

CHILDREN AND YOUNG PEOPLE'S Mental Wellbeing Awareness Training

SOURCES OF SUPPORT

This document provides a **non-exhaustive** list of sources of support available to children and young people on their mental health and wellbeing in Leicester, Leicestershire and Rutland.

NHS AND LOCAL AUTHORITY SERVICES

ROUTE TO RESILIENCE

Route to Resilience is an evidence-based and practical approach to supporting schools in their work developing the **character, resilience and emotional wellbeing** of children and young people. This programme is open to all state-funded and state-maintained schools in Leicester, Leicestershire and Rutland. Route to Resilience have worked with over 200 local primary and secondary schools in the past two years, with the 2019/20 academic year being the final chance to participate. More information can be found on their website <https://www.routetoresilience.co.uk>.

GENERAL PRACTITIONERS

GPs are often the first point of contact in the healthcare system, acting as **the 'front door' of the NHS**. A typical GP appointment is scheduled to last for ten minutes, during which time the GP needs to assess the patient. Depending on their examination and diagnosis, the GP has several **management options** which they will discuss with the patient as they develop a shared and agreed plan. These can include giving reassurance, giving the patient information, advising on a certain course of action or prescribing medication. Alternatively, they may refer the patient to more specialist services. It is worth noting that not all GPs have received specialist paediatric or mental health and wellbeing training.

HEALTHY TOGETHER

The **Healthy Together Health Visiting Service** gives confidential advice, care and support to families with babies and young children up to five-years-old. The Health Visiting Service offers health assessments, advice and support on child, parenting and adult matters, time-limited packages of care in response to need on a range of topics, and act as a central point of contact for services available for the child and family.

The **Healthy Together School Nursing Service** is a central and accessible point of contact for children, young people and their families in state-funded and state-maintained schools, to promote and support their identified physical, emotional and social needs. The School Nursing Service offers booked appointments, drop-in clinics (monthly in primary schools and weekly in secondary schools), virtual clinics, web chats, health fairs and time-limited packages of care in response to need on a range of topics.

ChatHealth is a **confidential text messaging service** that enables children and young people (aged 11-19) to contact their local public health nursing (school nursing) team. This service is available Monday to Friday, 9 am to 5 pm (except bank holidays).

Leicester City text: 07520 615 386
Leicestershire and Rutland text: 07520 615 387

Parents and carers that have concerns about their child's health can access ChatHealth on:

Leicester City text: 07520 615 381
Leicestershire and Rutland text: 07520 615 382

Healthy Together also maintain two health promotion websites that feature bite-sized information on a range of physical and emotional topics.

<https://www.healthforkids.co.uk/>
for children aged 4 to 11 years

<https://www.healthforteens.co.uk>
for children aged 11 to 19 years

EMOTIONAL LITERACY SUPPORT ASSISTANT (ELSA)

Some schools in LLR may employ an **ELSA**. An ELSA is a member of school staff who receive training and supervision from the Educational Psychology department within a local authority to **work with children on their emotional wellbeing**. Some of the areas an ELSA may work on include loss and bereavement; parental separation; self-esteem; social skills; emotions; friendship issues; anger management; behaviour; anxiety; conflict etc.

PRIMARY SOCIAL, EMOTIONAL AND MENTAL HEALTH (SEMH) TEAM

The **Primary SEMH Team** support **primary schools in Leicester City** meeting the needs of those children who have social, emotional and mental health difficulties and in the autumn term of Year 7 transitioning to secondary school. Every primary school has a SEMH link teacher who will visit your child in school, if referred, and observe them within the school environment. The support provided could include the following:

Small group work
Link with the family and all other agencies
Support and advice to families as required
Writing reports for assessment purposes

For further information telephone the primary SEMH team on 0116 454 4650.

EDUCATIONAL PSYCHOLOGY SERVICE

The Educational Psychology Service is part of the local authority and provides advice and assessments to identify additional needs, including social and emotional behavioural needs, that may require additional support such as an Education and Health Care (EHC) Plan.

KOOTH

Kooth is an **online counselling service** for young people aged 11-25 years that offers emotional and mental health support. Using the Kooth portal young people can chat online to counsellors, read articles written by young people, access resources, get support from the Kooth community and write in a daily journal. More information can be found on their website <https://www.kooth.com/>.

EARLY INTERVENTION SERVICE AND WELLBEING PRACTITIONERS

The **Early Intervention Service** is for children and young people who have low / moderate mental health needs. Sonder offers 1-to-1 counselling in the community and group work programmes. Referral is currently through GPs and CAMHS Access.

Some Local Authority Early Help services also offer support from **Psychological Wellbeing Practitioners** to help with children and young people from the age of 8 who have a low / moderate common mental health needs such as anxiety or depression.

SPECIALIST CAMHS

The **Child and Adolescent Mental Health Services (CAMHS)** helps children and young people who have been referred by another healthcare professional. Referrals are made if it's thought the child or young person has emotional and / or behavioural difficulties at a level which requires **specialist support**. Teams include Crisis Resolution and Home Treatment, Primary Mental Health, Young People's (children in care), Learning Disabilities, Eating Disorder. More information can be found on their website [https://www.leicspart.nhs.uk/ OurServicesAZ.aspx](https://www.leicspart.nhs.uk/OurServicesAZ.aspx).

The **CAMHS PAS** is an advisory service operated by Primary Mental Health Workers via telephone for professionals working with young people experiencing mental health and emotional wellbeing issues.

VOLUNTARY AND COMMUNITY SECTOR SERVICES

ADHD SOLUTIONS

ADHD Solutions provides information, help and support for children, young people, and adults with Attention Deficit Hyperactivity Disorder (ADHD) including communication and interaction issues, their families and anyone who supports them or works with them. More information can be found on their website <http://cmsms.adhdsolutions.org/>.

CFF

CFF assists and supports parents, carers and teenagers who are experiencing behaviour and communication difficulties with their families through group work programmes. CFF also offers **Positive Minds** groups that are specifically targeted towards those who are experiencing mental ill-health and / or social, emotional or behavioural difficulties in the family unit. More information can be found on their website <http://funandfamilies.co.uk/cff2014/>.

LAURA CENTRE

The **Laura Centre** offers bereavement support and counselling for children and young people who have lost a parent or other significant person(s) in their lives. More information can be found on their website <http://thelauracentre.org.uk/>.

RESILIENT RUTLAND

Resilient Rutland is a new and exciting project funded by the Big Lottery looking to support children and young people's mental health and wellbeing across Rutland. Led by Rutland First, a CIC based in Rutland, Resilient Rutland are looking to work closely with Rutland schools, whether state or privately funded, to implement the **Academic Resilience Approach** and offer professional support to assist pastoral teams. More information can be found on their website <https://resilientrutland.co.uk>.

THE BRIDGE HOMELESSNESS TO HOPE

The Bridge Homelessness to Hope is an outreach centre for the homeless of Leicester that offers many services including mental health and wellbeing projects such as quarterly health clinics, exercise group, art therapy group and a meditation group. More information can be found on their website <http://www.bridgeleicester.org/>.

THE BRIDGE (EAST MIDLANDS) AND TALK²SORT MEDIATION SERVICE

The Bridge (East Midlands) delivers specialist housing related advice, support, and assistance services and accommodation options to homeless and vulnerably housed people across Leicester, Leicestershire and Rutland. Funded by Children in Need and Public Health England, the **talk²sort Mediation Service** supports young people aged 11-19 years and their families across Leicester, Leicestershire and Rutland to resolve conflict. Often this involves working through issues which may include breakdown in communication, breakdown in relationships, mental health and emotional wellbeing to reduce the likelihood that a young person will face homelessness in both the immediate and distant future. More information can be found on their website <https://www.thebridge-eastmidlands.org.uk/services/talk2sort>.

TURNING POINT

Turning Point Leicester, Leicestershire and Rutland is an integrated substance misuse service that works with anyone who is affected by drugs or alcohol and wants support to make change. For young people up to 24, the dedicated youth team will work one-to-one in any location that is suitable. Turning Point has service hubs in Leicester City, Coalville, Loughborough and Oakham in addition to satellite services. More information can be found on their website <https://www.turning-point.co.uk/>.

NATIONAL SERVICES

CHILDLINE

Childline is a national charity operated by the NSPCC here to help anyone under 19 in the UK with any issue they're going through. Childline is free, confidential and available any time, day or night with trained counsellors that can be contacted by:

Calling 0800 1111
Email
1-2-1 Counsellor Chat

More information can be found on their website <https://www.childline.org.uk/>.

PAPYRUS HOPELINEUK

Papyrus HOPElineUK is a confidential helpline (0800 068 41 41) staffed by trained advisors for children and young people under the age of 35 who are experiencing thoughts of suicide; or anyone concerned that a young person could be thinking about suicide. More information can be found on their website <https://papyrus-uk.org/hopelineuk/>.

SAMARITANS

Samaritans is a national charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide. Samaritans can be contacted by:

Calling 116 123
Email
Visiting a Branch

More information can be found on their website <https://www.samaritans.org/>.

YOUNG MINDS

Young Minds is a national charity advocating for children and young people's mental health. Their website provides information about mental health conditions, a guide to CAMHS and a parent's survival guide. A parents' helpline is also available on 0808 802 5544 (Monday to Friday 9.30am to 4pm, free for mobiles and landlines) for parents concerned about their child's mental health. More information can be found on their website <https://youngminds.org.uk/>.

SERVICE DIRECTORIES

YOUTH WELLBEING DIRECTORY

The Anna Freud National Centre for Children and Families is a children's mental health charity with over 60 years' experience of caring for young minds. Their **Youth Wellbeing Directory** is for children / young people, families and professionals that are looking for free local and national mental health and wellbeing organisations. It can be searched by area, by name of service or by issue or topic. It is not comprehensive (e.g. it does not include the NHS commissioned services) but it provides additional sources of support that you might not be aware of. More information can be found on their website <https://www.annafreud.org/on-my-mind/youth-wellbeing/>.

VOLUNTARY ACTION LEICESTERSHIRE (VAL) ONLINE DIRECTORY

Voluntary Action LeicesterShire (VAL) is a charity that gets people into volunteering, helps community groups and organisations thrive and provides essential services. The **VAL Online Directory** lists voluntary and community groups in Leicester, Leicestershire and Rutland that are working to improve people's lives. It can be searched by name, what they provide, where they work, who they work with and where they are based. Whilst the coverage and offer of voluntary and community sector organisations can be fragmented in comparison to NHS and local authority commissioned services, they are able to fulfil a specific social purpose that might better meet the needs of the child or young person you are working with. More information can be found on their website <https://www.valonline.org.uk/groups/our-products/val-directory>.

WORKFORCE DEVELOPMENT

MINDED

MindEd is a free educational (e-learning) resource on children and young people's mental health for all adults. All the information is quality assured by experts, useful and easy to understand. For professionals and volunteers that are working or studying to work with infants, children or teenagers.

MindEd for Families is for parents and carers who are concerned about the mental health of a child or teenager that will help them to understand what problems occur, what they can do to best support their family, and how to take care of themselves. MindEd for Families is written by a team of specialists and parents, working together. *You do not need to register to use these resources.*

More information can be found on their website <https://www.minded.org.uk>.