

Calderdale Emotional Health and Wellbeing Service Offer for Children and Young People

	<p>Calderdale’s emotional health and wellbeing website, Open Minds Provides advice, information, support and signposting on local and national services that help children and young people who are going through a difficult time. www.openmindscalderdale.org.uk</p>
	<p>Kooth.com Offers safe anonymous online counselling with a qualified professional. Age range: 10-25 years Opening times: Mon-Fri, 12pm-10pm. Sat-Sun 6pm–10pm Contact details: www.kooth.com</p>
	<p>Time Out Listening Line Offers the opportunity to get some simple advice and guidance about how to keep busy and reduce anxiety. The website offers a platform to have your say and get involved in the Time Out project. Age range: 10-19 years Contact details: 07418 311736 (text for a call back) Website details: www.timeoutcalderdale.co.uk</p>
	<p>Barnardo’s Positive Identities Service for those who identify as LGBTQ For specialist advice and support around sexual or gender identity. Age range: 8-21 years Contact details: 01422 371993 Website details: www.barnardos.org.uk/what-we-do/supporting-young-people/LGBTQ</p>
	<p>The BREW Project Offers online bespoke 1:1 support sessions with a wellbeing officer or a 1-1 walk and talk service. Age range: 5-17 years Opening times: Mon-Fri 9am-5pm Contact details: 01422 730015 or support@invictuswellbeing.com</p>
	<p>C&K Careers Chat For specialist advice, support and guidance on future career options. Age range: 13-24 years Opening times: Mon-Fri, 9am-5pm. Thur 9am-8pm. Contact details: 01484 213856 or chat@ckcareers.org.uk Website details: www.ckcareersonline.org.uk/news/333-chat</p>

 <p>The logo for Calderdale Young Carers Service is circular. It features the text 'Calderdale' on the left and 'Young Carers' on the right. In the center, there is a large 'Yc' with various icons around it: a trophy, a book, a musical note, a person's head, and a gear. At the bottom, it says 'There for you if you're happy or sad'.</p>	<p>Calderdale Young Carers Service For specialist advice and support on being a young carer. Age range: 8-18years Opening times: Mon-Fri, 9am-5pm Contact details: 01422 261208 or calderdaleyoungcarers@calderdale.gov.uk Website details: www.calderdale.gov.uk/v2/residents/health-and-social-care/young-people/young-carers/young-carers-service</p>
 <p>The logo for Healthy Futures Calderdale features the words 'Healthy Futures' in a colorful, playful font, followed by 'Calderdale' in a blue, sans-serif font.</p>	<p>Healthy Futures Calderdale, ChatHealth Offers a confidential and secure text messaging service to discuss physical health and emotional wellbeing support needs. Age range: school-aged children Opening times: Mon-Fri, 9am-5pm Contact details: 07480 635297</p>
 <p>The logo for Branching Out features a stylized tree icon above the text 'branching out'. Below this, it reads 'DRUG AND ALCOHOL SERVICE FOR YOUNG PEOPLE IN CALDERDALE'.</p>	<p>Healthy Futures Calderdale, Branching Out For specialist advice and support around drugs and alcohol. Age range: 10-21 years Contact details: 01422 415550 (option 2). Website details: www.calderdalerecoverysteps.org.uk/branching-out</p>
 <p>The logo for Sexual Health Calderdale & Huddersfield features three interlocking loops in pink, blue, and green, with the text 'Sexual Health' and 'Calderdale & Huddersfield' below.</p>	<p>Healthy Futures Calderdale, Sexual Health For specialist advice and support around sexual health. Age range: school-aged children Contact details: 01422 261370 Website details: www.sexualhealth.cht.nhs.uk/contact-us</p>
 <p>The logo for Open Minds features a stylized brain icon made of colorful dots above the text 'Open Minds' and 'For Children and Young People in Calderdale'.</p>	<p>Open Minds (CAMHS) For specialist help and support around mental health. Age range: 5-18 years Contact details: www.calderdalecamhs.org.uk/how-to-refer/ Website details: www.calderdalecamhs.org.uk</p>