

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





## Calderdale's Emotional Health and Wellbeing Service Guide

This service guide has been written by parents and professionals working together. It has been developed to support families whose children and young people are 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 September 2018.



## Kooth.com

**Cost: This is a 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 smart phone, tablet or computer. Kooth helps to reduce wait times for young people seeking help and removes stigma around mental health. The team of accredited counsellors, therapists and support workers provide guided and outcome-focused support for each individual.

**Young people have access online to qualified counsellors up to 10pm and are available 365 days a year to talk through their worries.**

Any child or young person aged 11-25 can go online and self-refer. As a parent you are encouraged to visit the website for further information about Kooth.

### CONTACT INFORMATION

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

Mon-Fri 12pm-10pm. Sat - Sun 6pm-10pm.

# Healthy Minds, Time Out

**Cost:** You may have to pay for some of the activities.

Time Out is co-ordinated by Healthy Minds, a mental health charity based in Halifax. The project gives all young people aged 10-19 access to a range of activities such as arts and crafts, sports and outdoors or singing and drama. There are also lots of volunteering opportunities.

**Time Out gives your child or young person space to relax, socialise and do something for themselves.**

Time Out is a self referral scheme so do feel free to contact them directly for more information.

Healthy Minds also provides information and training to children and young people in schools.

## CONTACT INFORMATION

- 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

**Cost:** This is a free service

Branching Out work with children and young people who are using alcohol, drugs, solvents or tobacco at any level, or those who may be at risk of using substances. It's a free service for young people in Calderdale aged between 10-21 years.

**Branching Out work with parents, carers and siblings who may be concerned about their child's substance use.**

Confidential advice and guidance can be given over the phone offering you to join a peer support group or have 1:1 support if needed. If you have concerns about your child's use of drugs or alcohol, or if you have any queries, please do not hesitate to get in touch.

## CONTACT INFORMATION

- 01422 415550, option 2
- [www.humankindcharity.org.uk](http://www.humankindcharity.org.uk)

Mon-Fri 9.30am-5pm.

## The Turning Point Counselling Service

**Cost:** You may have to pay for this service. Financial support may be available.

The Turning Point Counselling Service offers 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. This project is Christian based; however 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.

**The Turning Point Counselling Service offers a therapeutic service to the families of a young person receiving counselling, with their consent.**

The Turning Point welcome young people's self-referrals only but we are happy for you to signpost to us.

### CONTACT INFORMATION

- 01484 9508087
- [admin@turningpoint-brighthouse.org.uk](mailto:admin@turningpoint-brighthouse.org.uk)
- [www.turningpoint-brighthouse.org.uk](http://www.turningpoint-brighthouse.org.uk)

Mon-Fri 9am - 4:30pm.

## Calderdale Staying Safe Children and Young People's Domestic Abuse Support

**Cost:** This is a 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.

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

As a parent you can self refer if there is no other agency supporting your child or young person. Young people's self referrals are accepted for 14 years and above.

### CONTACT INFORMATION

- 01422 323339
- [www.calderdalestaying-safe.org.uk](http://www.calderdalestaying-safe.org.uk)

Mon-Fri 9am-5pm.

## Time 2 Talk (Relate)

**Cost:** You may have to pay for this service. Financial support may be available.

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 offers a confidential counselling service for children and young people aged 10-24 years.**

They welcome self-referrals however you can contact them on your child's behalf or speak to someone who knows your child and ask them to make a referral such as a teacher, school nurse, doctor or social worker.

#### **CONTACT INFORMATION**

- 01422 363845
- [www.relatepkc.org.uk](http://www.relatepkc.org.uk)
- [halifaxoffice@relatepkc.org.uk](mailto:halifaxoffice@relatepkc.org.uk)

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

**Cost:** This is a free service

SENDIASS provides legal 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 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**

- 01422 266141
- [www.calderdalesendiass.org.uk](http://www.calderdalesendiass.org.uk)

Tues, Weds, Thurs 9am-9pm.

Mon-Fri 9am-5pm.

## Local Offers for children with special needs/disabilities and our young people leaving care

Cost: This is a free service

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.

**Getting the right help at the right time is important.**

You may feel alone, exhausted from the physical demands of life or struggling to cope with a range of challenging emotions. That help can be from professionals or specialist services. It can be from family or friends, which is often the most practical support you can get in a crisis.

### CONTACT INFORMATION

- 01422 392164
- [Local.offer@calderdale.gov.uk](mailto:Local.offer@calderdale.gov.uk)
- [www.calderdale.gov.uk/localoffer](http://www.calderdale.gov.uk/localoffer)

## Unique Ways Supporting Families of Disabled Children

Cost: This is a free service

Unique Ways is a parent-carer led organisation supporting families with disabled children or additional needs aged 0-25. A formal diagnosis is not required.

**Unique Ways offer a broad range of services for parent carers, from training courses and independent supporters to social events, focus groups and discounts on family days out!**

Services offered enable families to better cope with the lifelong challenges of living with a disability through positive help that improves quality of life.

You can self-refer, call the office or join online through their website. Services are for Unique Ways members however, membership is free.

### CONTACT INFORMATION

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

Mon-Fri 9am - 5pm

Mon-Fri 10am-3pm.

## Barnardo's Calderdale Positive Identities Service

Cost: This is a free service

Positive Identities Service offers an informal group for parents and carers of LGBTQ children and young people in Calderdale.

**The group meets every 6 weeks in central Halifax to provide information, advice or support; to enable parents and carers to support their child.**

**This group is also an opportunity to share experiences and meet other parents and carers to provide mutual peer support.**

One to one family appointments are also available, as well as training to community groups.

Referral process: for further information about family support, please get in touch.

### CONTACT INFORMATION

- Jeanette Smith, Team Manager
- 01422 371993 or 07885 202009
- [jeanette.smith@barnardos.org.uk](mailto:jeanette.smith@barnardos.org.uk)
- [www.barnardos.org.uk/lgbtq](http://www.barnardos.org.uk/lgbtq)

Mon-Fri 9am-5pm.

## One to One support for children and young people who identify as LGBTQ+

Cost: This is a free service

Calderdale Barnardo's offers one to one support for children and young people who identify as LGBTQ+

**Barnardo's works with LGBTQ young people across Calderdale by offering up to 8 sessions to meet their emotional health and wellbeing needs. They also offer parental and family support so that the needs of LGBTQ young people can be met.**

Referrals will be accepted for young people aged 10 and over.

Referrals can be made by a professional which can include the GP, school or multiagency professional who knows your child.

### CONTACT INFORMATION

- Jeanette Smith, Team Manager
- 01422 371993 or 07885 20200
- [jeanette.smith@barnardos.org.uk](mailto:jeanette.smith@barnardos.org.uk)
- [www.barnardos.org.uk/lgbtq](http://www.barnardos.org.uk/lgbtq)

Mon-Fri 9am-5pm

## Young People's Service

Cost: This is a free service

The Young People's Service works with young people aged 11-25 across Calderdale 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 across the borough of Calderdale, taking a youth work approach to informal learning, personal development and direct support across a range of issues affecting young people.**

To find out what youth provision is available near to where you live, contact the service via the email address.

### CONTACT INFORMATION

- [yps@calderdale.gov.uk](mailto:yps@calderdale.gov.uk)

Mon-Fri 9am-5pm.

## Identity

### LGBTQ+ Youth Group

Cost: This is a free service

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.

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

Young people can self-refer to this service, professionals can refer or as their parent you could phone for further information.

### CONTACT INFORMATION

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

Mon-Fri 9am-5pm



## Noah's Ark Centre

Cost: You may have to pay for this service

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 offers 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.**

As a parent you can phone to refer your child, alternatively young people can self-refer, or you can ask someone who knows your child to make a referral. Initial assessments for counselling are arranged promptly and given your child or 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)

## Youth Offending Team

Cost: This is a free service

**The Youth Offending Team work with children and young people aged 10 to 17 years where there is involvement with the criminal justice system.**

We work with a variety of organisations including working with parents and carers to:

- Support Children/young people at risk of being criminalised on a voluntary basis
- Support children and young people to prevent further offending
- Provide support to children and young people on bail and upon sentence
- Supervise children and young people on court orders
- Work in partnership with services when a young person has been remanded by the court

### CONTACT INFORMATION

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

## Calderdale CAMHS – Specialist Community eating Disorder Service

Cost: This is a free service

This service supports children up to their 18th birthday with eating disorders (Anorexia, Nervosa, Bulimia and binge eating difficulties). If you are worried about your child, talk to a professional who knows your child and that you feel the most comfortable talking to.

**CAMHS provide advice, guidance and support to children and young people and their families, both on an individual and group basis.**

Referrals to CAMHS in Calderdale are made through the First Point of Contact (FPoC) based in Halifax. CAMHS do not currently take self-referrals. Referrals can be made by any professional who knows your child or young person. This could be your child's school, GP, health visitor, or anyone else who works with your child.

### CONTACT INFORMATION

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

Mon, Thu, Fri 9am-4.30pm. (Tue, Wed 9am-6pm during term time)

## Calderdale Child and Adolescent Mental Health Services (CAMHS)

Cost: This is a free service

CAMHS in Calderdale provide an evidence-based, comprehensive service for children and young people aged up to 18 years who are experiencing emotional and mental health problems and meet the criteria to access the service. This service is based at Clare Road and The Laura Mitchell Clinic both in Halifax.

**CAMHS provide advice, guidance and support to children and young people and their families, both on an individual and group basis.**

Referrals to CAMHS in Calderdale are made through the First Point of Contact (FPoC) based in Halifax. CAMHS do not currently take self-referrals. Referrals can be made by any professional who knows your child or young person. This could be your child's school, GP, health visitor, or anyone else who works with your child.

### CONTACT INFORMATION

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

Mon, Thu, Fri 9am-4.30pm. (Tue, Wed 9am-6pm during term time)

## Calderdale School Nursing Team

Cost: This is a free service

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.

### **Every school in Calderdale has a School Nursing Team that can give support about health issues.**

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

#### CONTACT INFORMATION

- 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)

Mon-Fri 9am - 5pm

## Insight: Early Intervention in Psychosis

Cost: This is a free service

This service 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.

### **Insight are able to work with children and young people where there are signs and symptoms of psychosis.**

Referrals to Insight are made through the First Point of Contact (FPoC) based in Halifax who do not currently take self-referrals. Referrals can be made by any professional who knows your child or young person. This could be your child's school, GP, health visitor, or anyone else who works with your child.

If your child is over 18 they can self refer to Insight. As their parent/carer you can also refer direct by phoning the Single Point of Access (SPA) 01924 316 830 (press option for Calderdale)

#### CONTACT INFORMATION

- 01422 262333
- [www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk)

Mon-Fri 9am-5pm.

## Useful Contacts for Families

### Calderdale Early Intervention Panel

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

#### Contact details for referral:

Referrals to Calderdale Early Intervention Panel should be completed with as much detail as possible by a professional who currently works with your child and/or yourself. For further information about Early Intervention Panels please visit the website.

### Multi-Agency Screening Team (MAST)

01422 393336

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

Princess Buildings, Halifax HX1 1TS

If you are worried about a vulnerable child, have child protection or safeguarding concerns or need advice regarding your children. For enquiries out of office hours contact the Emergency Duty Team

### Calderdale 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

### Special Guardianship Order Service

01422 256053

The Special Guardianship Order (SGO) Service sits within Calderdale 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. They offer telephone support and general advice in all matters relating to SGO.

### 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. They 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.

### 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 subject to child sexual exploitation. They offer a wraparound support service for children and their families.

### **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 accommodation, budgeting, health, education, training and employment.

### **Calderdale Branch of the National Autistic Society**

[www.nascalderdale.webeden.co.uk](http://www.nascalderdale.webeden.co.uk)

CNAS supports individuals who are on the autistic spectrum, individuals who are on the waiting list to receive a diagnosis and families and carers who support a person on the autistic spectrum.

### **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.

### **Integrated Sexual Health Service**

[www.sexualhealth.cht.nhs.uk/think-sexual-health/](http://www.sexualhealth.cht.nhs.uk/think-sexual-health/)

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.

### **Calderdale Young Carers Service**

01422 261207

[www.calderdale.gov.uk/advice/youthsupport/youngcarers](http://www.calderdale.gov.uk/advice/youthsupport/youngcarers)

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. Children and young people will also have the opportunity to undertake a Young Carers Assessment which may lead to a personalised plan of support or a further family assessment. Both self-referrals and referrals are made through the Early Intervention Panel are welcome.

### **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.

### **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.

### **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.

### **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 their 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.

### **The Better Living Service**

**01422 230230**

[www.calderdale.gov.uk/v2/residents/health-and-social-care/bls](http://www.calderdale.gov.uk/v2/residents/health-and-social-care/bls)

The Better Living Service is a friendly group of knowledgeable and experienced nutrition and physical activity Trainers who can provide families with advice on how to become fitter and healthier together. We will provide specific support based on what your families health goals and aspirations are. The service is free if you live in Calderdale and support will be given for up to 12 months.

### **Disabled Children's Team**

**01422 394091**

Calderdale Disabled Children's Team offer support and advice around a child's disability. This may include information and signposting to other services. Where an assessment is required this would include gaining an understanding of a child's health and social needs incorporating parent/ carer and family needs. Where an assessment has identified that services are required this could include: advice and guidance relating to challenging behaviour, training and support for parents and carers, assessment and advice for home adaptations and equipment and short break services - during the day or overnight, leisure activities.

### **Halifax Opportunities Trust (Sure Start)**

**0303 3309 974 or 01422 342552**

[regen.org.uk/family-support/facilities](http://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. Available at: Beech Hill, Boothtown, Jubilee, Little Stars (Parkinson Lane), New Road Sowerby Bridge, Siddal, Southowram (Withinfields), Sunshine (Mount Pellon), Todmorden and in community venues in Hebden Bridge.



**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.**

