



Resources to support children, young people and families during the cost of living crisis

On Thursday 15th December the Children and Young People's Mental Health Coalition hosted a webinar exploring the cost of living crisis and its impact on the mental health and wellbeing of children, young people and families. In the webinar we asked attendees to share resources and advice – we have collated what was shared in the below list.

You can watch the webinar via this link: <https://youtu.be/JkPcuKqwyNI>

Reports/articles/campaigns

End Child Poverty We're Skint report: <https://endchildpoverty.org.uk/skint/>

Buttle UK's State of Child Poverty report: <https://buddleuk.org/news/news-list/state-of-child-poverty-2022/>

Young Lives vs Cancer are looking at the impact of the crisis on CYP with cancer and families. Their #CancerCosts report is available here:

<https://www.younglivesvscancer.org.uk/join-our-fight/get-campaigning/our-research/>

House of Lords debate on the cost of living and wellbeing:

<https://hansard.parliament.uk/lords/2022-10-20/debates/A00DB6C6-C3D2-432C-948B-2383EC9B11B4/CostOfLivingPublicWell-Being>

The House of Lords library article on the impact of the cost of living crisis on disabled people: <https://lordslibrary.parliament.uk/cost-of-living-impact-of-rising-costs-on-disabled-people/>

Data

End Child Poverty: Regional statistics on child poverty across the UK

<https://endchildpoverty.org.uk/child-poverty/>

Citizens Advice are running monthly sessions on Cost of Living Crisis and regularly update their data dashboard <https://public.flourish.studio/story/1634399/>

Helplines/services

Become runs a care advice line which provides advice to children in care and young care leavers: <https://becomecharity.org.uk/get-support/care-advice-line/#:~:text=Care%20Advice%20Line%20Our%20friendly,Call%200800%20023%202033.>

Opening hours over Christmas for young people up to 27 years old:

Up to 23 December: 10am – 5pm

24 – 27 December: closed
28 – 30 December: 10am – 5pm
31 December – 2 January: closed
3 January onwards: 10am – 5pm

GamCare work with young people and affected others (parents/carers) affected by gambling and gaming-related harms. Professionals can access free CPD accredited training. Professionals can contact us for advice/guidance and refer any students (11-18) into our service to access direct intervention. **24/7 GamCare Helpline 0808 8020 133**. Referral into service via www.bigdeal.org.uk

Youth Access provide a directory of youth advice and counselling services on their website: www.youthaccess.org.uk

Student Space provides a directory on its website where students can find support at their university: <https://studentspace.org.uk/find-support>

Crisis grants

Together for Short Lives provide a cost of living support fund to support families caring for a seriously ill child: <https://www.togetherforshortlives.org.uk/changing-lives/developing-services/cost-of-living-support-fund/>

Young Lives Vs Cancer have launched a crisis grant for families and young people impacted by the cost of living crisis to help with costs that are directly related to a child or young person's cancer diagnosis: <https://www.younglivesvscancer.org.uk/what-we-do/financial-support/crisis-fund/>

Free resources

Bounce Forward provide free resources helpful to young people/students and parents/teaching professionals: <https://bounceforward.com/resources/>

Contact provides information and cost of living advice for families with disabled children: <https://contact.org.uk/help-for-families/information-advice-services/cost-of-living-advice/>

Child Poverty Action Group have produced a guide for schools to consider how they can support families through times of economic difficulty: <https://cpag.org.uk/policy-and-campaigns/briefing/supporting-families-times-financial-hardship-guide-schools>

Student Space is a platform for students to get help and advice with their mental health: <https://studentspace.org.uk/>. **Student Space** have also created cost of living resources for students: <https://www.studentminds.org.uk/cost-of-living.html>

The Wellbeing Thesis is an online resource for postgraduate research students to get support with their wellbeing, learning and research: <https://thewellbeingthesis.org.uk/>

Webinars

National Bereavement Alliance and **Childhood Bereavement Network** Webinar on the cost of living crisis and bereaved children & families - 5th January 2023 12pm to 1pm
<https://us02web.zoom.us/meeting/register/upMlcOGtqzsjCtdREHofI3VMijLil-1ekQ#/registration>

Partnership for Children ran a webinar on poverty proofing access to mental health and wellbeing programmes run in schools
<https://www.partnershipforchildren.org.uk/2022/11/Webinar-Supporting-childrens-mental-health-and-wellbeing-through-Poverty-Proofing.html>

4in10 and **Resources for Autism** held a webinar on the hidden cost of raising a disabled child: <https://youtu.be/OBIk5iyHf9k>

If you have any resources you would like to share with us then please contact Charlotte.Rainer@cypmhc.org.uk.