Upside is a Barnardo’s website, which is free, safe and confidential to support the emotional wellbeing and mental health of young people aged 11-18 years living in Staffordshire and Stoke-on-Trent.

**Upside has information for:**

- **Young People**
- **Professionals**
- **Parents/Carers**

**Upside’s Aims:**

To improve the emotional wellbeing and mental health of young people experiencing mild/moderate emotional health and wellbeing difficulties

- Enabling young people to develop wellness tools to manage and maintain their own emotional well being.
- To be a preventative interactive service
- To help develop care pathways for young people and assist them in accessing the correct support
- To offer consistent information, advice for parent/carers and professionals

[http://www.upsideonline.co.uk/](http://www.upsideonline.co.uk/)
For Further CDOP information or to obtain a booklet:
Contact the Child Death Co-Ordinator, Faith Lindley
Tel: 01785 232724; E-fax: 01785 235047
Email: faith.lindley-cooke@staffordshire.pnn.police.uk

http://www.upsideonline.co.uk/

Knowledge Base: Example Available Factsheets
CYP
- Safety Instructions
- Anxiety
- Am I Resilient? How well do I cope?
- Bereavement and Loss
- The Toxic Trio - DV, SM and MH
- Keeping You Safe
- Sex
- Help with Bullying
- Self Harm
- Helping Your Anger
- Am I Gay or Lesbian?

Knowledge Base: Example Available Factsheets
Parents / Carers
- Bullying
- How happy are you?
- Self- Harm
- Online Parenting Course
- Useful Links
- Local service information
- How to improve my relationship with my child
- What to do, I feel helpless
- Information about what is CAMHS

Knowledge Base: Example Available Factsheets
Professionals
- Supporting a YP and their family member when you find out a family member is in prison
- What is CSE and what can and should I do?
- Mental Health – Myths and Facts
- Self-harm
- What is resilience and how do is support a YP’s resilience
- Training
- Publications
- Links to other services
- Staffordshire Policies and Procedures for Self-harm and suicides

Look out for promotional events!!

Believe in children
Barnardo’s

http://www.upsideonline.co.uk/