

Mental Health and Anxiety Support and Resources

Panel members

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Sydney May- Mind Set Coach

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[Families First Service - RSBC](#)

<https://www.rsbc.org.uk/for-families/>

Email: connections@rsbc.org.uk

Phone: 020 3198 0225

Counselling

RNIB [Sight loss counselling - RNIB - See differently](#)

Henshaws [Counselling - Henshaws](#)

Contact [Listening Ear | Contact](#)

Family Support

[Family Support | Guide Dogs](#)

Resources

Positive futures module on social anxiety

<https://www.cci.health.wa.gov.au/~media/CCI/Consumer-Modules/Stepping-out-of-Social-Anxiety/Stepping-out-of-Social-Anxiety---Module-1---Understanding-Social-Anxiety.pdf>

Mind- [Information on Anxiety and Panic Attacks.](#)

Young Minds

www.youngminds.org.uk

[Shout 85258](#)

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope

VI specific support in partnership with Vision Foundation

Text VIP to 85258 follow this [link](#) for more information

[Stress and Anxiety support](#)

Podcast from RNIB

[Emotional support for children and young people with vision impairment - RNIB - See differently](#)

VI young people can sign up to the [Welcome to the VICTA Student Portal \(victastudents.org.uk\)](#) lots of age specific information and support around wellbeing and connecting with others

Parents can access the VICTA Virtual Wellbeing retreat for a hub of information and videos that aim to support the mental health of both you and your child [VICTA Parent Wellbeing Retreat Live – VICTA](#)

[Affinity Hub](#)- Website which signposts to emotional support (including [counselling](#)) for parents and carers of children with special needs.

Other information

LOOK UK Parent Carer Support Group

Regular online meet ups with parent carers of children and young people with a visual impairment.

<https://www.look-uk.org/parentsupportgroup/>

WhatsApp Group

PSG members have a LOOK moderated WhatsApp group they can join to stay in touch and get advice and support in between meetings.

WhatsApp group policy -

<https://docs.google.com/document/d/1WBhof1SUubwVJozzXtXdGhPAZ19GROOnZ22vPaTtwl4/edit?usp=sharing>

To join the group please send a request via email to our Parent Support Officer, Jane Ring: parentsupport@look-uk.org



EMPOWERING
BLIND
CHILDREN
YOUNG ADULTS



What can you do?

[How to Cope with Feelings of Anxiety](#)

[10 Keys to Happier Living | Action for Happiness](#)

[Top tips to improve your mental wellbeing - Every Mind Matters - NHS
\(www.nhs.uk\)](#)

[5 steps to mental wellbeing - NHS \(www.nhs.uk\)](#)