



**Open Minds**  
For Children and Young People in Calderdale

# Calderdale's Emotional Health and Wellbeing Service Guide For Professionals



## Calderdale's Emotional Health and Wellbeing Service Guide

This service guide was developed to help professionals who support children and young people experiencing emotional health and wellbeing difficulties.

For further information, please visit Calderdale's emotional health and wellbeing website, Open Minds [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)

This website provides advice, information, support and signposting on local and national emotional health and wellbeing services that help children and young people who are going through a difficult time.

Please note that this information is current at the time of going to print in March 2019.

## Kooth Free Service

Kooth is a safe, confidential and anonymous online counselling support service for young people age 11 – 25 years. It is free at the point of need and available through a smartphone, tablet or computer. Kooth helps to reduce wait times for young people seeking help and removes stigma around mental health.

**Free, safe and anonymous online support for young people.**



**This is a self-referral service.**

### CONTACT INFORMATION

- [www.kooth.com](http://www.kooth.com)
- [contact@xenzone.com](mailto:contact@xenzone.com)

# Healthy Minds, Time Out

Charges May Apply

Time Out links up organisations across Calderdale who work with young people. Time Out also runs courses and workshops, both in schools and outside of school hours, on topics relating to emotional wellbeing, such as stress, self-harm and self-esteem.

**Time Out gives young people aged 10-19 access to a range of activities such as arts and crafts, sports and outdoors or singing and drama.**

Healthy Minds provide information and training to children and young people in schools. For more information please contact Tara Guha. Time Out is a self-referral scheme but happy for organisations to contact them on a young person's behalf, with their consent.

## CONTACT INFORMATION

- Annie Wade Smith, Kim Whymark & Tara Guha
- 01422 345154 or 07388 990229
- [www.timeoutcalderdale.co.uk](http://www.timeoutcalderdale.co.uk)
- [timeout@healthymindscalderdale.co.uk](mailto:timeout@healthymindscalderdale.co.uk)

Mon-Fri 9am-5pm.

# HumanKind, Branching Out

Free Service

Branching Out work with young people who are using alcohol, drugs or solvents or tobacco at any level, or those who may be at risk of using substances.

**Branching Out is a confidential drug, alcohol and tobacco service for young people in Calderdale aged between 10 - 21 years.**

Referrals can be taken over the phone. Confidential advice and guidance if you're unsure can also be given over the phone. Please make sure you have the young person's consent before referral.

**Training:** HumanKind provide information and training to professionals working with children and young people. For more information please contact Samantha Jones.

## CONTACT INFORMATION

- Samantha Jones
- 01422 415550, option 2
- [www.humankindcharity.org.uk](http://www.humankindcharity.org.uk)
- [Samantha.Jones@calderdalerecoverysteps.org.uk](mailto:Samantha.Jones@calderdalerecoverysteps.org.uk)

Mon-Fri 9.30am-5pm.

# Family Intervention Team (FIT)

Free Service

Family Intervention Team (FIT) deliver support to children, young people and families when they have been identified as having additional needs that cannot be met within Universal Services, (Tier 4/5 on the Continuum of Need CoN). The emphasis is on early intervention and prevention of escalation into statutory services.

## Family Intervention Team delivers a responsive and efficient service of Intensive Family Support across the borough of Calderdale

Referrals to the Family Intervention Team are encouraged from any statutory or voluntary agencies that are aware of a family that meet the criteria. The family's referral will then be considered at the Early Intervention Panel.

**Training:** Family Intervention Team Provide information and training to professionals working with children and young people. For more information please contact Joanna Dunkley-Pritchard.

### CONTACT INFORMATION

- Joanna Dunkley-Pritchard
- 01422 392697
- [Joanna.Dunkley-Pritchard@calderdale.gov.uk](mailto:Joanna.Dunkley-Pritchard@calderdale.gov.uk)

Mon-Fri 7am - 7pm.

# Calderdale Child and Adolescent Mental Health Services (CAMHS)

Free Service

CAMHS in Calderdale provide an evidence-based, comprehensive service to children and young people aged up to 18 years who are experiencing emotional and mental health problems. The service is provided by Northpoint Wellbeing Limited and South West Yorkshire Partnership Foundation Trust.

## CAMHS provide information and training to professionals working with children and young people.

CAMHS in Calderdale is staffed by clinical mental health practitioners. The CAMHS First Point of Contact offers telephone support to professionals who require consultation, advice, referral guidance and signposting information. Any professional can refer to CAMHS via the First Point of Contact. A secure referral form is located on [www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk)

### CONTACT INFORMATION

- 01422 300001
- [www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk)
- [firstpointofcontact@calderdalecamhs.org.uk](mailto:firstpointofcontact@calderdalecamhs.org.uk)
- For enquiries regarding training please contact: [training@calderdalecamhs.org.uk](mailto:training@calderdalecamhs.org.uk)

Mon, Thurs, Fri 9am-4.30pm. Tues, Weds 9am-6pm.

# Calderdale CAMHS – Specialist Community eating Disorder Service

Free Service

Any children and young people up to their 18th birthday with eating disorders (anorexia and bulimia nervosa, binge eating difficulties) will be assessed and treated by the specialist eating disorder team.

## **The First point of Contact is the single point of access for all eating disorder referrals in Calderdale.**

Referrals to this service are through the First Point of Contact (FPoC). The FPoC provides a single point of access for all CAMHS referrals. It is staffed by qualified clinical mental health practitioners available to speak to professionals who can offer referral guidance, consultation, support, advice and signposting information. Professionals can refer to CAMHS online via a secure form located on [www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk)

### CONTACT INFORMATION

- 01422 300001
- [www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk)
- [firstpointofcontact@calderdalecamhs.org.uk](mailto:firstpointofcontact@calderdalecamhs.org.uk)

# Insight: Early Intervention in Psychosis

Free Service

## **Insight offers a non-stigmatising, recovery focussed service for young people from the age of 14 years who are experiencing a first episode of psychosis, or who are suspected of being at risk of developing symptoms of psychosis.**

If the young person is under 18 years refer to Insight directly or through the CAMHS First Point of Contact (FPOC) 01422 300001

If the young person is over 18 years refer to Single Point of Access (SPA) 01924 316 830 (press option for Calderdale).

### CONTACT INFORMATION

- Lesley Whiteley
- 01422 262333
- [lesley.whiteley@swyt.nhs.uk](mailto:lesley.whiteley@swyt.nhs.uk)

# The Turning Point Counselling Service

Charges May Apply

The Turning Point offer help to those aged 14 and above who need someone to talk to, someone who will listen and understand, someone specially trained, and someone they can trust.

**Though the project is Christian based, you do not have to be a Christian to use the service. Issues of faith and spirituality are discussed only if the young person raises them.**

Referral process: We welcome self-referrals only but we are happy for other agencies to signpost clients to us, if they would like support.

## CONTACT INFORMATION

- 01484 950808
- [www.turningpoint-brighthouse.org.uk](http://www.turningpoint-brighthouse.org.uk)
- [admin@turningpoint-brighthouse.org.uk](mailto:admin@turningpoint-brighthouse.org.uk)

Mon-Fri 9am-4.30pm.

# Time 2 Talk (Relate)

Charges May Apply

Time 2 Talk is delivered by Relate for children and young people who are feeling unhappy, anxious or worried because of difficulties in their family, school or personal lives.

**Time 2 Talk is a confidential counselling service for children and young people aged 11-24 years.**

Referral process: Self, family, school and other agencies. The young person must want to access counselling for themselves.



## CONTACT INFORMATION

- Diane Huck & Nick Shillito
- 01422 363845
- [www.relatepkc.org.uk](http://www.relatepkc.org.uk)
- [halifaxoffice@relatepkc.org.uk](mailto:halifaxoffice@relatepkc.org.uk)

Tues, Weds, Thurs 9am-9pm.

# Staying Safe Children & Young People's Domestic Abuse Support

Free Service

Children and Young People's Domestic Abuse Support is open to any child or young person who is affected by domestic abuse between the ages of 5-18 years.

**The service offers confidential befriending and support to children and their non-abusing parent or carer.**

Professionals must refer via the Early Intervention Panels (E.I.P) although informal discussions can take place with the team regarding suitability of referrals. Parents can self refer if there is no other agency supporting them. Self referrals are accepted for 14 years and above.

## CONTACT INFORMATION

- Ruth Jones, Jayne Hand & Tracy Farnhill
- 01422 323339
- [www.calderdalestayingssafe.org.uk](http://www.calderdalestayingssafe.org.uk)

# SENDIASS: Special Educational Needs and Disabilities Information, Advice and Support Service

Charges May Apply

SENDIASS provides legally based, impartial, confidential and accessible information, advice and support for parents of children and young people aged 0-25 with Special Educational Needs or Disabilities about education, health and social care.

**SENDIASS offer face to face, telephone and electronic information advice as well as casework and representation when needed.**

Sendiass only accepts referrals direct from parents, carers and young people. This is due to the requirement for confidentiality as an arm length statutory service and recent changes to the Data Protection Act.

## CONTACT INFORMATION

- Jo Grenfell
- 01422 266141
- [www.calderdalesendiass.org.uk](http://www.calderdalesendiass.org.uk)
- [joanne.grenfell@calderdale.gov.uk](mailto:joanne.grenfell@calderdale.gov.uk)

Mon-Fri 9am-5pm.

Mon-Fri 9am-5pm.

# Young People's Service

Free Service

The service works with young people aged 11-25, with its main emphasis on 13-19 year olds. The work is done through: Open Access Youth Provision (youth clubs and centres), Targeted Provision, Key Work and Voice and Influence work.

**The Young People's Service delivers a range of opportunities and support across the borough of Calderdale, taking a youth work approach to informal learning and personal development.**

Referral process: By doing a referral to early intervention or contacting the service via the email address or phone number.

## CONTACT INFORMATION

- Karen Mattinson
- 01422 288276 or 01422 288232
- [yps@calderdale.gov.uk](mailto:yps@calderdale.gov.uk)

Mon-Fri 9am-5pm.

# Unique Ways

## Supporting Families of Disabled Children

Free Service

Services are offered to parents and carers of disabled children and young people aged 0-25. A formal diagnosis is not required.

**Unique Ways supports disabled children, young people and their families to better cope with the lifelong challenges of living with a disability, through positive help that improves quality of life.**

Referral process: You can self-refer, call the office or join online through the website.



## CONTACT INFORMATION

- 01422 343090
- [www.uniqueways.org.uk](http://www.uniqueways.org.uk)
- [hi@uniqueways.org.uk](mailto:hi@uniqueways.org.uk)

Mon-Fri 10am-3pm.



# Identity LGBTQ+ Youth Group

Free Service

Identity offer 1:1 confidential support and advice to young people regarding sexuality and gender identity and a safe space for young people to be themselves and make new friends. We offer a range of activities, chosen by the young people, from discussion groups and film nights to cooking and pool.

**Identity is a weekly LGBTQ+ youth group in Halifax for young people aged 12-18 and is part of the Barnardo's Positive Identities Project in Calderdale.**

Referral process: You can self-refer or have a professional or family contact the service either by phone, text or email.

## CONTACT INFORMATION

- Kate & Robin
- 07867 644696 or 07922 574185
- [www.barnardos.org.uk/lgbtq](http://www.barnardos.org.uk/lgbtq)
- [positive.identities@barnardos.org.uk](mailto:positive.identities@barnardos.org.uk)

Mon-Fri 9am-5pm

# Noah's Ark Centre Therapeutic Services for Children and Young People

Charges May Apply

Counselling sessions offer a safe and confidential space to talk freely and openly to someone who is not a family member or a friend.

**Noah's Ark Centre offer counselling/psychotherapy to young people aged 11-21, 1:1 therapeutic play to children aged 5-11 and a facilitated peer support programme, Rainbows, for children aged 5-11 experiencing loss in various ways.**

Referral process: Over the phone - self-referrals, parents, schools and other agencies. Initial assessments for counselling are arranged promptly and given the young person wants counselling, they are matched with a suitable counsellor to start their therapy as soon as possible thereafter.

## CONTACT INFORMATION

- 01422 300457
- [www.noahsarkcentre.org.uk](http://www.noahsarkcentre.org.uk)
- Young People 11-21 - [yp@noahsarkcentre.org.uk](mailto:yp@noahsarkcentre.org.uk)
- Children 5-11 - [rainbows@noahsarkcentre.org.uk](mailto:rainbows@noahsarkcentre.org.uk)

Mon 1-8pm, Tues and Wed 10-8pm, Thurs 1-6pm, Fri 10-2pm and Sat 10-1pm

## Useful Contacts

### Calderdale Early Intervention Panel

Contact details for referral:

Upper Valley and Central Panel

01422 392510

[EIP.UVandCentral@calderdale.gov.uk](mailto:EIP.UVandCentral@calderdale.gov.uk)

Lower Valley, North and East Panel

01422 394094

[EIP.LVandNE@calderdale.gov.uk](mailto:EIP.LVandNE@calderdale.gov.uk)

### Samaritans of Halifax and Calderdale

01422 349349

[www.samaritans.org/branches/samaritans-halifax-and-calderdale](http://www.samaritans.org/branches/samaritans-halifax-and-calderdale)

Samaritans offer a safe place for people to talk any time they like, in their own way about whatever's getting to them. They don't have to be suicidal.

### Multi-Agency Screening Team (MAST)

01422 393336

[MAST@calderdale.gov.uk](mailto:MAST@calderdale.gov.uk)

Princess Buildings, Halifax HX1 1TS

For enquiries out of office hours contact the Emergency Duty Team.

### Calderdale Open Minds Website for young people

[www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)

Open Minds website provides advice, information, support and signposting to children and young people about emotional health and wellbeing. Open Minds has been developed after extensive input and consultation with young people, as well as a range of professionals.

### Special Guardianship Order Service

01422 256053

Our Special Guardianship Order (SGO) service sits within the Fostering Team and works closely with Special Guardians, supporting them with the challenges they may face in providing care for someone else's child and a positive family environment. We offer telephone support, general advice in all matters relating to SGO including contact, signposting to relevant universal services, an assessment of support needs including applications to the Adoption Support Fund for therapeutic support, regular support groups and access to a wide range of training.

### Calderdale Help in Bereavement Service (CHIBS)

0845 0099221

[www.chibs.org.uk](http://www.chibs.org.uk)

CHIBS offers a unique, free, befriending service that provides emotional support to bereaved children and young people over the age of 5 years living in the Calderdale area. Support for children and young people usually takes place at their school. The service is free and confidential.

### One Adoption West Yorkshire

[www.oneadoption.co.uk](http://www.oneadoption.co.uk)

One Adoption West Yorkshire provides adoption services across West Yorkshire. We provide innovative and adopter friendly approaches to adoption recruitment, family finding and adoption support for children and prospective adopters as well as high quality training

### Mosaic II

01274 734561

[www.mosaic2.org.uk](http://www.mosaic2.org.uk)

Mosaic II work with children 14+ and their families who have been affected by or who are survivors of sexual abuse. No charge, open ended sessions

### **Calderdale Pathway Leaving Care Service**

01422 394099

[www.calderdale.gov.uk/socialcare/family/children-incare/leavingcare.html](http://www.calderdale.gov.uk/socialcare/family/children-incare/leavingcare.html)

Calderdale Pathway Team works with young people aged from 15 ½ years old until their 18th birthday and those who have left care up to the age of 25, all of whom have an allocated social worker and are living in the Calderdale area. They provide a wide range of services and support to help with the transition to adulthood, offering advice with things such as accomodation, budgeting, health, education, training and employment. The service is based at Customer First, Halifax.

### **Child Sexual Exploitation Team**

01422 393340

[www.calderdale-scb.org.uk/children-and-young-people/child-sexual-exploitation](http://www.calderdale-scb.org.uk/children-and-young-people/child-sexual-exploitation) Calderdale School Nurse

The Child Sexual Exploitation team are based at the police station in Halifax. This is a multi-agency team who offer support and advice to children who are at risk of or are at risk of Child Sexual Exploitation. We offer a wraparound support service for children and their families.

### **Youth Offending Team**

01422 368279

[www.gov.uk/browse/justice/young-people](http://www.gov.uk/browse/justice/young-people)

The Youth Offending Team work with children and young people aged 10-17 years who have offended or at risk of being involved in the Criminal Justice System. They aim to help prevent offending by supporting young people, children, parents and carers. They work with a variety of organisations to reduce the risk of any further trouble, supporting parents and carers to find solutions to decrease any further offending behaviour.

### **Calderdale School Nurse**

030 3330 9974

[www.locala.org.uk/your-healthcare/school-nursing/calderdale-school-nurses](http://www.locala.org.uk/your-healthcare/school-nursing/calderdale-school-nurses)

The Calderdale School Nursing Team supports schools to look after the wellbeing of children and young people aged 5-19 by delivering a range of universal and targeted health services, and providing support for children and young people with medical conditions or vulnerabilities.

The team can be contacted by telephone, or by using the online referral form which you will find on their website.

### **Calderdale Young Carers Service**

01422 261207

[www.calderdale.gov.uk/v2/residents/health-and-social-care/young-people/young-carers/young-carers-service](http://www.calderdale.gov.uk/v2/residents/health-and-social-care/young-people/young-carers/young-carers-service)

Calderdale Young Carers Service provides support for children and young people aged 8-18 years who provide care for a family member living with a physical or mental health problem, learning difficulty, substance misuse or an enduring illness.

The service provides: information and advice, group activities, social events, short projects and individual work around their caring role and issues that they face as children and young people who may be impacted by their circumstances. Both self-referrals and referrals are made through the Early Intervention Panel are welcome.

### **Integrated Sexual Health Service**

[www.sexualhealth.cht.nhs.uk/about-our-service/opening-times/](http://www.sexualhealth.cht.nhs.uk/about-our-service/opening-times/)

Calderdale Integrated Sexual Health Service provide a sexual health service based at Broad Street Plaza in Halifax, with satellite clinics in Todmorden and Brighouse. This provides a 'one stop shop' for testing and treatment for genital infections, all methods of contraception and HIV care.

## Disabled Children's Team

01422 394091

Calderdale Disabled Children's Team offer support and advice around a child's disability. Assessment and planning for a child's health and social needs which could include: Support in the home with the care of a disabled child, short breaks - during the day or overnight, leisure activities, support and training to provide health care at home, assessment, advice and guidance relating to challenging behaviour, including training and support for parents and carers, assessment and advice for home adaptations and equipment.

## Young Persons' Prevention and Support Service (YPASS)

[www.hortonhousing.co.uk](http://www.hortonhousing.co.uk)

YPASS provides support to young people, aged between 16 and 21 (up to the age of 25 for care leavers) in Calderdale who are homeless or at risk of homelessness. They run a drop-in for clients at our office based in Halifax. The service is open every Monday to Friday, 2pm - 4pm. Clients are given advice and support on housing, substance misuse, mental health, budgeting and training and employment.

## Active Calderdale

[www.calderdale.gov.uk/v2/active-calderdale](http://www.calderdale.gov.uk/v2/active-calderdale)

Getting active is a great way to beat stress! Active Calderdale offer full programmes of activity including adult swimming, dance, keep fit, lunchtime cycle rides. Make use of their great facilities and programmes designed to suit all ages and all abilities. #ACTIVECDALE is a new physical activity movement to help Calderdale become the most active borough in the north of England by 2021.

## North Halifax Partnership (Sure Start)

01422 251090

[www.nehalifaxchildrenscentres.org.uk](http://www.nehalifaxchildrenscentres.org.uk)

Children's Centres are a local hub for many services to parents and children. Examples include: day-care, family support in the home, family and adult learning opportunities, antenatal and baby clinic, stay and play sessions. Available at: Ash Green (Mixenden), Creations (Ling Bob), Elland, Field Lane, Holywell Green, Illingworth (Whitehill), Innovations, Kevin Pearce, Northowram and Shelf, Wellholme Park.

## Local Offer

01422 392164

[www.calderdale.gov.uk/localoffer](http://www.calderdale.gov.uk/localoffer)

Calderdale's Local Offers provide information on the support services available locally for:

- Children and young people (birth to 25 years) with special educational needs and/or disabilities and their families.
- Calderdale young people leaving care.

## Halifax Opportunities Trust

0303 3309 974 or 01422 342552

[www.regen.org.uk/family-support/facilities](http://www.regen.org.uk/family-support/facilities)

Children's Centres are a local hub for many services to parents and children. Examples include: day care provision, benefits advice, baby massage, access to training and employment, dads groups and stay and play groups.

## Kirklees and Calderdale Rape and Sexual Abuse Counselling Centre

[www.kcrasacc.co.uk](http://www.kcrasacc.co.uk)

Kirklees & Calderdale Rape and Sexual Abuse Counselling Centre offers support services for individuals who have been affected by Sexual and Domestic Violence for both Female and Males over the age of 13 years.



**If you have any comments or suggestions about the information in this guide, please contact Calderdale’s Integrated Commissioning and Contracting Team via phone on 01422 392555 or 01422 392701.**

