

Children & Young People's Mental Health Support





1. Signpost

- **SCVYS find activities**
<https://staffscvys.org.uk/activities/>
- **Sports Clubs** <https://togetheractive.org/>
- **Libraries**

Public Library Reading Well offer for children. 2 collections of expert-endorsed books focussing on mental health for children can be found in libraries across Staffordshire.

<https://reading-well.org.uk/books/books-on-prescription/children-for-7-11yrs>

<https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health-for-13-18-yrs>



2. It's Good to Talk

- **0-19 service** (school nursing and health visitors)
<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing>
- **GP**
- **Youth Worker** <https://staffscvys.org.uk/activities/>
- **Family and Friends**



3. Digital

- **Changes**
<http://www.changesyp.org.uk/>
- **Action for Children**
<https://www.staffordshire-ewb.actionforchildren.org.uk/>
- **Chat Health**
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=KfMsVyKCoaA>
- **Health for Teens**
<https://www.healthforteens.co.uk/staffordshireandstoke/>



4. Education

- **School Special Educational Needs and Disabilities (SEND) Local Offer and Graduated Response**
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/localoffer.page?localofferchannel=0>
https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=J9rS4V94_r4
- **Emotional health and wellbeing resources for children, parents and professionals**
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=4Pf3vU6K9yM>



5. Mental Health Support Teams in Schools

- **Mental Health Support Teams in Schools**
Twitter: @MhstNorth
<https://combinedwellbeing.org.uk/our-services/>



6. Changes

- <http://www.changesyp.org.uk/>

We also have a digital platform where young people can access counselling and other resources.

This can be found at: www.speakupspace.org.uk



7. Action for Children

- <https://www.staffordshire-ewb.actionforchildren.org.uk/>



8. Child and Adolescent Mental Health

- **NSCHCT**
<https://www.combined.nhs.uk/our-services/children-and-young-people/>
Child focused / Therapies / Specialist Staff



9. Access

- **NSCHCT**
<https://www.combined.nhs.uk/our-services/children-and-young-people/>
<https://combinedwellbeing.org.uk/>
Tel: 0300 123 0907
Address:
Crisis Care Centre, Harplands Hospital,
Hilton Road, Stoke-on-Trent. ST4 6TH



10. Crisis Care Centre

- **North Staffs Combined Healthcare NHS Trust (NSCHCT)**
<https://www.combined.nhs.uk/our-services/adult-community/crisis-care-centre/>
Tel: 0300 123 0907
24/7 service



11. Hospital

- **UHNM**
<https://www.uhnm.nhs.uk/>
A&E services 24/7



12. Suicide Awareness

<https://healthwatchstaffordshire.co.uk/news/suicide-prevention-and-support-services/>

- **SHOUT** – Text Shout to 85258 (24/7)
- **Samaritans (Stafford)** – Tel: 116 123 free from any phone. 0330 094 5717 local call charges apply
- **NHS links to support:**
<https://www.nhs.uk/conditions/suicide/>
- **PAPYRUS Prevention of Young Suicide**
<https://www.papyrus-uk.org/hopelineuk/>
0800 068 41 41 (open 9am – 12 midnight)



13. River

- **North Staffs Combined Healthcare NHS Trust (NSCHCT)**
0300 123 0907
24/7 service
- **First Response: Is there a serious concern about the safety of a child or young person?**
0800 131 3126 Mon-Thurs 8.30-5 & Fri 8.30-4.30
0345 604 2886 Emergency Duty Team (outside of working hours, weekends/bank holidays)
- **Emergency services**
999 or 101



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For more information relating to services in your area please refer to Staffordshire Connects;
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/home.page>