The Butterfly and Phoenix Project

Support Pack

We hope this finds you safe and well.
While you are waiting for counselling support,
we have included information
in here that you may find helpful.

Stay safe and take care.

www.butterflyandphoenix.org

Who are we?

We are a team of experienced and qualified counsellors who specialise in supporting young people (aged 11-18). We have specialist training working with issues around self-harm, and we work in various areas across Lancashire including Fylde, Wyre, Preston, South Ribble and Chorley.

As part of n-compass, we are a trusted service with over 15 years' experience in providing support to young people.

What do we do?

Our aim is to equip young people (aged 11-18) to cope better with difficult circumstances, we are able to prevent them from escalating into more serious issues. We:

- Provide early support for young people experiencing issues impacting their emotional health and wellbeing
- Provide 1-2-1 sessions and group work
- Help young people to identify their triggers, build their resilience and use alternative coping strategies
- Work creatively with art and play to help young people express themselves
- Provide a service for teachers and parents to refer to when they feel unable to help

Have you visited our website?

It's packed with videos, resources and strategies to help you stay safe and well while you are waiting for our support.

You can 'Meet the Team' with our counsellors' individual videos to help with any worries you may have before meeting your counsellor.

We have also added a 'My Worries' page where you can watch hints and tips and download resources which may help you manage a variety of different worries.

The 'Your Stories' section has lots of real life experiences from other young people who have been supported by our team.

Our 'News' section includes news stories about mental health and young people, and recommendations for books, podcasts and programmes from our team that could help you.

"Thank you

Your support and time has helped me so much especially during lockdown. I can now feel better about being with my parents and not worrying so much"

Young Person, 16 years old

www.butterflyandphoenix.org

@bbpproject

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Callum's Story

"I was referred to the service by school because I had been having a lot of problems at home, which caused me to get angry. When I first saw the counsellor I felt worried about everything being confidential but after a few weeks I really trusted her with the things I was talking to her about.

The counsellor and I worked together on what was making me feel angry. I wrote all these down on post it notes and by doing this I could see there was one particular issue that was causing me to lose control. I also found out that the anger was coming from other feelings, like sadness and feeling let down. By talking things through with my counsellor, I could see that some of the things I was getting angry about were out of my control, but a lot of them I could have control over. I changed things in my life, which helped me to control my feelings and outbursts."

*name has been changed, words of this story written by a young person.

Are things getting worse?

If you notice problems such as anxiety, low mood or your self-harm and distress increases while you are waiting for support, you should seek further help.

There are services, helplines and websites that can help you.

Kooth.com provides online counselling and support

TogetherAll.com is a clinically managed, online community designed to improve mental health

And if you feel things are too much, please let a trusted adult know - like a teacher, a parent or carer.

You can always contact your GP who may refer you to CAMHS. CAMHS is the Child and Adolescent Mental Health Services run by the NHS. CAMHS can offer support and treatments like talking therapies, medication and treatment if a stay in hospital is needed.

Other ways to cope

There are a number of healthier ways to manage your feelings. How you cope or distract yourself from overwhelming emotions is different for everyone.

Try them and see which one helps you the most.

Soothing/Stress Relief/Distractions:

- Go for a walk
- Create something
- Go to a public place
- Keep a diary
- Stroke a pet
- Watch TV or a movie
- Take a bath
- Get in touch with friends/relatives
- Write down negative feelings

"My children have built up a really good relationship with their counsellor and look forward to seeing them and hearing from them. They are getting so much out of it. I really appreciate it."

Parent of young people

Support for Parents/Carers

It's important not to react in a way that will impact your child negatively, and cause them to hide their feelings and self-harm from you (if they are self-harming). You could have a conversation with them and:

- Ask if they're worrying about anything
- Let them know you're not judging them
- Show you're prepared to listen
- If they don't want to talk, see if they'll write a note, email or text message
- Try to help them work out their feelings and situations that trigger whatever they are feeling
- Help them to think through their problems and encourage them to think about how things may change in the future
- Ask if they'd rather speak to somebody else (e.g. GP, counsellor or helpline)
- Take talk of suicide very seriously
- Don't let any potential self-harm become the focus of your relationship
- Let them know their emotions are real and important
- Reassure them they're not a failure
- Explain you want to help but aren't sure how
- Watch for signs of bullying or abuse that may be triggering the self-harm

Disclaimer

Please note that while we do our best to print accurate information, some numbers and websites may change. Please look at our website for up-to-date contacts.

Every care has been taken in this support pack. However, we will not be liable for any inconvenience caused as a result of inaccuracy or error within these pages. Details contained are for general information only and do not constitute advice on personal health or any other matter.

When to seek further help

If you notice problems such as anxiety or low mood, or their self-harm or distress increasing, you should seek further help.

Young Minds | 0800 802 5544 | 020 7336 8445 | www.youngminds.co.uk

Family Support Parentline Plus | 0808 800 2222 | 020 7336 8445 | www.parentlineplus.org.uk

Family Lives | 0800 800 2222 | www.familylives.org.uk

Your Local GP who may refer your child to CAMHS

We also have a **support pack** on our website for alternative ways to help you, and coping strategies that may be useful.

n|compass
towards a brighter future

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