

Supporting Children and Young Peoples Emotional Wellbeing In Craven

This factsheet outlines some of the key services across Craven supporting Children and Young Peoples Emotional Wellbeing.

THRIVE FRAMEWORK

This factsheet uses the principles from the THRIVE Framework, a National needs led approach to delivering mental health services for Children and Young People.

This Framework looks at mental health needs in 5 categories:

Thriving: children and young people who are experiencing the normal ups and downs of life but do not need individualised advice or support for their mental health.

Getting Advice: children and young people who present mild or temporary difficulties who would benefit from either self-support or support within the community.

Getting Help: children and young people presenting moderate difficulties who would benefit from targeted, evidence-based interventions provided by key professionals

Getting more help ; children and young people presenting significant difficulties who would benefit from extensive long-term interventions provided by key professionals.

Getting Risk support: Children and young people who despite extensive input, they or their family are currently unable to make use of help, more help or advice and they remain a risk to self or others.



Getting advice

Organisation	Service	Age	Details	Contact Info	Support
 <p>Compass Phoenix</p>	Compass Phoenix	5 to 19 (25 with SEND and EHCP)	<p>For children and young people who may benefit from receiving early help and prevention of harm work in relation to mild to moderate emotional wellbeing and mental health issues.</p> <p>Offer:</p> <ul style="list-style-type: none"> • One-to-one and group work support and interventions for children and young people aged 9-19, with mild to moderate mental health issues. • Support to schools to develop a whole school approach towards emotional and mental wellbeing through the delivery of training. • Professional Consultation to school and college staff, providing advice and guidance on emotional wellbeing and mental health to help make sure that children and young people get the right support at the right time in the right place. • BUZZ US text messaging service for 11-18 years (text 07520 631168) <p>Forms for self-referral, parent referral and professional referral are available on website.</p>	<p>https://www.compass-uk.org/services/compass-phoenix/</p> <p>01904 661916 or Freephone 0800 008 7452</p>	Groups 1:1 Support
 <p>HumanKind humankind®</p>	Young People's Drug and Alcohol Service	10 to 18 (19 - 24 with SEND)	<p>Support for young people around drugs and alcohol:</p> <ul style="list-style-type: none"> • Support to improve health and wellbeing • Support to stop or reduce alcohol or drug use • Education and advice around drugs and alcohol • Family support <p>Also offer guidance to schools, colleges and other professionals. Open 9am-5pm Monday to Friday</p>	<p>NYYP.admin@humankindcharity.org.uk</p> <p>01723 330730 (option 2) or 08000 141480 (option 2)</p>	1:1 Support
 <p>Kooth.com kooth</p>		10-18	<p>Free, safe and anonymous online counselling and support. Kooth's fully trained and qualified counsellors and emotional wellbeing practitioners are available weekdays 12pm until 10pm and weekends 6pm to 10pm, 365 days a year.</p>	<p>www.kooth.com</p>	Groups 1:1 Support Online
 <p>Youth in Mind</p>	Wellness Recovery Action Planning (WRAP) (Barnardo's)	11 to 19 (up to 25 with SEND)	<p>An 8-10 week peer support group work programme in which young people develop their own plan to help them stay well and feel more in control.</p>	<p>admin.listerhills@bar nardos.org</p> <p>01274 513300</p>	Groups Online

Getting advice

Organisation	Service	Age	Details	Contact Info	Support
<p>NHS Humber and North Yorkshire Integrated Care Board</p> 	The Go-To	All	Signposting website providing information, advice and signposting to services for children and young peoples mental health and wellbeing. Provides information for young people, parents and carers and professionals across North Yorkshire.	www.thegoto.org.uk	Online
<p>North Yorkshire County Council</p> 	Locality SEND Hubs	0 to 25	<p>Support children and young people with SEMH that have been referred to the service by schools and families.</p> <p>Schools should be able to demonstrate two cycles of intervention using the Ladder of Intervention prior to referral.</p> <p>Provide advice and guidance 6 or 12 week interventions bespoke to child's needs</p>	NYSENDhubs@northyorks.gov.uk	1:1 Support
<p>Selfa</p> 		4 to 19 (in school)	<p>Support for children and families experiencing vulnerabilities with a year round programme of holiday trips, workshops, health and wellbeing programmes. Services include:</p> <p><u>Pathfinders Project</u>: 10 week programme for children and young people in Year 7 & 8 who have school anxiety and refusal</p> <p><u>Wellbeing Cafes</u> - a safe, supportive place where those aged 7-19 can get confidential support and advice and take part in activities to improve wellbeing.</p> <p><u>Mindful</u> - an in-school 6 week course to promote positive wellbeing with sessions focusing on building self-esteem, confidence and resilience through small group activities.</p> <p><u>1:1 mentoring</u> - in school and out-of-hours support</p> <p><u>Parent and young people support groups</u> in Bentham</p> <p>Online referral form available from website - to be completed by a professional working with the child or family.</p>	<p>www.selfa.org.uk</p> <p>admin@selfa.org.uk</p> <p>01756 533110</p>	Groups 1:1 Support
<p>Wharfedale, Airedale & Craven Alliance</p>	GR8Minds.co.uk		Online tools for young people's wellbeing and mental health.	www.GR8Minds.co.uk	Online
<p>Wharfedale, Airedale & Craven Alliance</p>	Social Prescribing Service	5-18	<p>Supports young people with their health and wellbeing, working 1:1 to establish any unmet needs, connecting young people and their families to a range of community services and promoting physical activity.</p> <p>Appointments can take place at home, school or GP Practice.</p>	<p>Contact: David Pugh</p> <p>david.pugh5@nhs.net</p> <p>07725 878549</p>	1:1 Support

Getting help

Organisation	Service	Age	Details	Contact Info	Support
Bradford District Care Trust 	Child and Adolescent Mental Health Services	Up to age of 18	<p>Specialist CAMHS offer includes:</p> <ul style="list-style-type: none"> Supporting issues which are significantly affecting daily life despite other interventions Pathways include: moderate/severe depression and anxiety; learning disability with mental health difficulty; eating disorder, significant attachment issues; obsessive compulsive disorder, attention/hyperkinetic problems, ASC with mental health difficulty <p>To discuss the suitability of a referral a duty phone-in is available each week day between 1.00–2.00pm for consultation.</p>	camhsdutybfd@bdct.nhs.uk 01535 661531 (Keighley); 01274 723241 (Bradford)	Groups 1:1 Support
Bradford District Care Trust 	Mental Health Support Teams in Schools	5-18	<p>School based service.</p> <p>The Team consists of Educational Mental Health Practitioners, Senior Mental Health Practitioners, Cognitive Behavioural Therapists, Clinical Leads and Supervisors. Additionally they work in partnership with Healthy Minds and Youth in Mind.</p> <p>The Team works 1:1 with children and young people who are experiencing Mental Health Issues, but also takes a whole school approach, linking with all staff, parents and pupils. They work closely with schools to help them identify social, emotional and mental health issues as early as possible.</p> <p>The service is only available to children who have an allocated MHST attached to their school. Contact MHST or your school pastoral team if you are unsure (TO NOTE some schools refer to the MHST's as "trailblazers").</p>	MHST@bdct.nhs.uk 07385 469440 Instagram/Twitter: @BDCFT_MHST	1:1 Support
Carers' Resource 			<p>Free service for young people who have extra responsibilities because they look after a family member with an illness, disability and/or addiction.</p> <p>The service includes: Trips/activities/youth club and 1:1 mentoring support for those most in need.</p>	https://www.carersresource.org/young-carers/ 0808 50 15 939	Groups 1:1 Support

Getting help

Organisation	Service	Age	Details	Contact Info	Support
Harrogate and District NHS Foundation Trust 	Emotional Health and Resilience	6 to 19	<p>Nurse led service A dedicated Nurse that focuses on positive mental well-being and promotes resilience in Children, Young People and their families. Deliver home contacts completing the Family Health Needs Assessment and Home Environment Assessment Tool to identify and support needs.</p> <p>Low level interventions including anxiety, self esteem, bullying and low mood.</p> <p>Psychological Well-being Practitioners: Support children and young people experiencing mild to moderate mental health difficulties and their families in the self- management of presenting difficulties. Providing a range of information and support for evidence based psychological treatments.</p> <p>Referrals can be made via the universal referral form or ringing 01609 780780</p>	0300 3030916	1:1 Support
HumanKind 	Young People's Drug and Alcohol Service	10 to 18 (19 - 24 with SEND)	<p>Support for young people around drugs and alcohol:</p> <ul style="list-style-type: none"> • Support to improve health and wellbeing • Support to stop or reduce alcohol or drug use • Education and advice around drugs and alcohol • Family support • Also offer guidance to schools, colleges and other professionals. <p>Open 9am-5pm Monday to Friday</p>	NYYP.admin@humankindcharity.org.uk 01723 330730 (option 2) or 08000 141480 (option 2)	1:1 Support
IDAS 	The Respect Programme		<p>The Respect programme is a specially developed programme available for families across North Yorkshire.</p> <p>It supports families where children or young people have started to display abusive or aggressive behaviours towards their parents or carers. It is a voluntary programme for families who would like to work to gain positive change within the family. Can self-refer or through organisation.</p>	https://www.idas.org.uk/our-services/respect-programme/ info@idas.org.uk	1:1 Support
Kooth.com 		10- 18	<p>Free, safe and anonymous online counselling and support. Kooth's fully trained and qualified counsellors and emotional wellbeing practitioners are available weekdays 12pm until 10pm and weekends 6pm to 10pm, 365 days a year.</p>	www.kooth.com	Groups 1:1 Support Online
North Yorkshire Youth	Youth Mentors, Buddies and Youth Clubs	11-19yrs	<p>NYYouth provide positive opportunities across North Yorkshire for children and young people to learn and grow by:</p> <ul style="list-style-type: none"> • mentoring support for young people • offering a volunteer 'Buddy Scheme' to support young people one to one in communities across North Yorkshire • providing and delivering 17 youth clubs in communities across the region 	Clare Yates Clare@nyy.org.uk 07918 761106,	1:1 Support Groups

Getting help

Organisation	Service	Age	Details	Contact Info	Support
<p>North Yorkshire County Council</p> 	Early Help	0 to 19	<p>Early Help provides support when need is identified at any point in a child's life.</p> <p>The purpose of Early Help is to enable families to build on strengths, promote resilience to sustain positive changes. It includes universal and targeted services that are designed to prevent and reduce problems from escalating. Early Help referrals must include consent. For how to refer visit website.</p>	<p>www.safeguardingchildren.co.uk/referral-process</p> <p>01609 780780</p>	1:1 Support
<p>Selfa</p> 	4-19 (in school)		<p>Support for children and families experiencing vulnerabilities with a year round programme of holiday trips, workshops, health and wellbeing programmes. Services include:</p> <p><u>Pathfinders Project:</u> 10 week programme for children and young people in Year 7 & 8 who have school anxiety and refusal</p> <p><u>Wellbeing Cafes</u> - a safe, supportive place where those aged 7-19 can get confidential support and advice and take part in activities to improve wellbeing.</p> <p><u>Mindful</u> - an in-school 6 week course to promote positive wellbeing with sessions focusing on building self-esteem, confidence and resilience through small group activities.</p> <p><u>1:1 mentoring</u> - in school and out-of-hours support</p> <p><u>Parent and young people support groups</u> in Bentham</p> <p>Online referral form available from website - to be completed by a professional working with the child or family.</p>	<p>www.selfa.org.uk</p> <p>admin@selfa.org.uk</p> <p>uk 01756 533110</p>	<p>Groups</p> <p>1:1 Support</p>
<p>Wharfedale, Airedale & Craven Alliance</p>	Social Prescribing Service	5-18	<p>Supports young people with their health and wellbeing, working 1:1 to establish any unmet needs, connecting young people and their families to a range of community services and promoting physical activity.</p> <p>Appointments can take place at home, school or GP Practice.</p>	<p>Contact: David Pugh</p> <p>david.pugh5@nhs.net</p> <p>07725 878549</p>	1:1 Support
<p>Youth in Mind</p> 	MYMUP	11 to 19 (up to 25 with SEND)	<p>An online early help tool available for all young people referred to Youth in Mind.</p> <p>Online interventions can be completed to support self-care and improved wellbeing.</p>	<p>www.youth-in-mind.org</p>	<p>1:1 Support</p> <p>Online</p>

Getting More Help

Organisation	Service	Age	Details	Contact Info	Support
Bradford District Care Trust 	Child and Adolescent Mental Health Services	Up to age of 18	Specialist CAMHS offer includes: <ul style="list-style-type: none"> • Supporting issues which are significantly affecting daily life despite other interventions • Pathways include: moderate/severe depression and anxiety; learning disability with mental health difficulty; eating disorder, significant attachment issues; obsessive compulsive disorder, attention/ hyperkinetic problems, ASC with mental health difficulty To discuss the suitability of a referral a duty phone-in is available each week day between 1.00–2.00pm for consultation.	camhsdutybfd@bdct.nhs.uk 01535 661531 (Keighley); 01274 723241 (Bradford)	Groups 1:1 Support
Cruse Bereavement Care 		5 +	One-to-one telephone or Zoom sessions (waiting list approx. 4 weeks) Parents/carers can refer by calling the Referral Line	support.craven@cruse.org.uk 01756 797799	1:1 Support
North Yorkshire County Council 	Locality SEND Hubs	0-25	Support children and young people with SEMH that have been referred to the service by schools and families. Schools should be able to demonstrate two cycles of intervention using the Ladder of Intervention prior to referral. Provide advice and guidance 6 or 12 week interventions bespoke to child's needs	NYSENDhubs@northyorks.gov.uk	1:1 Support
Relate	Time to Talk	11 to 24	Provide confidential face to face counselling service for children and young people who are feeling unhappy, anxious or worried because of difficulties in their family, school or personal lives. Face to face counselling is offered in Keighley or can be offered online for those who can't travel. Referral by self, family, school and other agencies.	01535 606282 or 01535 605047 Diane@relatecp.org .uk	1:1 Support
Selfa 		4-19 (in school)	Support for children and families experiencing vulnerabilities with a year round programme of holiday trips, workshops, health and wellbeing programmes. Services include: <u>Pathfinders Project</u> : 10 week programme for children and young people in Year 7 & 8 who have school anxiety and refusal <u>Wellbeing Cafes</u> - a safe, supportive place where those aged 7-19 can get confidential support and advice and take part in activities to improve wellbeing. <u>Mindful</u> - an in-school 6 week course to promote positive wellbeing with sessions focusing on building self-esteem, confidence and resilience through small group activities. <u>1:1 mentoring</u> - in school and out-of-hours support <u>Parent and young people support groups</u> in Bentham Online referral form available from website - to be completed by a professional working with the child or family.	www.selfa.org.uk admin@selfa.org.uk 01756 533110	Groups 1:1 Support

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Organisation	Service	Age	Details	Contact Info	Support
Wharfedale, Airedale & Craven Alliance	RISE Young Person's Resilience Service	8 to 19	Confidential, friendly, 1:1 counselling sessions. Appointments are usually at the GP practice, but occasionally in school.	Referral form to be completed by GP or school and sent via NHS email.	1:1 Support

Getting Risk Support

Organisation	Service	Age	Details	Contact Info	Support
Bradford District Care Trust 	Child and Adolescent Mental Health Services	Up to age of 18	Specialist CAMHS offer includes: • Supporting issues which are significantly affecting daily life despite other interventions • Pathways include: moderate/severe depression and anxiety; learning disability with mental health difficulty; eating disorder, significant attachment issues; obsessive compulsive disorder, attention/hyperkinetic problems, ASC with mental health difficulty To discuss the suitability of a referral a duty phone-in is available each week day between 1.00-2.00pm for consultation.	camhsdutybfd@bdct.nhs.uk 01535 661531 (Keighley); 01274 723241 (Bradford)	Groups 1:1 Support
Creative Support 	Safer Space	11 to 17	Young people who are in or at risk of mental health crisis or emotional distress can get evening support and/or stay overnight at the Safer Space, a welcoming, homely service in Shipley.	towerhurst@creativesupport.org.uk 01274 221181	



**Out of hours
EMERGENCIES– First
Response**

**For Mental Health Crisis
concerns out of hours
contact 0800 952 1181, 7
days a week, 24 hours**