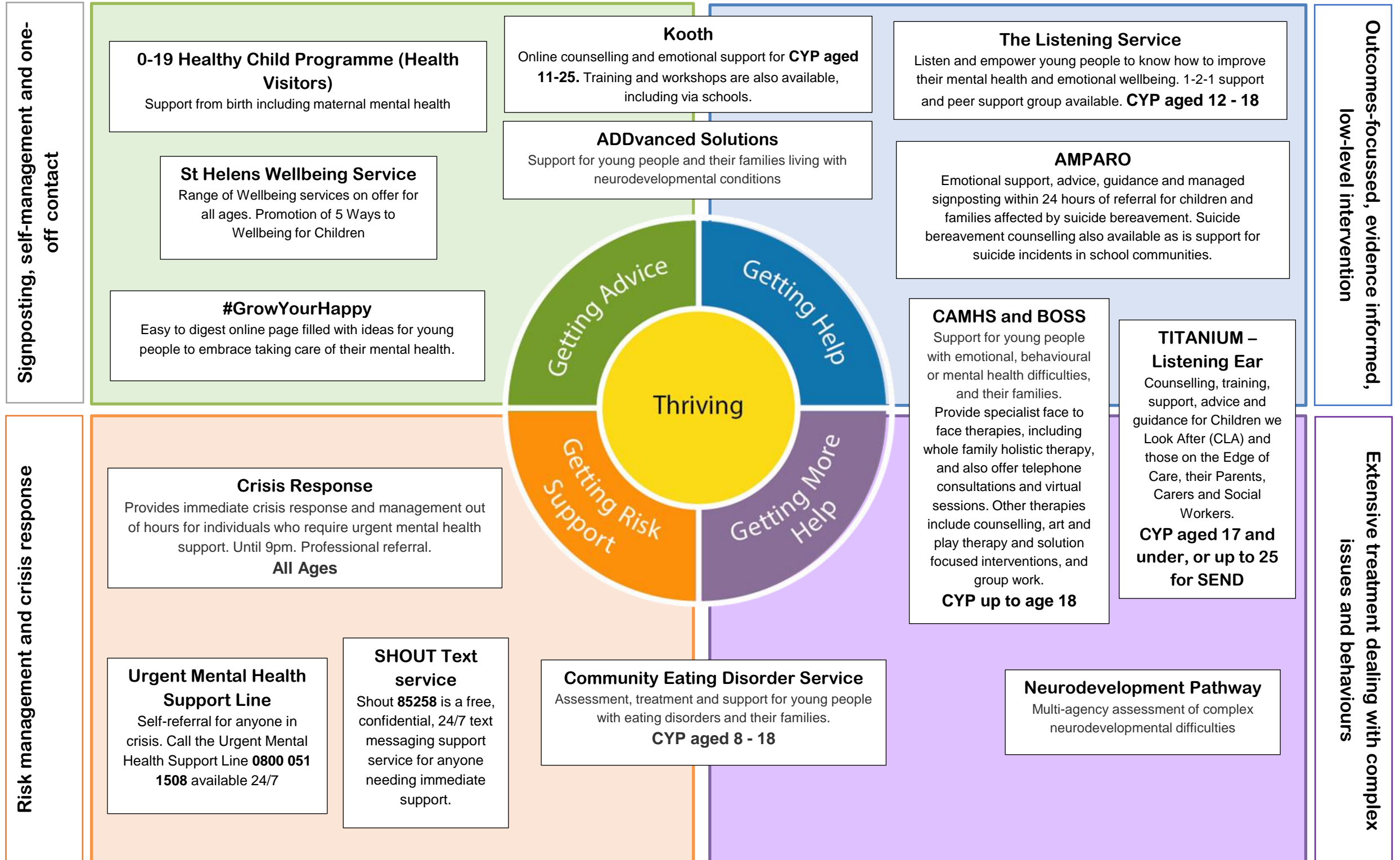


# St Helens Children and Young People Emotional Wellbeing Support Offer – Community



# St Helens Children and Young People Emotional Wellbeing Support Offer – Education settings



<p><b><u>5-19 Service – School Health Nurses</u></b></p>	<p><b>Overview</b></p> <p>Weekly confidential drop in at secondary schools and termly at primary schools. Support for initial concerns regarding low mood, thoughts of self-harm, concerns regarding bullying, weight issues.</p> <p>School nurse will devise a plan and or referrals made and ask to follow a young person up each week. During lockdown – school nurses have been telephoning young people. Referral from school - SN will arrange to see the young person</p>	<p><b>Criteria</b></p> <p>At secondary schools, drop is available for all school children. Primary school drop ins are for parents/ carers to access</p>	<p><b>Self-referral and Professional referral</b></p> <p>Drop ins are advertised by the school for young people/ parents/ carers to attend</p> <p>Schools have School Nurse referral form if they require support from the school health service</p> <p>Mental Health Role- Education and support for 0-19 practitioners when working with children, YP and parents that with emotional/ mental health concerns. <a href="mailto:wchc.mentalhealthsth0-19@nhs.net">wchc.mentalhealthsth0-19@nhs.net</a></p> <p>BMH Role – Emotional resilience for children identified as needing additional support by school. <a href="mailto:wchc.mentalhealthsth0-19@nhs.net">wchc.mentalhealthsth0-19@nhs.net</a></p>
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<p><b><u>St Helens Wellbeing Service</u></b></p>	<p><b>Overview</b></p> <p>Provide advice in support for general wellbeing including the 5 Ways to Wellbeing which are 5 simple things that can help children and young people boost their wellbeing and feel good</p>	<p>Contact the team on <b>01744 371111</b>, email <a href="mailto:chcp.sthelens@nhs.net">chcp.sthelens@nhs.net</a> or go online to access their Kid Zone <a href="https://www.sthelenswellbeing.org.uk/services/kid-zone">https://www.sthelenswellbeing.org.uk/services/kid-zone</a></p>
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<p><b><u>Kooth - Online Counselling and Support</u></b></p>	<p><b>Overview</b></p> <p>Kooth is an, online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop. This service is anonymous and free at the point of use.</p> <p>There is also a wealth of useful support and information, the ability to be creative and share your experiences and moderated forums to discuss with others who may be feeling the same.</p>	<p><b>Criteria</b></p> <p>Any Children and Young People aged 11-25 years.</p>	<p><b>Self-referral</b></p> <p>You can access this online via the website at <a href="http://www.Kooth.com">www.Kooth.com</a> 24 hours a day, 365 days a year.</p> <p>Counsellors are available from:</p> <p>Midday to 10pm Monday to Friday</p> <p>6pm - 10pm at Weekends.</p>
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<p><b><u>Worth It</u></b></p>	<p><b>Overview</b></p> <p>Enables schools to support pupils and students with wellbeing to raise resilience, help them flourish and protect against mental health problems now and later in life.</p> <p>Wellbeing toolkit, including online training, for all schools and colleges in St Helens</p>	<p><b>Criteria</b></p> <p>For all schools and colleges in St Helens</p>	<p><b>Access</b></p> <p>Contact Worth It on <b>0300 3233230</b></p>
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<p><b><u>ADDvanced Solutions</u></b></p>	<p><b>Overview</b></p> <p>Community-based groups, programmes, and opportunities that raise awareness; develop skills; share learning experiences; and build confidence, we support children, young people, and families living with neurodevelopmental conditions, learning difficulties and associated mental health needs.</p>	<p><b>Criteria</b></p> <p>Children, young people, and families living with neurodevelopmental conditions</p>	<p><b>Self-referral and professional referral</b></p> <p>Open access community network group - If you have concerns about your child's behaviour or progress at school, our weekly community network groups offer support to help you learn, understand and meet the needs of your child and family.</p> <p>Family Learning Programmes and Workshops - Structured programmes and workshops that give parents, carers, and supporters the skills, knowledge and confidence to enable you to better recognise, understand and meet the needs of your family living with neurodevelopmental conditions, learning difficulties and associated mental health needs</p> <p>Contact <b>01744 582172</b> or email <a href="mailto:info@advancedsolutions.co.uk">info@advancedsolutions.co.uk</a> or visit <a href="https://www.advancedsolutions.co.uk/our-offers/our-offer-in-st-helens.html">https://www.advancedsolutions.co.uk/our-offers/our-offer-in-st-helens.html</a></p>
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<p><b><u>Youth Mental Health Toolkit</u></b></p>	<p><b>Overview</b></p> <p>Young people have helped to shape a new wellbeing support kit called #GrowYourHappy. The online kit is an easy to digest page filled with ideas for young people to embrace taking care of their mental health. It includes everything from playlist recommendations to links to resources to get specialised help. It takes a positive look at the things young people can do to take care and look after their mental wellbeing.</p> <p>The online space which is a pamphlet has been created by the Youth Council of St Helens and has been tailored by young people for young people including suggestions of how to be kind and positive messages to inspire your day.</p>	<p><b>Criteria</b></p> <p>Any young person looking for emotional wellbeing support created by other young people</p>	<p><b>Self-referral</b></p> <p>You can see the work of the young people and join your messages and tips online at <a href="https://padlet.com/StHelensYC/growyourhappy">https://padlet.com/StHelensYC/growyourhappy</a></p>
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<a href="#"><u>YMCA St Helens – Listening Service</u></a>	<p><b>Overview</b></p> <p>The service aim is to listen and to empower young people to know how to improve their mental health and emotional wellbeing, including supporting them to reflect upon and become more aware of their thoughts, emotions, and behaviours, promoting wellbeing techniques whilst supporting the young people to gain a more positive mental wellbeing and emotional resilience. The one-to-one support is complimented by a weekly “peer support group” offering a chance for service users to come together with their peers</p>	<p><b>Criteria</b></p> <p>Young people aged 12 to 18</p>	<p><b>Self-referral and Professional referral</b></p> <p>Please find referral and further information at:  <a href="http://ymcasthelens.org.uk/the-listening-service/">http://ymcasthelens.org.uk/the-listening-service/</a></p>
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<a href="#"><u>Mental Health Support Teams</u></a>	<p><b>Overview</b></p> <p>This resource has two teams currently allocated to St Helens. The Mental Health Support Teams will provide mental health support in the school setting with specific training from Health Education England. They offer CBT and other talking therapies in one-to-one and group formats and work in tandem with the Resilience Teams Service.</p>	<p><b>Criteria</b></p> <p>All school age children and young people up to the age of 18 years within schools who have been part of the Mental Health Support Team roll out.</p>	<p><b>Access</b></p> <p>Available through each schools Mental Health Lead.</p> <p><b>Email:</b>  <a href="mailto:mcn-tr.mhst-sthelens@nhs.net">mcn-tr.mhst-sthelens@nhs.net</a></p>
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<a href="#"><u>PATHS</u></a>	<p><b>Overview</b></p> <p>The PATHS® Programme for Schools (UK version) is a universal programme for educators, designed to facilitate the development of emotional awareness, relationship skills, self-control, and problem-solving skills. The programme consists of a variety of developmentally appropriate SEL lessons, as well as additional resource materials. Schools enrolled on the programme benefit from a 4-year model of coached, face-to-face support provided by a Barnardos coordinator, which includes, support with lesson delivery, ongoing staff training and parental engagement, as well as support to embed and ensure sustainability to achieve the best outcomes for pupils' social and emotional development.</p>	<p><b>Criteria</b></p> <p>Children who attend a school enrolled in the programme</p>	<p><b>Access</b></p> <p><b>Primary schools</b> can register interest to participate</p> <p><b>Register your interest here:</b></p> <p><a href="#">PATHS® UK Programme   How Can I Learn More? PATHS (pathseducation.co.uk)</a></p> <p>For more info contact <a href="mailto:lisa.best@barnardos.org.uk">lisa.best@barnardos.org.uk</a></p>
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<a href="#"><u>Listening Ear</u></a>	<p><b>Overview</b></p> <p>Accredited by the British Association of Counselling and Psychotherapy, LE provides one-to-one counselling in schools for CYP presenting with a range of issues e.g. domestic abuse, bereavement, divorce and separation.</p> <p>Children and young people supported by the service will also have access to an Emotional Youth Club which can be accessed by individuals during and after their treatment</p>	<p><b>Criteria</b></p> <p>Aged 17 and under (with the exception of those with SEND where the criteria will extend 0-25 years)</p>	<p><b>Self-referral and Professional referral</b></p> <p>To make a new referral, complete a simple online form at: <a href="https://listening-ear.co.uk/refer/counselling">https://listening-ear.co.uk/refer/counselling</a></p> <p>To make a referral to Titanium Service please email <a href="mailto:Joanne.Scott@listening-ear.co.uk">Joanne.Scott@listening-ear.co.uk</a> who will then advise you on the information required and the easiest way to provide it.</p> <p><b>For advice on making a referral, please email <a href="mailto:cypreferrals@listening-ear.co.uk">cypreferrals@listening-ear.co.uk</a></b></p>
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<a href="#"><u>Barnardo's Resilience Service</u></a>	<p><b>Overview</b></p> <p>The service provides wrap around emotional health and wellbeing support for all St Helens Secondary Schools and Primary Care Networks with a lead professional as a main contact for each.</p> <p>Children and young people can access school-based drop-in sessions, face to face or online evidence based therapeutic group work and 1:1 brief therapy.</p> <p>Parent support can be accessed through 1:1 consultation and live and/or recorded webinars.</p> <p>They also support and develop the whole school approach with training and consultations for educational staff.</p> <p>The aim is to strengthen prevention work, provide evidence based early interventions that build resilience and signpost to local provision ensuring timely access to specialist services where required.</p>	<p><b>Criteria</b></p> <p>All secondary school aged young people who either attend a St Helens secondary school and/or are registered with a St Helens GP.</p>	<p><b>Self-referral and Professional referral</b></p> <p>Accept referrals by the young person, parent/carers or professionals.</p> <p>Online referral form can be found on the following webpage:  <a href="http://www.barnardos.org.uk/what-we-do/services/barnardos-st-helens-resilienceservice">www.barnardos.org.uk/what-we-do/services/barnardos-st-helens-resilienceservice</a></p> <p>Or through the school based drop-in service.</p> <p><b>Email:</b> <a href="mailto:sthresilience@barnardos.org.uk">sthresilience@barnardos.org.uk</a>  <b>Contact:</b> 07783763382</p> <p>Monday – Friday 9am-5pm</p>
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<a href="#"><u>Barnardo's BOSS Service</u></a>	<p><b>Overview</b></p> <p>Work with young people with emotional or mental health difficulties, and their families. Specialist therapies, consultations and sessions offered face to face, via telephone or virtually.</p>	<p><b>Criteria</b></p> <p>Children and young people up to the age of 18.</p>	<p><b>Professional referral</b></p> <p>A shared referral form needs to be completed by a professional that knows the individual and referred into the <b>single point of access</b> – <a href="mailto:mcn-tr.camhssthelensreferrals@nhs.net">mcn-tr.camhssthelensreferrals@nhs.net</a></p> <p>Contact the services on <b>01744 753328</b> if you need to discuss an individual already referred or which has an existing appointment with the service. Both services are available Monday-Friday 9am-5pm.</p>
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<p><b><u>Child and Adolescent Mental Health Services</u></b> <b>(Mersey Care CAMHS and Barnardo's BOSS)</b></p>	<p><b>Overview</b></p> <p>Working in tandem, CAMHS and Barnardo's work with young people with emotional, behavioural or mental health difficulties, and their families. They provide specialist face to face therapies, including whole family holistic therapy, and also offer telephone consultations and virtual sessions. Other therapies include counselling, art and play therapy and solution focused interventions, and group work.</p>	<p><b>Criteria</b></p> <p>Children and young people up to the age of 18.</p>	<p><b>Professional referral</b></p> <p>A shared referral form needs to be completed by a professional that knows the individual and referred into the single point of access – <a href="mailto:mcn-tr.camhssthelensreferrals@nhs.net">mcn-tr.camhssthelensreferrals@nhs.net</a></p> <p>Contact the services on <b>01925 579405</b> if you need to discuss an individual already referred or which has an existing appointment with the service. Both services are available Monday-Friday 9am-5pm.</p>
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<p><b><u>Neurodevelopmental Pathway</u></b></p>	<p><b>Overview</b></p> <p>The Neurodevelopment Pathway Team work assess children and young people with complex neurodevelopmental difficulties, who require a multi-agency assessment to gain a better understanding of their needs. This process may or may not lead to a formal diagnosis, but will inform an appropriate care plan to meet the specific needs of the individual going forwards.</p>	<p><b>Criteria</b></p> <p>All school age children and young people up to the age of 18 years</p>	<p><b>Professional referral</b></p> <p>Referrals from all professionals who work with children and young people including GPs, paediatricians, speech and language therapists, schools etc. A referral should be completed jointly between the professionals and parent/carer <a href="mailto:mcn-tr.sthelensneuopathway@nhs.net">mcn-tr.sthelensneuopathway@nhs.net</a> or you can contact the team for existing referrals or appointments on <b>01744 646 517</b>.</p> <p>If you know a child or young person who would benefit from a multi-agency pathway assessment, please make an appointment with your school's specialist educational needs coordinator (SENCO), GP or other professional who can discuss this with you.</p>
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<p><b><u>Community Eating Disorder Service</u></b></p>	<p><b>Overview</b></p> <p>This service provides assessment, treatment and support for young people with eating disorders and their families. It aims to promote the early detection and treatment of eating disorders through a combination of one-to-one support and family therapy, along with support from a qualified dietitian. The service also offers group sessions and virtual contact to suit the needs of the individual.</p>	<p><b>Criteria</b></p> <p>Children and young people age 8 to 18 who have symptoms of an eating disorder.</p>	<p><b>Professional referral</b></p> <p>Please contact the service on <b>0151 430 1321</b> or complete a referral form and submit into the service via <a href="mailto:McN-tr.edsmidmersey@nhs.net">McN-tr.edsmidmersey@nhs.net</a></p>
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<p><a href="#"><u>Crisis Response Team</u></a></p>	<p><b>Overview</b></p> <p>The CAMHS Crisis Response Team provides immediate crisis response and management out of hours for individuals who require urgent mental health support. With contact and follow-up care plans co-ordinated by the team.</p> <p>Support may also be provided by the Home Treatment Team (HTT) who provide outreach to the young persons place of residence to help prevent hospital admission.</p>	<p><b>Criteria</b></p> <p>Children and young people up to the age of 18.</p>	<p><b>Professional referral</b></p> <p>A professional can contact the CAMHS Response Team every day until 9pm, on <b>01744 627 618</b>. After 9pm, see Urgent Mental Health Support Line.</p>
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<p><a href="#"><u>Urgent Mental Health Support Line</u></a></p>	<p><b>Overview</b></p> <p>If you or somebody you know of is in crisis, you can call the Urgent Mental Health Support Line at any time. The Crisis Response Team will still be available for face-to-face support if essential - risk assessments will be undertaken regarding these cases.</p>	<p><b>Criteria</b></p> <p>Accessible to all ages in need of <b>Urgent</b> Mental Health support.</p>	<p><b>Self-referral</b></p> <p>Contact number <b>0800 051 1508</b> - accessible 24 hours a day, seven days a week.</p>
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<p><a href="#"><u>SHOUT Text service</u></a></p>	<p><b>Overview</b></p> <p>Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. They support people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support.</p>	<p><b>Criteria</b></p> <p>Accessible to all ages</p>	<p><b>Self-Referral</b></p> <p>Text <b>REACH to 85258</b></p>
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