

Wakefield Emotional Health and Wellbeing Directory

Children and Young People





Introduction

This booklet offers useful information for professionals working with children and young people.

It details a variety of resources and services that can support with their emotional health and wellbeing, including if a child or young person is struggling with transitioning back to school, everyday life, or in need of longer term support due to the effects of the pandemic.

This booklet also provides information for parents, carers, families, professionals, and school staff who need advice or support with their emotional health and wellbeing.

Please note that this information is current at the time of going to print in March 2021. You can find the latest information on **wakefield.mylocaloffer.org** or **tradedservices.wakefield.gov.uk**

If you have any comments or suggestions about the information in this guide, please contact the SEND Development Team on **01924 302410** or email **send@wakefield.gov.uk**.

Children First Family Hubs

Who it's for:

Children, young people, parents, carers and families

Ages:

Children and young people up to 25 years

To make finding and accessing support easier across the Wakefield district, we've split it into six community 'clusters' and have Family Hubs in each cluster area.

The Family Hubs provide a venue to assess support, meet other local families, take part in activities, and join helpful groups.

For those who need some extra support to deal with a difficult situation or issue, the Family Hubs can help direct to the right people and services.

This support will be provided in line with the latest government guidance, to ensure the safety and wellbeing of everyone involved.

To find and contact your local Family Hub visit wakefieldfamiliesogether.co.uk.

More information

T. 01977 722215

W. wakefieldfamiliesogether.co.uk

Community Navigators

Provided by the voluntary and community sector, Community Navigators work across the Wakefield district to offer:

- **Group work to mainstream schools**
- **Develop risk and resilience tools**
- **Deliver the "Luggage for Life programme" which focuses on building skills surrounding emotional health and wellbeing**
- **Transition support for children finishing primary school and entering secondary school**
- **Connect children, young people and families to activities in their community**

Support and information on Community Navigators can be accessed through the pastoral support team in schools, or through the Family Hubs.

Oak National Academy

Who it's for:

Children, young people, parents, carers and professionals

Ages:

Pupils of all ages

Free video lessons and resources available for a wide range of subjects, from Early Years Foundation Stage to Year 11. Made by teachers, for every teacher and pupil.

More information

W. www.thenational.academy/

Child & Adolescent Mental Health Service (CAMHS)

Who it's for:

Children, young people, parents and carers

Ages:

Children and young people up to 18 years

CAMHS are the NHS services that assess and treat young people aged up to 18 years old with emotional, behavioural, or mental health difficulties.

Wakefield CAMHS have developed a bank of information and resources, including downloadable workbooks, leaflets, and materials, on a range of mental health and wellbeing topics.

W. <https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/>

Topics include:

Anger

Anxiety

Bereavement and loss

Coronavirus

Friendships and relationships

Low mood

Mindfulness

School

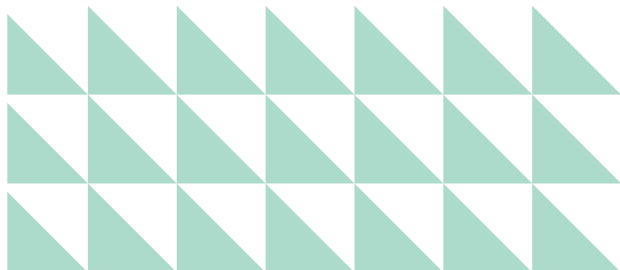
Sleep

Thoughts and feelings

If you're a professional, young person aged 16 to 17, or a parent or carer of a child or young person under the age of 18, you can contact the Wakefield CAMHS Single Point of Access (SPA) team directly to request further support.

The SPA team can also offer parents and carers advice on how to support their child with the difficulties they are experiencing.

The SPA team can also give parent carers advice on how to support their child with the difficulties they are experiencing. *Please note that a child or young person must be registered with a GP practice in Wakefield to access support from Wakefield CAMHS.*



There are five teams in Wakefield CAMHS:

Primary intervention team – providing consultation and training to local services, as well as short-term treatment for mild and moderate mental health difficulties.

CAMHS core team – providing assessment and treatment for severe or complex mental health difficulties.

Eating disorder team – providing assessment and treatment for diagnosed eating disorders.

Enhanced outreach team – providing assessment and treatment for young people who have experience of being in local authority care, and are experiencing mental health difficulties.

ReACH team (previously crisis team) – providing assessment and time-limited intensive interventions for young people experiencing emergency, urgent, or intense mental health difficulties.

CAMHS work in partnership with other health and care professionals in order to meet the needs of children, young people and families as a whole.

More information

Details to contact the service

W. <https://www.southwestyorkshire.nhs.uk/services/camhs-wakefield/>

Monday to Friday 9:00am – 5:00pm
Wakefield CAMHS SPA team

Monday to Sunday 9:00am – 8:00pm
CAMHS ReACH team

T. 01977 735865

WF-I-Can

Who it's for:

Children and young people

Ages:

Children and young people of all ages

WF-I-Can offers information, advice, and online resources to support children and young people's confidence and resilience.

It also provides a chat function where children and young people can talk to youth workers about anything, whether that's good things or anything that may be worrying them.

More information

W. wf-i-can.co.uk

Kooth

Who it's for:

Children and young people

Ages:

Primary, secondary, and college aged pupils

Kooth provides anonymous and personalised mental health support for children and young people.

This is delivered through a range of online tools and services accessed through their website.

Alternatively, face-to-face support can be facilitated through referrals by schools.

More information

W. kooth.com

Alder Hey Children's NHS Foundation Trust

Who it's for:

Children, young people, parents, and carers

Ages:

Primary and secondary aged pupils

Alder Hey Children's NHS Foundation Trust have produced materials for children and young people to help them understand the current situation. This includes a coronavirus fact sheet and short animated film.

More information

W. southwestyorkshire.nhs.uk/coronavirus/coronavirus-and-our-mental-health-and-wellbeing/supporting-children-and-young-people-with-their-mental-health-and-wellbeing/

W. <https://www.alderhey.nhs.uk/>



British Psychological Society

Who it's for:

Children, young people, parents, and carers

Ages:

Primary and secondary aged pupils

The British Psychological Society have collated a range of documents to support parents and carers with talking to their children about coronavirus, and managing any changes or worries they may be experiencing.

More information

Access coronavirus support resources at
W. bps.org.uk/coronavirus-resources/public

Spectrum

Who it's for:

Children, young people, and adults

Ages:

Support all ages

Spectrum provide support for people of all ages with their health and mental wellbeing.

More information

T. 07720899781
E. spectrumpeople@spectrum-cic.nhs.uk
W. spectrumpeople.org.uk

Samaritans

Who it's for:

Children, young people and adults

Ages:

Support all ages

A charity which offers support for everyone, whatever they're going through.

From the start of the pandemic Samaritans has also offered specific support for key workers through their website.

More information

T. 116 123
W. samaritans.org

Choose Well

Who it's for:

Children, young people, and adults

Ages:

Support all ages

Choose well provide a guide that helps people understand how they can look after their own mental health and wellbeing, where to go for help and support, and who else can help provide support. Some of the areas covered in the guide include:

Self-care

Things you can do to proactively look after your mental health and wellbeing.

Mental health helpline

Someone to listen and signpost you to help or support.

Talking therapies

One-to-one or group therapies.

GP practice

Your GP practice can refer you to secondary mental health services or prescribe medication.

Secondary mental health services

Offer education and treatment on certain mental health illnesses.

Crisis or emergencies

It's important you know what to do in a crisis or emergency situation.

More information

Choose well for mental health website:

W. southwestyorkshire.nhs.uk/choosewell

Choose well for your mental health and wellbeing – a guide for adults that can be downloaded on the South West Yorkshire NHS Choose Well website.

Attend FREE health and wellbeing courses at your local Recovery and Wellbeing College, or online. Popular courses include: living with anxiety, an introduction to mindfulness, managing depression and craft and baking taster sessions:

W. wakefieldrecoverycollege.nhs.uk

T. 01924 316946

Live Well Wakefield

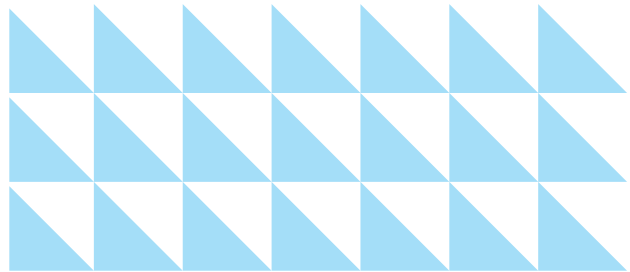
W. livewellwakefield.nhs.uk

T. 01924 255363

There is a 24-hour mental health helpline for anyone registered with a GP in Barnsley, Calderdale, Kirklees, or Wakefield.

You can contact the helpline on:

T. 0800 183 0558



Turning Point Talking Therapies (IAPT)

Who it's for:

Young people and adults

Ages:

16 years and above

Turning Point deliver talking therapy services in Wakefield and are available for people aged 16 and above who are registered with a GP surgery in Wakefield.

As an Improving Access to Psychological Therapies (IAPT) service they provide free talking therapies for anyone who is experiencing elements of low mood and depression, anxiety and/or stress. They also provide a range of treatment for more specific issues.

Turning Point are committed to continuing to be available for those requiring support; adapting service delivery in line with the government advice to protect both people that use their services alongside staff. The service is therefore still open and taking referrals, but do not currently have any sites open to the public.

Turning Point are committed to providing support for those who need it; adapting service delivery in line with government advice in order to enable support to continue whilst protecting service users and staff. The service is therefore still taking referrals, but do not currently have any sites open to the public.

All face to face groups and workshops have been suspended for the foreseeable future but digital workshops and groups are now available, with all therapies being offered either over the phone, via video, or online.

Referrals are being taken either over the telephone or online and enquiries can also be made via email.

More information

T. 01924 234860

E. wakefield.talking@turning-point.co.uk

W. talking.turning-point.co.uk/wakefield/

Men's Health Forum

Who it's for:

Men and boys

Ages:

Support all ages

The Men's Health Forum is a charity that works to improve health services for men. They provide information, advice, and support for mental and physical health.

More information

W. menshealthforum.org.uk

F. facebook.com/MHFmalehealth

Richmond Fellowship Mental Health Support Service

Who it's for:

Young people and adults

Ages:

17 years and above

The Richmond Fellowship Mental Health Support Service offers support to adults aged 17 years and over with their mental health needs.

They provide this through drop-in sessions across the district which offer access to advice, guidance, signposting, and on the spot listening on a one-to-one basis.

The Fellowship also offers a support programme that provides specific and practical support tailored to meet individual's needs, as well as peer support groups which give the chance for individuals to come together to share knowledge and experiences, and/or provide emotional and practical support to one another.

More information

T. 01924 339157

E. wakefield.support@richmondfellowship.org.uk

W. richmondfellowship.org.uk

Education Endowment Foundation (EEF)

Who it's for:

Parents, carers and schools

Ages:

Support all ages

The EEF has available resources to support parents and schools.

The EEF have also produced a helpful guide for schools under covid-19 resources tab 'The EEF guide to supporting school planning: a tiered approach to 2021'.

More information

T. 0808 802 5544 (Parent Helpline)

W. educationendowmentfoundation.org.uk

Uniting WF Health and Wellbeing

Who it's for:

All young people and adults

Ages:

Support all ages

A local Facebook group which provides information on groups, events, and activities across the district that help to better support mental health and wellbeing.

More information

W. [facebook.com/groups/1138665036326193](https://www.facebook.com/groups/1138665036326193)

Every Mind Matters

Who it's for:

Young people, adults, parents, and carers

Ages:

No specific age range

Having good mental health helps us relax more, achieve more and enjoy our lives more. Every Mind Matters has expert advice and practical tips to help you look after your mental health and wellbeing.

Some topics covered include:

- Coping with loneliness
- 10 tips to deal with change
- Coping with money issues and job uncertainty
- Mental wellbeing while staying at home
- Self-care for children and young people
- Anxiety
- Low mood
- Stress
- Sleep

More information

W. [nhs.uk/oneyou/every-mind-matters/](https://www.nhs.uk/oneyou/every-mind-matters/)

South West Yorkshire Partnership NHS Foundation Trust

Who it's for:

Adults, parent and carers

Ages:

Support all ages

For adults

All adult mental health services provided by South West Yorkshire Partnership NHS Foundation Trust continue to operate and accept referrals.

This includes services such as:

- **136 suite**
- **Community mental health team (CMHT) East and West**
- **CMHT older people's service**
- **Forensic outreach liaison service (FOLS)**
- **Intensive home based treatment team**
- **Memory service**
- **Perinatal mental health**
- **Psychiatric liaison**
- **Rapid access service**
- **Single point of contact (SPA)**

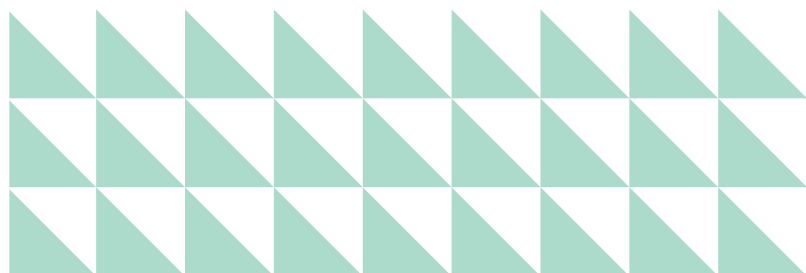
All support, treatment and interventions provided in the community have been adapted to ensure that social distancing is practiced – protecting service users and staff.

Staff in community teams are agile working from home where appropriate, and are utilising technology for meetings, clinical discussions, and clinical sessions.

Face to face appointments and visits continue to be provided where this is deemed essential, with appropriate risk assessments and safeguards in place including PPE.

Telephone contact is being maintained with service users and the use of technology to enable psychological therapy interventions to be delivered remotely is being explored.

The perinatal service continues to provide group work and assessments of mother and baby interactions virtually. Group interventions for the majority of other services have been cancelled temporarily with digital options currently being scoped to deliver these virtually in the near future.



For parents and carers

The Wakefield public CYP mental health and wellbeing document, developed by the mental health provider alliance for local parents and carers.

W. southwestyorkshire.nhs.uk/wp-content/uploads/2020/05/1561-Wakefield-children-and-young-peoples-mental-health-booklet-FINAL.pdf

More information

For service contact details or referral information, please visit the South West Yorkshire Partnership NHS Foundation Trust service directory at:

W. southwestyorkshire.nhs.uk/services/

This guide will give you:

- **Information to help children and young people understand what is happening with coronavirus**
- **Updates on:**
 - **School services**
 - **Wakefield youth work team (YWT)**
 - **Children First Family Hubs**
 - **Kooth – online support and counselling**
 - **Talking therapies**
 - **Wakefield child and adolescent mental health services (CAMHS)**
 - **Top tips from local health and care professionals**
- **Information on Wakefield’s voluntary and community response:**
 - **Wakefield cares – community hubs**
 - **Community navigators**
 - **Contact list of local and national organisations that are available to help**

Headrest

Who it’s for:

School leaders and headteachers

Ages:

School leaders and headteachers of all ages

The website has been set up by system leaders to support the wellbeing of headteachers and school leaders. They offer a free daily wellbeing telephone support service. It also provides a chat function where children and young people can talk to youth workers about anything, whether that’s good things or anything that may be worrying them.

More information

W. www.headrestuk.co.uk

NHS Think Ninja App

Who it's for:

Children, young people, parents, and carers

Ages:

10–18 year olds

ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.

The app joins over 20 others in the NHS App Library which work to help people manage their health and wellbeing, and is currently free to download until September 2021.

More information

ThinkNinja - NHS

[W. nhs.uk/apps-library/thinkninja](https://www.nhs.uk/apps-library/thinkninja)

The Wakefield Resilience Framework

Who it's for:

Children, young people and adults

Ages:

Professionals working with pupils of all ages

The Resilience Framework is designed for practitioners working within the Wakefield District. The purpose of the framework is to reduce risk and to build resilience, and in doing-so will improve health, educational and social outcomes for children and young people.

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Alongside the framework there is a 'Resource' area where professional can explore a selection

of printable lesson plans and short interventions. These are tried and tested to motivate and help develop the practical skills, protective factors, and core competences children and young people need to be resilient.

More information

Register to the resilience site to receive a password to access the resources:

[W. riskandresilience.org.uk](https://www.riskandresilience.org.uk)

Your account will be activated within 2 working days.

Barnardo's

Who it's for:

Children, young people, parents, carers, education settings, and organisations

Ages:

Children and young people up to 18 years

Barnardo's is a children's charity that helps to protect and support vulnerable children and young people.

In light of the pandemic they have provided a number of useful resources available on their website, these include:

- **Downloadable booklet on life after lockdown**
- **Downloadable booklet to support transition from Y6 to Y7**
- **Downloadable back to school guide**

They have also launched Boloh, a helpline specifically for BAME children aged 11+ and their families who have been affected by COVID-19. You can access this through their online chat function, or by calling 0800 1512605.

Useful links:

Downloadable booklet on life after lockdown:

<http://wakefield.mylocaloffer.org/s4s/api/FileManagement/GetFileContent?id=/1381/>
Barnardo's Returning to School Life After Lockdown

Booklet to support transition from Y6 to Y7:

<http://wakefield.mylocaloffer.org/s4s/api/FileManagement/GetFileContent?id=/1382/>
Barnardo's Y6 Transition Guide - Stepping into Secondary School

Back To School Guide:

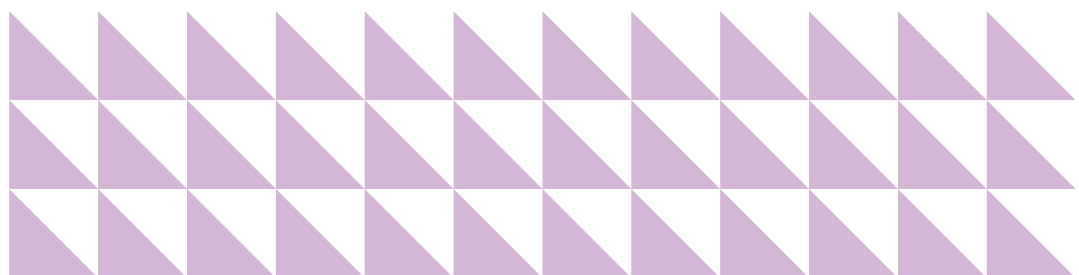
<https://www.childrenscommissioner.gov.uk/report/going-back-to-school-guide/>
Back to school guide produced by the Children's Commissioner

Barnardo's has launched Boloh:

A helpline specifically for children (11 years+), young people and families affected by Covid-19 from Black and Asian communities.

Boloh:

The Black and Asian family Covid-19 Helpline, BAME Helpline (barnardos.org.uk)



Man Health

Who it's for:

Male parents, carers and professionals

Ages:

18 years and above

Man Health is a community interest company providing peer support for men suffering with mental health issues.

More information

W. manhealth.org.uk

Live webchat every evening, 6–10pm

F. facebook.com/ManHealthCIC

Trauma Informed Schools

Who it's for:

Parent, carers and professionals

Ages:

All adults supporting children and young people

Provide appropriate training for schools and communities so that they become trauma informed and mentally healthy places for all.

Available resources for wellbeing support and specific to Covid-19.

More information

W. traumainformedschools.co.uk

SANEline

Who it's for:

Young people and adults

Ages:

Support all ages

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance, and information to anyone affected by mental illness - including family, friends, and carers.

More information

T. 0300 304 7000

W. sane.org.uk/what_we_do/support/helpline/

The Mental Health Foundation

Who it's for:

Parents, carers, and professionals

Ages:

All adults supporting children and young people

The Mental Health Foundation provides a range of guidance and content to help support mental health, and help you look after yourself.

There are also specific resources and guides for parents, carers, and professionals, designed to help them manage the impact of coronavirus and the effect it may have had on children and young people. This guide aims to:

- **Practical advice, activities, and support around mental health**
- **Tips for parents and carers to support children**
- **Tips for teachers to support children**
- **Tips for school leaders to support children and staff**
- **Guidance for managing your own mental health**

More information

[W. mentalhealth.org.uk/your-mental-health](http://www.mentalhealth.org.uk/your-mental-health)

Public Health England Report

Who it's for:

Parent and carers

Ages:

All adults supporting children and young people

Public Health England have produced guidance for parents and carers on supporting the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus pandemic.

More information

[W. gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing](http://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing)

Nip in the Bud

Who it's for:

Parents, carers, and professionals

Ages:

All adults supporting children and young people

Nip in the Bud works with mental health professionals to produce short films and fact sheets to help parents, primary school teachers, and others caring for and working with children to recognise potential mental health conditions.

Films and fact sheets cover Anxiety Disorders, Attention Deficit Hyperactivity Disorder (ADHD), Conduct Disorder, Depression, Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD) and Autism Spectrum Condition (ASC).

More information

W. <https://nipinthebud.org/information-films/tips-for-returning-to-school/>

Young Minds

Who it's for:

Children, young people, parents, and carers

Ages:

Children and young people up to 25, and all adults supporting them

Young Minds are the UK's leading charity for children and young people's mental health. They provide young people with the tools to look after their mental health, and help empower adults and professionals to provide the best support possible to the young people in their lives.

This includes access to a comprehensive bank of information, advice, guidance, and resources for young people, parents, and professionals – with an A-Z guide for help with specific mental health conditions and life events, as well as support around coronavirus.

More information

T. 0808 802 5544 (Parent Helpline)

W. youngminds.org.uk

Well Women

Who it's for:

Girls, women and adults

Ages:

Females aged 16 plus

Well Women offers a variety of emotional and practical support for women only. This includes group work, counselling, and a variety of therapies. They provide a safe place and the opportunity to be part of a learning community.

More information

T. 01924 211114

W. wellwomenwakefield.org.uk

MindEd

Who it's for:

Professionals

Ages:

All children and young people

MindEd is a free educational resource on children and young people's mental health for all adults and professionals working with them.

MindEd has e-learning available to health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist.

The MindEd Coronavirus Staff Resilience Hub also provides support for frontline staff working through the COVID-19 pandemic to help manage their mental health and wellbeing. It has been created alongside NHS Health Education England and in partnership with NHS England-Improvement, supported by Skills for Care.

For Education: Wellbeing for Education Return

The Wellbeing for Education Return programme is a joint initiative from the Department for Education, Department of Health and Social Care, Health Education England, NHS England and Public Health England. The programme supports staff working in schools and colleges to respond to the additional pressures some young people may be feeling as a direct result of the Covid-19 pandemic, as well as to any emotional response they or their teachers may be experiencing.

More information

T. 01924 211114

W. minded.org.uk

Further useful information and contacts

Wakefield Local offer

W. wakefield.mylocaloffer.org

WESAIL

Wakefield Early Support Advice Information Liaison (WESAIL) is available to parents and carers of a child or a young person, who has, or may have Special Educational Needs and/or Disabilities (SEND) aged 0-25 years who are living within the Wakefield district.

This service is also available to young people themselves and those working with families.

E. WESAIL@barnardos.org.uk

T. 01924 304152

W. barnardosendiass.org.uk

Educational Psychology Service

Work with parents, schools, colleges, early years settings and other agencies to support children and young people aged 0-25.

E. eps@wakefield.gov.uk

T. 01924 307403

Mental Health Support Line

This free 24/7 helpline provides mental health support for anyone registered with a GP in Kirklees, Calderdale, Wakefield and Barnsley.

T. 0800 183 0558

Social Care Direct

T. 0345 8 503 503

E. social_care_direct@wakefield.gov.uk

Wakefield Council Helpline

Wakefield Council have a dedicated helpline if you are self-isolating or living with someone who is at risk and cannot go out.

T. 0345 8 506 506 (Monday to Friday 9am - 5pm)

Choose option 3 to make a request for support, and help will be arranged.