

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

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|  | **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**](http://www.openmindscalderdale.org.uk) |
|  | **Kooth.com**  Offers safe anonymous online counselling with a qualified professional.  Age range: **10-25years**  Opening times: Mon-Fri, 12pm-10pm. Sat-Sun 6pm–10pm  Contact details: [**www.kooth.com**](http://www.kooth.com) |
| **[Image result for Timeout Calderdale](https://www.bing.com/images/search?view=detailV2&ccid=1%2b%2bM5QXu&id=9349D0461118A006316A91DD138F3E51DDC6EB5C&thid=OIP.1--M5QXuDSU1G4gSVZCfEgHaDi&mediaurl=http://www.timeoutcalderdale.co.uk/uploads/1/0/9/6/109679123/editor/time-out-logo-no-background.jpg?1590059223&exph=263&expw=551&q=Timeout+Calderdale&simid=607998628301965800&ck=74B8942B0932B6084B0E670439758296&selectedIndex=7)** | **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: **07418311736 (text to book an appointment)**  Website details: [www.timeoutcalderdale.co.uk](http://www.timeoutcalderdale.co.uk) |
|  | **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](http://www.barnardos.org.uk/what-we-do/supporting-young-people/LGBTQ) |
| **[Invictus Wellbeing Services](https://invictuswellbeing.com/)** | **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**  Website details:[support@invictuswellbeing.com](mailto:support@invictuswellbeing.com) |
|  | **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. Thu 9am-8pm.  Contact details: **01484 213856 or** [**chat@ckcareers.org.uk**](mailto:chat@ckcareers.org.uk)  Website details: [www.ckcareersonline.org.uk/news/333-chat](http://www.ckcareersonline.org.uk/news/333-chat) |
| **C:\Users\eeey\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\LU4TX4D2\YC logo.jpg** | **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**](mailto:calderdaleyoungcarers@calderdale.gov.uk)  Website details: [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) |
|  | **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** |
| Healthy_futures_Long_Logo_colour | **Healthy Futures Calderdale, COVID-19 support**  Offers advice and support from specialist public health clinicians on any concerns you have relating to COVID-19, including worries about the return to school.  Age Range: **School-aged children**  Opening times: Mon-Fri, 9am-5pm  Contact details: phone **030 33 309974** or text **07480 635297** |
|  | **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](http://www.calderdalerecoverysteps.org.uk/branching-out) |
|  | **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](http://www.sexualhealth.cht.nhs.uk/contact-us) |
| Open Minds logo colour | **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/**](http://www.calderdalecamhs.org.uk/how-to-refer/)  Website details: [www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk) |