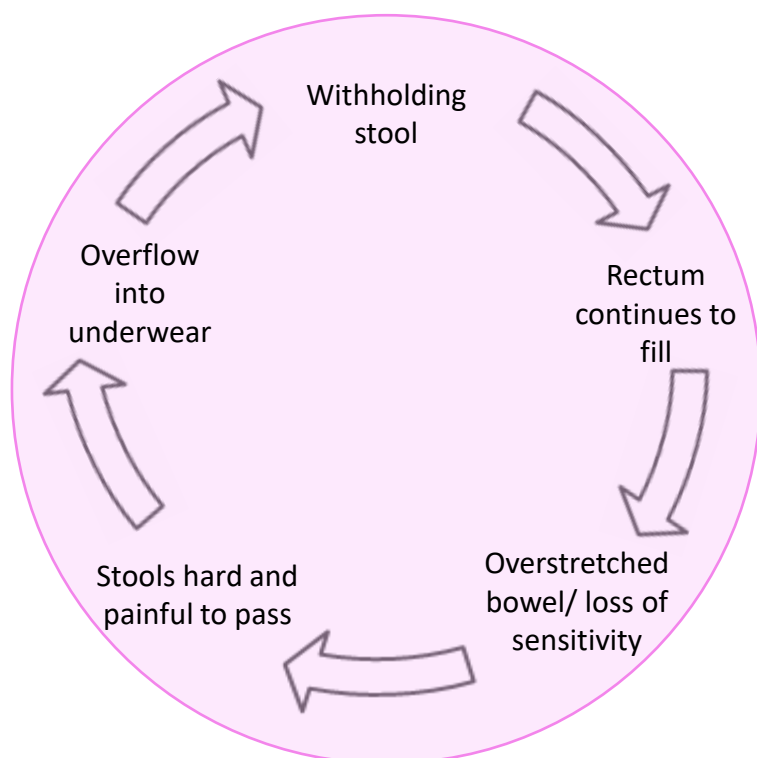
1. You have sudden urges to poo that you cannot control
2. There is leakage or liquid poo in your underwear
3. You are constipated, with dry and hard poos
4. You avoid bowel movements
5. There are long periods of time between doing poos
6. You have a lack of appetite
7. You experience abdominal (tummy) pain
8. You are increasingly getting bladder infections
9. It is affecting your daily life. For example, stopping you from socialising with friends.

The Constipation Cycle

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A child may **withhold** their stool due to a fear of using the toilet, pain when passing a stool, or simply because they do not like using the toilet in certain environments.

The **rectum continues to fill**, causing the muscles in the rectum to get stretched. When the stretched muscles try to tighten, they cannot do so very well. The muscles have got out of shape! The signallers in your bowel are like telephone lines; they send a message to the brain when you are ready to do a poo. These signallers also become stretched when the rectum gets full up, making it difficult to do their job effectively. The good news is that you can train these stretch signals to be strong again!



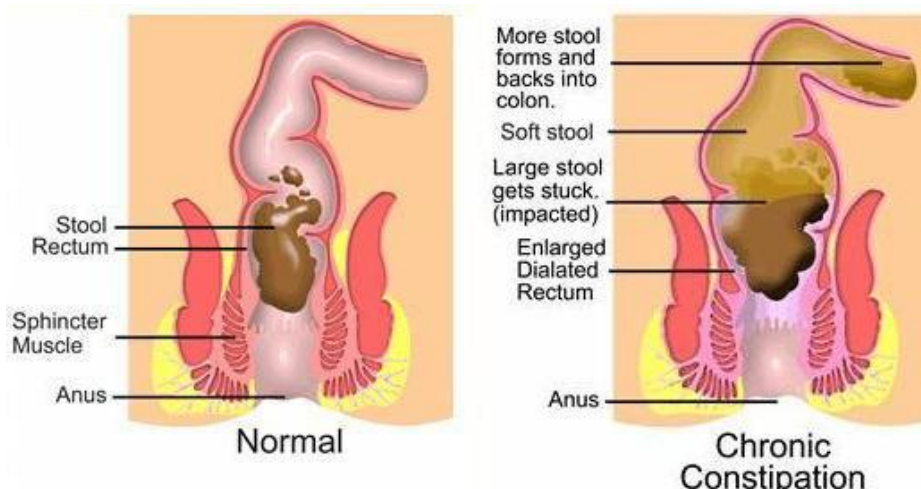
With a **loss of sensitivity** and an **overstretched bowel**, the brain ignores the urge to do a poo. The poo sits in the bowel, where much of the water is absorbed from it. This makes the poo hard and painful to pass, and therefore children are naturally more likely to withhold poo.

Over time, liquid poo can start to leak around the dry, hard, and impacted stool, making attempts at withholding even more likely.

The constipation cycle explains how soiling develops, and how it continues.

The really important parts to remember are that:

- 1. Children have no control over this process**
- 2. It is no-one's fault**

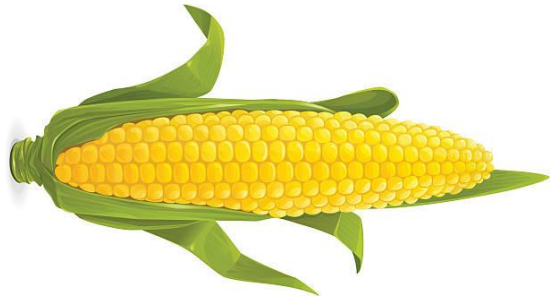


Physiological Support

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Your GP may advise you to take 'Movicol' or 'Laxatives'. Movicol is a powder that comes in sachets that you mix with water. Laxatives are also a medicine used to treat constipation. Children and young adults who are eating solid foods may be prescribed laxatives to help reduce constipation.



It is important to eat a diet high in fibre, fruit, and vegetables e.g. whole wheat products (like brown rice and pasta), peas, broccoli, carrots, sweetcorn and oranges, apples,
Tip: Add more vegetables to soups and stews, have baked and boiled potatoes and keep the skins on, swap white bread for brown bread.



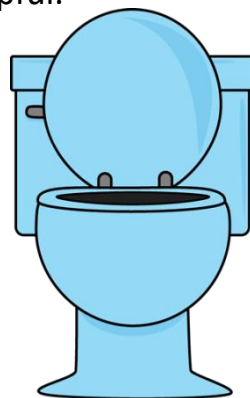
Drink lots of fluids, at least 6-8 cups!



Exercise stimulates the bowel, so exercise just before the toilet routine can be helpful.



Give the recommended amount of milk for the child's age. Too much milk can have a constipating effect on some children.



Regular toilet routine: sit on the toilet for 5-10 minutes everyday after breakfast and evening meals.

Toilet Routine

Implement a regular toilet routine for your child/young adult. You can use a toilet reward chart in conjunction with a toilet routine to encourage your child to use the toilet. There are natural times for using the toilet, such as after meals. Encourage your to sit on the toilet several times a day; the most important times are after breakfast, after school, and after dinner for 5-10 minutes a time (if they open the bowels before this time period ends, they can leave the toilet after). *Tip:* we use the same muscles for blowing as we do for pooing, so find some bubbles or a toy trumpet and you can get blowing whilst you use the toilet!



Be Positive and Encouraging

Evidence of your support, encouragement, and understanding will help your child to relax and eventually move forward in their journey to overcoming soiling, constipation, and withholding. Your support and understanding is VITAL – they can do it if you think they can.

Normalise The Toilet

It is important to talk openly and honestly about going to the toilet. The 'Lets Talk About Poo' campaign aims to raise awareness of children's toileting problems among parents, health professionals and educators so that we all know how to identify when a child may be struggling with toileting, and so we can comfortably talk about it. This allows those close to the child to intervene at an early stage with simple measures to help them poo.

Allowing your child to observe normal toileting behaviour, such as seeing parents use the toilet frequently, shows the child that the toilet does not need to be feared.



'Toilet Area'

Sometimes it is necessary to build up confidence to sit on the toilet and relax before the child can comfortably open their bowels on the toilet. Suggest that children who insist on using a nappy to poo do so in the toilet area. Adopt a gradual exposure approach; encourage the child to sit on the toilet with the nappy on, and over time gradually remove it. It is important to create an environment without anxiety and pressure.

Child Friendly Space

You can help reduce strain by giving your child a low foot stool to put their feet on when doing a poo. Foot stools encourage children to adopt a squatting position, which encourages the pelvic floor muscles to relax. This in turn reduces the amount of strain necessary to pass a bowel movement. Comfort is important, feet should be able to touch the floor/stool to help pushing. Sitting on the toilet can be reinforced by providing children with interesting activities, such as reading a book or completing a Rubik's Cube or similar puzzle.



Promote a Healthy Bladder

Whatever level of continence your child is going to achieve, promoting a healthy bladder and bowel is vital. Untreated constipation can lead to frequent, loose bowel actions which can cause sore skin. A full bowel occupies the space the bladder needs, resulting in frequent, small wees and a big risk of Urinary Tract Infection (UTI). All children need to drink plenty of fluids, to avoid constipation, and should have their wees and poos monitored.



Rewarding/Praising Behaviours

Set an initial goal. This initial goal should not be too difficult, it needs to be achievable by the child. For example, sitting on the toilet for 5 minutes. Offer extra reward/praise for opening bowels during this period. Reward charts can be set up to help with this goal (see page 12 for an example). It is best to have only 1-2 target behaviours at any time.

Rewards should be appropriate and reasonable, such as a sticker, or a small treat like 10 minutes on the iPod. You can tailor rewards and reward charts based on your child's interests. The sooner praise/reward are given after the target behaviour, the faster learning occurs. All members implementing this must be consistent in their application of the system, parents, wider family, and school staff.



Parents and anyone else working with the child should be careful to create a facilitative environment to support with soiling and constipation.

This environment should send the message that:

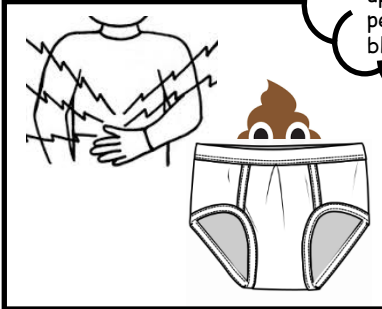
1. *The child is loved and respected regardless of any toileting difficulties. They are offered praise and encouragement for progress, no matter how small the progress is.*
2. *Soiling is a problem which is non-intentional and experienced by the child as uncontrollable. The child should not be scolded or punished for a lack of bowel control.*
3. *Parents believe the child has great courage for coping with soiling. Children will be encouraged if you have faith that they have the ability to learn bowel control by jointly working with the parent and healthcare providers.*

The Sneaky Poo Comic: Beating Sneaky Poo

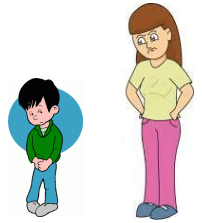
Special acknowledgements to Michael White. Work adapted from 'Beating Sneaky Poo' leaflet published by Dulwich Centre Publications ©(available online)



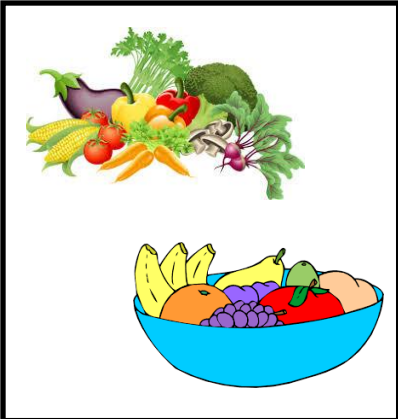
This is Joe. Joe is upset with Sneaky Poo for causing trouble, and for stopping him from doing things that he likes to do.



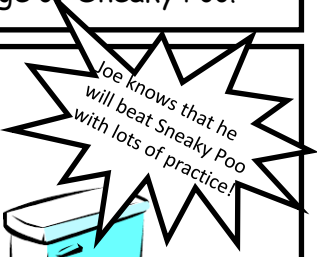
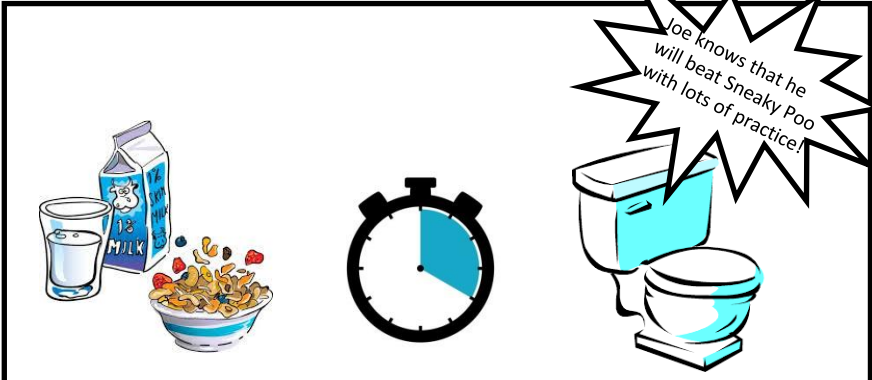
Sneaky Poo loves to play hiding games. His favourite hiding places are in Joe's stomach, and his underwear!



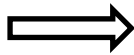
Joe's friends have been saying he smells, but Sneaky Poo is the smelly one! Joe's parents have been getting upset when Sneaky Poo makes a mess in Joe's underwear. Everybody blames Joe, but Sneaky Poo never gets into trouble. Joe decides he wants to get back in charge of Sneaky Poo!



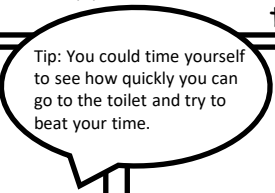
Joe starts eating a healthy diet high in fibre, with lots of fruit and vegetables. He also starts to drink a lot more water.



Joe is working on improving the signals from his bottom that tell him Sneaky Poo is about to arrive. He does this by eating a big breakfast, waiting 20 minutes, and then sitting on the toilet. Joe knows it is important to practice everyday otherwise Sneaky Poo will keep playing hiding games in Joe's stomach and pants.



Joe wants some help getting back in charge of Sneaky Poo. He decides that Spiderman is going to help him. He puts a picture of Spiderman up in the toilet to remind him that Spiderman is supporting him to be in charge of Sneaky Poo. Who would help you to take control over Sneaky Poo? It could be a superhero, an animal, or anyone you would like! You can draw a picture of your supporter on the right, and write what they might say to you to help take charge.



	Go Toilet	Wipe	Flush	Wash Hands
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Joe plans his quickest routes to the toilet at home and school. He knows that Sneaky Poo can arrive quickly sometimes!

Joe sets up a chart, which he ticks each time he uses the toilet routine he planned, and also for every time he manages to keep Sneaky Poo from out of his pants and only in the toilet. Joe begins taking more control over Sneaky Poo.

Joe has a new friend - Captain Poo! Unlike Sneaky Poo, Captain Poo tells Joe when it is time to go to the toilet, and helps Joe avoid anymore accidents.

Reward Chart 12

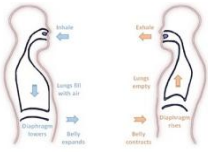
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I Sat On The Toilet Today	Date							
	Time							
	I Did It!	😊	😊	😊	😊	😊	😊	😊
I Pooped In the Toilet Today	Date							
	Time							
	I Did It!	😊	😊	😊	😊	😊	😊	😊
I Sat On The Toilet Today	Date							
	Time							
	I Did It!	😊	😊	😊	😊	😊	😊	😊
I Pooped In the Toilet Today	Date							
	Time							
	I Did It!	😊	😊	😊	😊	😊	😊	😊

Colour in the smiley faces, the date, and time of each goal achieved.



Tip: Above is an example of a toileting reward chat. These charts are more fun and beneficial if you design it with the child, and tailor it based on what they like . For example, you could design a reward chat with a theme of 'Paw Patrol', or 'Marvel'.





Contents: Guided Self Help Worksheets (13)



Calming The Body - *Feeling relaxed helps when trying to pass a poo!*

Progressive Muscle Relaxation (PMR).....(See p.16)

Muscle tension is commonly associated with stress and anxiety, it is the bodies natural response to potentially dangerous situations. Even when there is no danger, our bodies can still respond in the same way. You may not always realise that your muscles are tense, it may be as subtle as your jaw clenching, or as obvious as your shoulders feeling really tight and hunched. PGR is a deep relaxation technique which is based upon the simple practice of tensing one muscle group at a time . This is followed by a relaxation phase with release of tension. This is very useful before bedtime.

Deep Breathing.....(See p.17)

During deep breathing your blood is oxygenated, triggering the release of endorphins, whilst also decreasing the release of stress hormones, and slowing down your heart rate.

Calming The Mind - *Strategies for managing the anxiety and stress that is often associated with soiling and constipation*

Visualisation.....(see p.17)

Help yourself to feel more relaxed by thinking about things that make you feel calm and rested. For example, picturing your favourite place. This can be either independent, or you can take a guided visualisation approach. A guided visual imagery relaxation task has been provided in this pack.

Safe Place Visualisation.....(see p.18)

A powerful stress reduction and relaxation tool, that can be applied at any time, in any location.

The Ladder Hierarchy.....(See p.19)

Help yourself to change how you cope with toileting difficulties, by gradually exposing yourself to different toileting scenarios over time.

Developing Coping-Self Talk.....(see p.20)

These are phrases that you can say to yourself that are supportive. For example “Just because it has happened before it does not mean it will happen again”



Progressive Muscle Relaxation 14

1	Get comfortable in a distraction free environment. You can either lay down or sit upright in a chair. Closing your eyes will help you focus on the different muscle groups, but you do not have to if you don't want to! For all steps, hold the tense position for a couple of deep breaths, or however long is comfortable for you, then relax. Repeat each step three times.
2	Draw a deep breath in through your nose and feel your abdomen rise as you fill your body with air. Then slowly exhale from your mouth, pulling your belly-button towards your spine.
3	Start with your feet. Clench your toes with your heel pressing towards the ground. Squeeze tightly for a couple of breaths and then release. It may help to say 'relax' whilst you release the tension. Next, flex your feet with your toes pointing towards your head.
4	Next move to your legs. Stretch your leg out, with your toes pointing towards the sky, feel the back of your leg tightening. Hold this for a couple of deep breaths and then release. Then, point your toes down into the ground with your leg straight for a couple of deep breaths.
5	Now move onto your glutes. Squeeze your buttocks muscles for a couple of deep breaths. Remember, you should only feel tension and not pain.
6	To tense your stomach and chest, pull your belly button in towards your naval as tight as you can. Breath in deeply, filling up your chest and lungs with air.
7	Next, tense your shoulder blades and back. Push your shoulder blades backwards, as if you are trying to get them to touch. This will push your chest forwards.
8	Now tense the muscles in your shoulders as you bring your shoulders up towards your ears.
9	Be careful when tensing your neck muscles! Face forward, and <u>SLOWLY</u> pull your head back to look up at the ceiling.
10	Open your mouth as wide as you can, as if you are yawning, to tense your mouth and jaw.
11	To tense your eyes and cheeks, squeeze your eyes tight shut.
12	Raise your eyebrows as high as they will go, as if you were surprised, to tense your forehead.
13	To tense your upper arms, bring your forearms up to your shoulder to 'make a muscle'.
14	Finally, to tense your hand and forearm, make fists with both of your hands.

Practice means progress. Only through practice can you become more aware of how your muscles respond to tensions and relaxation. Training your body to respond differently to stress is like any training – practice is the key!

Calming The Body: Deep Breathing 15

During periods of anxiety, the body triggers the **Fight or Flight Response**. Breathing is shallow, uncontrolled, and muscles become tense. Deep breathing triggers the **Relaxation Response**, whereby breathing becomes deeper, controlled, slower, and the symptoms of anxiety reduce.

Sit or lie down comfortably. Close your eyes if it makes you feel more comfortable. Place your hand on your stomach, if you breath deeply enough, you should notice your hand rising and falling with each inhalation and exhalation. Imagine a balloon blowing up in your stomach as you breath in, and deflating as you breath out.



1. **Inhale.** Breath in slowly through your nose for 4-8 seconds.



2. **Pause.** Hold the air in your lungs for 4-8 seconds (however long is most comfortable for you).



3. **Exhale.** Breath out slowly through your mouth for 4-8 seconds.

Repeat. Practice for at least 2 minutes. As your technique improves, practice for 5-10 minutes.

Tips

1. Slow down. The most common mistake is breathing too quickly. Count each step slowly as you do so.
2. Counting your breaths takes your mind off of the source of anxiety. Counting acts as a distraction, whenever you catch your mind wandering, return to counting.

Guided Visual Imagery Relaxation: The Beach

16

Lay down, or sit comfortably in a quiet room. Use the deep breathing techniques you learnt earlier in this pack, close your eyes and listen to somebody read you the following script. You can also read this script to yourself. You may find it more relaxing to play an audio track of crashing waves on the beach; this can be sourced on YouTube, Spotify, and most other online music platforms.

You're walking down a long wooden stairway to a big, beautiful beach. It is very quiet and stretches off into the distance as far as you can see. As you look down you notice that the sunlight is reflecting off of the golden sand. You step into the sand, it feels warm so you wriggle your toes. You notice the warmth from the sand between your toes and around your feet. You notice the sounds of the waves crashing and chasing you up the shore, the water sparkles like a diamond as it retreats back. The roaring sound of the waves is so soothing that you can just let go of any worries.

The ocean is a beautiful light blue, with patches of darker sapphire in the deep. As you look at these deep blue areas you notice a small sailboat on the horizon. All of these sights help you to let go of any worries and relax even more.

As you continue walking along the beach, you become aware of the fresh salty sea air. You look up take a slow deep breath in, and breath out. This breath makes you feel refreshed and relaxed. As you look up you notice two seagulls, the wind gusts and they appear to dance in graceful circles above you. It makes you wonder how it would feel if you could fly under the warm sun.

You find yourself settling into a deep state of relaxation as you walk further down the beach. You feel the sun wrap its warm arms around you, the warmth relaxes all of your muscles. You notice a beach chair as you walk down the beach, once you reach it you take a seat. Laying back in this comfortable chair makes you reflect on everything you have felt, seen and thought at this beach. You drift into a deeper state of relaxation.

Now, feeling relaxed and at peace, you slowly rise from the beach chair and step into the warm sand to walk home. As you walk, you remember how relaxing this beach has been, and you know that you can come back to this place anytime you like. You start to climb the wooden stairs and gradually bring yourself back into the room. When you are ready, you can open your eyes.

Relaxing Safe Place Imagery

17

All visualisations can be strengthened by engaging all of your senses in creating your 'Safe Place'. If you any negative thoughts enter your positive imagery, discard that image and create another one.



VISION

HEARING

SMELL

TASTE

TOUCH



Get comfortable in a quiet place where you won't be disturbed. Sit, or lie, comfortably. Take a few minutes to practice some deep breathing, become aware of any tension in your body, and release it with each breath.

Imagine a place where you can feel safe and relaxed. Your safe place can be somewhere you have been on holiday, somewhere you have seen a picture of, or a completely new place you create. Avoid using your home as your safe place.

Look around your safe place, pay attention all the colours and shapes around you. Describe what you see aloud.



Now focus on what you can hear. Listen to the sounds far away from you, and those close to you. Perhaps you hear is silence. You may hear the sound of running water, or the crunch of leaves under your feet.

Now focus on any skin sensations. Notice the feel of the ground beneath your feet, or whatever is supporting you in this place. Pay attention to the temperature and direction of the wind, and anything else you can feel.



Take a deep breath in. Place your hand on your stomach, and imagine a balloon inflating in your stomach. Can you notice any smells there? Maybe you can taste the salty sea air as you inhale?



Pay attention to all of these sensations whilst you spend time relaxing in your safe place.

Whilst you're in your safe place, give it a name that you can use to bring that image back at any time.

You can choose to stay for a while, enjoying the calmness and tranquillity. You can leave when you are ready by slowly opening your eyes and bringing yourself back to alertness in the present.

Changing How I Cope With Toileting

Difficulties:

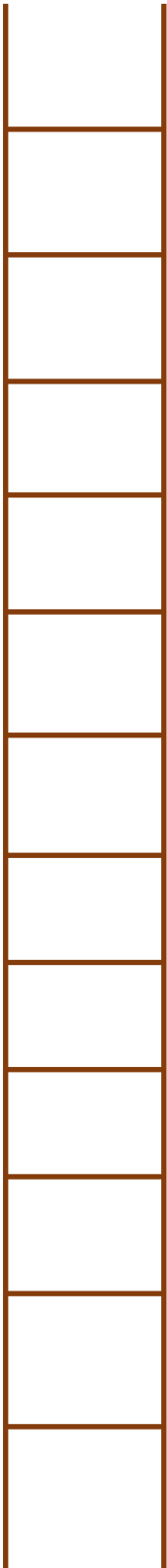
The Ladder Hierarchy (18)

Toileting difficulties can prevent us from doing things we like, such as going to the cinema, swimming, or spending time with friends. However, you cannot let these difficulties stop you! Ultimately, you need to face your fears if you want to overcome your anxiety around toileting. It may seem overwhelming in the beginning, however, it is much easier if you break the process down into smaller steps.

Construct a ladder of places or situations that you avoid because of anxiety around your toileting difficulties. At the top of the ladder, state the situation that you are most anxious about. At the bottom of the ladder, put places or situations you avoid, but don't bother you as much. Give each item a rating of 0-10 according to how anxiety provoking the situation is.

Overcome the anxiety caused by your toileting problems by approaching these situations, starting from the bottom of the ladder. Make sure you write down what you think will happen, before approaching the task, and compare this with what actually happened.

<u>Situation</u>	<u>Anxiety (0-10)</u>
Example: Doing a poo in a public toilet	10
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Example: Sitting on my own toilet at home	4

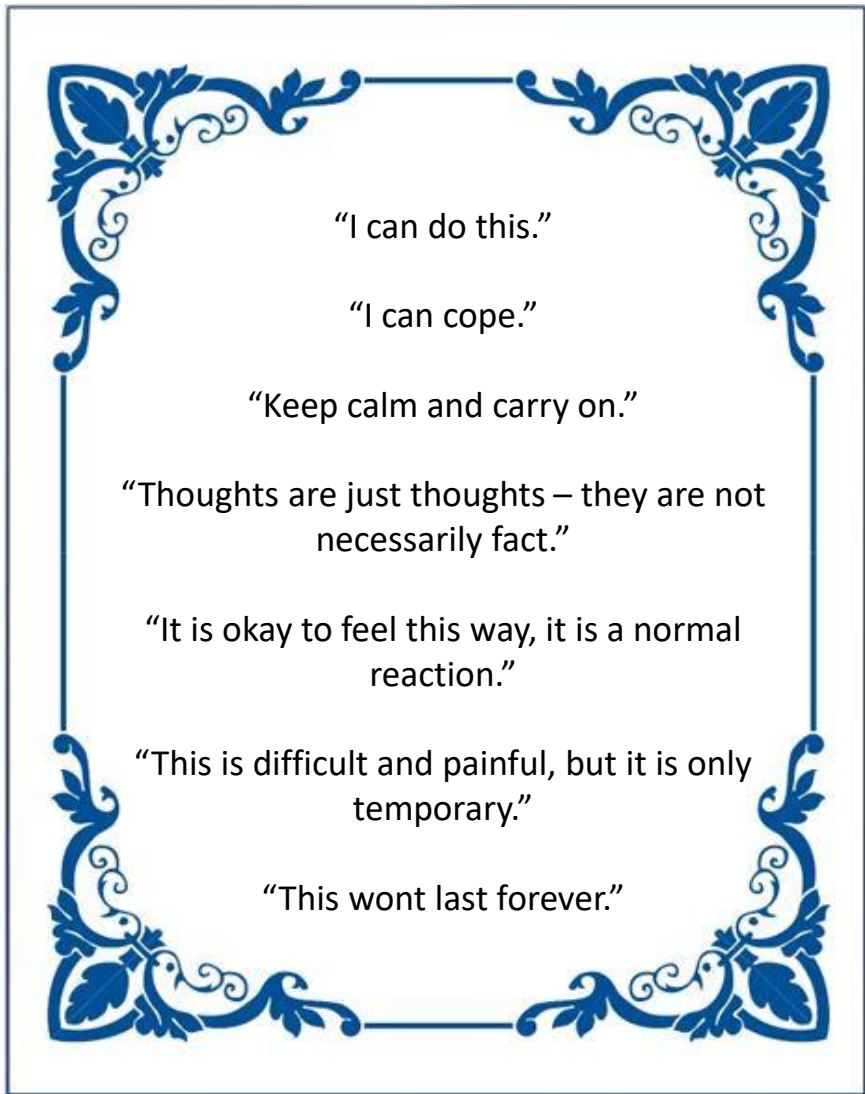


Develop Coping Thoughts/Positive Self-Talk

19

Positive statements encourage us and help us cope through distressing times. We can act as our own coach by saying these encouraging things to ourselves.

Some examples include:



Activity:

Situation	Coping Thought/Positive Statement
Example: I have started in a new school. I do not know anybody here yet. I am worried about soiling myself around them.	It is okay, I have spare clothes and wet-wipes so I can clean myself up. It is normal to worry about this situation, but I know I can resolve it quickly and quietly.
I have exams in the next couple of weeks, they are really important. I am worried I will miss an exam, or do badly in them, because my tummy hurts.	
My friend has invited people over to her house for a sleep over. I am scared I will have an accident.	
I am starting a new school. I do not know where the toilets are, and I am worried I will not find them when I need them.	

Online Support

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Apps:

Mindfulness and Sleep: <https://www.smilingmind.com.au/>

Meditation and Sleep: <https://www.calm.com/>

Meditation: <https://www.headspace.com/kids>

Progressive Muscle Relaxation: <https://www.thinkpacific.com/>

Websites:

ERIC, the Bladder and Bowel Charity website:

<https://www.eric.org.uk/>

There is a free downloadable Guide to Children's Bowel Problems. ERIC have also created Poo and Wee characters and a range of videos for children and parents.

Let's Talk About Poo:

<http://web.archive.org/web/20161008172049/http://letstalkaboutpoo.eric.org.uk:80/about-the-campaign/>

Bladder and Bowel UK website : <https://www.bbuk.org.uk/children-young-people/>

'Beating Sneaky Poo' leaflet published by Dulwich Centre Publications ©(available online)

General resources:

Free Online Counselling: <https://www.kooth.com/>

Stress and Anxiety: <https://www.moodcafe.co.uk/for-children-and-young-people/feeling-worried,-frightened,-stressed-or-anxious.aspx>

Relaxation Techniques: www.getselfhelp.co.uk/relax.htm

Relaxing Imagery: www.getselfhelp.co.uk/imagery.htm

Thought Distancing: www.getselfhelp.co.uk/cbtsetp6.htm

When accessing online resources and communities, it is important that children and young adults are supervised, and are aware of online safety.

Local Free Youth Counselling and Mental Health Services: Berkshire



Frimley Health
NHS Foundation Trust

Number 22

must be aged between 12-25 and live in Windsor, Maidenhead or Slough

27 Church Street, Slough, SL1 1PL
Tel: 01628 636661
Email: info@number22.org

Self Referral Link:

<https://number22.org/enquiry-form/>

Telephone support line, aged 11+, bookable
25- minute telephone appointment.
Link to book telephone appointment:
<https://number22.org/support22/>

Time to Talk

Must be aged 11-25 and live in West Berkshire.

Up to 12 free counselling sessions. Face-to-face, online or telephone sessions.

Broadway House, 4-8 The Broadway, Newbury, RG14 2BA
Tel: 01635 760 331
Email: office@t2twb.org

Self Referral Link:

<https://t2twb.counsel360.co.uk/referral/create>

Youthline

Must be aged 12-25 and live in Bracknell Forest.

Counselling sessions in person, online and by telephone.

Tel: 01344 311200

Email: ask@youthlineuk.com

Self Referral Link:

<https://www.youthlineuk.com/counselling-enquiry>

ARC Youth Counselling

must be aged 11+ and live in Wokingham

Counselling sessions face-to-face or online.

Tel: 0118 977 6710

Email: Office@arcweb.org.uk

Self Referral Link:

<https://arcweb.org.uk/get-in-touch/>

Child and Adolescent Mental Health Service (CAHMS)

**Must be age 0-17 and live in Berkshire*.*

For more serious concerns about your child's mental health.

Tel: 0300 365 1234 (for non-urgent enquiries)

For urgent mental health concerns about a young person: Call the mental health access team on 0300 247 0000.

Link to Refer:

<https://forms.berkshirehealthcare.nhs.uk/cypr/>

For lower level mental health concerns, search for the **Getting Help Team** in Buckinghamshire, which can be accessed via Early Help.

Berkshire Talking Therapies

must be aged 17+ and live in Berkshire

Talking therapy for anxiety, low mood & stress.

Tel: 0300 365 2000

Email: talkingtherapies@berkshire.nhs.uk

Self Referral Link:

<https://gateway.mayden.co.uk/referral-v2/7c824928-ff62-4838-855e-80d1281dfb94>

Local Free Youth Counselling and Mental Health Services: Buckinghamshire



Frimley Health
NHS Foundation Trust

Bucks Mind

Must be aged 13-21 and live in Buckinghamshire

Face-to-face and online appointments.

Tel: 01494 463364.

Email: ypcounselling@bucksmind.org.uk

Referral Link:

<https://www.bucksmind.org.uk/young-peoples-counselling-referral-form/>

Youth Enquiry Service (YES Wycombe)

Must be aged between 13-35 and live in High Wycombe

52 Frogmoor, High Wycombe, HP13 5DG

Tel: 01494 437373

Email: info@yeswycombe.org

Referral Link:

<https://www.yeswycombe.org/get-in-touch>

Buckinghamshire Talking Therapies

must be aged 17+ and live in Buckinghamshire

Talking therapy for anxiety and depression.

Tel: 01865 901 600

Text: Text TALK and your name to - 07798 667 169

Self Referral Link:

<https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=eb19256a-1304-4192-bbc3-56aab5e1c7c6>

Youth Concern

must be aged between 13-25 and live in Aylesbury Vale, Buckinghamshire

Offer 20 free counselling sessions face-to-face, by phone or virtual.

The Uptown Coffee Bar, Whitehill Lane, Aylesbury, HP19 8FL.

Tel: 01296 431183

Text or Whatsapp: 07470 833500

Email: admin@youthconcern.org.uk

Self Referral:

You can ask for counselling by contacting

Margaret: counselling@youthconcern.org.uk

Child and Adolescent Mental Health Service (CAHMS)

**Must be age 0-17 and live in Buckinghamshire*.*

For more serious concerns about your child's mental health.

Tel: 01865 901 951

Email: BucksCAMHSSPA@oxfordhealth.nhs.uk

Link to Refer:

<https://secureforms.oxfordhealth.nhs.uk/camhs/Buckinghamshire.aspx>

For lower level mental health concerns, search for the **Getting Help Team** in Buckinghamshire, which can be accessed via Early Help

<https://www.buckssafeguarding.org.uk/childrenpartnership/professionals/early-help/>

Local Free Youth Counselling and Mental Health Services: Surrey and Northeast Hampshire



Frimley Health
NHS Foundation Trust

Mindworks Surrey

Must be age 0-17 and live in **Surrey or Northeast Hampshire**

Emotional wellbeing and mental health service

Early Support

Self-referral and lots of helpful resources at
www.mindworks-surrey.org

Tel: 0300 222 5850

Community Mental Health Teams (CAMHS)

These services are for more serious concerns about your child's mental health. Referrals must be made by a professional.

Crisis line (6+ years): 0800 915 4644

Hampshire Child and Adolescent Mental Health Service (CAMHS)

Must be aged between 8-18 and live in **Hampshire, n.b. for Northeast Hampshire see Mindworks Surrey**

Support for a range of emotional and mental health difficulties

Tel: 02382 317 912

Email:

hantscamhsspa@southernhealth.nhs.uk

Referral Link:

www.portal.hampshirecamhs.nhs.uk

Hampshire Youth Access

must be aged between 5-17 (or 24 for care leavers and SEND) and live in **Hampshire**

Counselling, mental health and emotional wellbeing advice and support.

Tel: 02382 147 755

Text: text 'HANTS' to 85258

Email: enquiries@hampshireyouthaccess.org.uk

Website: www.hampshireyouthaccess.org.uk

Talking Therapies Hampshire

must be aged 16+ and registered with a GP in **Hampshire**

Talking therapy for anxiety and depression.

Tel: 023 8038 3920

Email: info@italk.org.uk

Self Referral Link: www.italk.org.uk/self-referral/

Healthy Surrey Talking Therapies

must be aged 17+ and registered with a GP in **Surrey**

Talking therapy for anxiety and depression.

Organisations within Healthy Surrey:

Centre for Psychology:

www.centreforpsychology.co.uk

DHC Talking Therapies:

www.dhctalkingtherapies.co.uk

IESO digital health:

www.iesohealth.com/areas/surrey

Mind Matters:

www.mindmattersnhs.co.uk

With you: www.wearewithyou.org.uk

A wealth of general health and wellbeing resources: www.healthysurrey.org.uk



Frimley Health
NHS Foundation Trust

Free National Services

Emergency Services

If you feel like you may attempt suicide, have injured yourself, taken an overdose, or are worried about immediate safety call **999**

Call the NHS on **111** and select option 2.
Contact your GP.

Call **HOPELINEUK** on 0800 068 4141

Call **Samaritans** on 116 123.

Text **SHOUT** to Shout's textline on 85258.

Kooth

For young people aged 11-25

Free, anonymous online counselling, via a live chat service or messages.

Website link: <https://www.kooth.com/>

Link to sign up for support:

<https://www.kooth.com/signup/available-in-many-areas>

Mind

Website link:

<https://www.mind.org.uk/for-young-people/>

Variety of resources and information regarding mental health and wellbeing for young people

Local Youth Support Services

Fleet Phoenix

young people and families living in **Hart district**

Music projects, youth clubs and mentoring projects, anxiety workshops, and community outreach programmes

Website link-

www.fleetphoenix.co.uk

Childline

Free confidential online service where you can talk about anything. Online resources for young people for a variety of struggles

Website link: www.childline.org.uk

Tel and online chats open 24/7

Tel: 0800 1111

Link to 1-to1 webchats with online counsellors

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<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Support aimed for children under 12:

www.childline.org.uk/get-support/u12-landing/

The Mix

Ages 11-25

Telephone or webchat counselling.

Contact Link:

<https://www.themix.org.uk/about-us/contact-us>

Self Referral Link:

<https://themix.my.salesforce-sites.com/CounsellingBooking>

Berkshire Youth Support Service

Youth clubs for those living in **Berkshire**

Website link -

<https://www.berkshireyouth.co.uk/>

Action4Youth




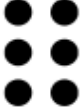
For young people living in **Buckinghamshire**

Youth groups

Website link -

<https://www.action4youth.org/youth-groups/>

For a translation of this leaflet or to access this information in another format including:

Large Print				
	Easy read	Translated	Audio	Braille

Please contact the Patient Advice and Liaison Service (PALS) on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

Wexham Park and Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net

Frimley Park Hospital
Portsmouth Road
Frimley
Surrey
GU16 7UJ

Heatherwood Hospital
Brook Avenue
Ascot
Berkshire
SL5 7GB

Wexham Park Hospital
Wexham Street
Slough
Berkshire
SL2 4HL

Switchboard: 0300 614 5000

Website: www.fhft.nhs.uk

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Legal notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.