

Emotional Health and Wellbeing Pathways Document

Guidance for schools and partner agency
professionals



This guidance should be used alongside the support of the South Cumbria
Mental Health Champions Network.

If you are not already a member of this network please contact us to join so you receive
updated versions of this document and dates of network meetings

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Role of the Primary Mental Health Worker

Primary Mental Health workers (PMHW) offer consultation and advice to professionals about services in the area that can support children and young people's mental health and emotional wellbeing.

Please be aware that we do not need children's details or parent/carer consent to offer consultation to professionals.

We are based at Stricklandgate House, Stricklandgate, Kendal, LA9 4PU and can be contacted via phone on **01539 742 626** - or individually via our mobiles or email addresses. We endeavour to return calls and emails as quickly as possible.

Please note that all acute/urgent presentations must be directed to the CAMHS team on 01225 408660

No urgent messages should be left on these answerphones or email accounts.

Vision for the Guidance Document and the Mental Health Champion role

The role of the mental health champion is as a point of contact in a team to access a network of support, advice, guidance and local resources. Our vision is that this role will support the use of this guidance document and keep the information up to date and relevant for use

This guidance document is intended to support professionals in general practice and not in crisis situations. It should help you to run through options of support and point professionals, parents and children/young people towards appropriate support both in the local area and online.

The champions network meets three times per year in the local area or online. These dates are sent out via email to the network. Youth Mental Health First Aid Training is also available to MH champions.

If you would like to join the Mental Health Champions Network please email your name, role, and locality to: [**mytimecumbria@barnardos.org.uk**](mailto:mytimecumbria@barnardos.org.uk)

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****Click on the headings to be taken to the full details of each service****



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Getting Advice

For those who need advice and signposting

PMHW – You can contact your local Primary Mental Health Workers for signposting or advice about any young person that you are working with. We can point you in the right direction of services in the area that can support children and young people’s mental health and emotional wellbeing.

Please be aware that we do not need children’s details or parent/carer consent to offer consultation to professionals.

Contact the MyTime inbox to be put in touch with your local PMHW – mytimecumbria@barnardos.org.uk

Mental Health Champions Network – All local professionals who work with children and young people are welcome to join the network of Mental Health Champions which is run by the PMHWs. Within the network you can access help, advice, resources and training. The PMHW will email regular mental health updates to the network, along with training opportunities and service updates. The aim is to have at least one Champion in every education setting.

To sign up to the network, please get in touch with PMHWs: mytimecumbria@barnardos.org.uk

E-School Nurse In order to provide health support and advice for children in Cumbria, we offer an easy to access online E-School Nurse Service.

The video clinics are available for professional, parents and carers across the whole of Cumbria all day Tuesday and Thursdays. Instead of being face to face, you will talk to the nurse over a live video link that is private and secure. The nurse, in consultation with you will assess the child's health problems and provide you with support and advice.

For more information on the E-School Nurse video clinic please read the [E-School Nurse Service user \(PDF 302KB\)](#).

To book an appointment telephone: **01228 603973**.

Social Prescribers

Social Prescribing is the non-medical arm of the GP Practices.

Social Prescribers offer the kind of help that doesn't come in a tube or a bottle.

The aim is to offer an initial assessment to help patients have more control over their own health and to signpost to other services and agencies.

Educational Psychologists

Educational Psychologists (EPs) work with children and young people (CYP) aged 0-25. Most CYP attend a nursery, school or college and EPs work via them and with some pupils who are unable to attend because of Emotionally Based School Avoidance issues (EBSA). We work with all CYP who have a Special Educational Need (SEN), many have social emotional and mental health needs or learning difficulties or a disability.

We provide consultation, assessment, advice and support to adults working with CYP for all levels of need. EP’s, Specialist Advisory teachers (SATS) and Behaviour and Emotional Wellbeing Officers (BEWOs) work closely together, SATs work with CYP who have autism, Developmental Language Disorder, Hearing Impairment, Visual Impairment, physical disabilities or severe learning difficulties. Access to EPs SAT and BEWO is through the CYP’s school or by making a direct enquiry to joint e mail CPSandSATS@cumbria.gov.uk

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Getting Help – Services

For those who need focused, goals-based, input

Have you considered Early Help?

Dedicated Early Help consultation advice and guidance telephone number: 03003033896

Early Help is the response made when a professional identifies needs with a child/family and works with another agency or agencies to meet those needs.

At this level of need an Early Help Assessment (EHA) should be completed with the child and family to identify needs and agreed desired outcomes. A good assessment of needs and the establishment of achievable and measurable outcomes is an essential element of effective early help. Any worker from a service that supports families can initiate this process.

REMEMBER: Early Help can be put in place without contact with the Cumbria Safeguarding Hub. [Link to Early Help pages](#)

MyTime

Website: [MyTime Cumbria | Barnardo's \(barnardos.org.uk\)](#)

Tel: 01539 742 626

Email: mytimecumbria@barnardos.org.uk

MyTime is part of the CAMHS service provision for children and young people needing emotional health and wellbeing support. MyTime work with mild to moderate emotional health presentations such as anger, anxiety, low mood, self-harm and depression. We offer Counselling, play therapy and decider skills. Please contact the MyTime office to enquire about making a referral.

MHSTs (Mental Health Support Teams)

Email: furnessmhst@barnardos.org.uk

We accept requests for support for CYP in school years 1-13 in targeted schools in the South Lakes area. We support children and young people with mild to moderate emotional and mental health needs. For example: low mood, anxiety, behavioural and interpersonal challenges, sleep difficulties, self-esteem and confidence. We work with children, young people, their parents/carers and their school to help improve resilience, problem-solving skills and develop coping strategies to support mental health.

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Getting Help – Local Services

For those who need focused, goals-based, input

Children’s Centres – an excellent place to go for family support and behavioural intervention.

Action for Children – [Action For Children - South Lakeland 0-19 Child and Family Support Service](#)

Kendal, Flookburgh, Windermere, Milnthorpe, Sedbergh, Ulverston

Tel: 01539 734 456

Email: South.lakeland@actionforchildren.org.uk

Facebook page: [South Lakeland Child and Family Support Service](#)

Family Action - [0-19 Child and Family Support Service - Family Action \(family-action.org.uk\)](#)

Barrow Greengate Centre Tel: 01229 821855

Ormsgill Family Hub Tel: 01229 408097

Walney Family Hub Tel: 01229 471655

Email: Barrow@family-action.org.uk

Social Prescribers

Email: nicola.milby@nhs.net

<https://www.youtube.com/watch?v=O9azfXNcgD8>

Social prescribing is a way for local agencies to refer people to a Social Prescribing link worker. Link workers give people time, focusing on ‘what matters to me’ and taking a holistic approach to people’s health and wellbeing. They connect people to community groups and statutory services for practical and emotional support.

Link workers also support existing community groups to be accessible and sustainable, and help people to start new groups, working collaboratively with all local partners.

Social prescribing works for a wide range of people, including people:

- with one or more long-term conditions
- who need support with their mental health
- who are lonely or isolated
- who have complex social needs which affect their wellbeing.

Kooth

www.Kooth.com - Online counselling for young people aged 11-16.

Available until 10pm each night, 365 days per year, it provides a much needed out of hours service for advice and help. Kooth gives professionals an alternative way of ensuring young people can access free support when they need it, in a medium young people know and use when referrals are deemed inappropriate to meet the CAMHS criteria

They deliver CBT, solution focused and humanistic approaches such as narrative and other relational therapies. They work closely together to ensure the best outcome is achieved for the young person. The counsellors have clear pathways into others services too, ensuring the young person gains information needed and are signposted to the most appropriate provisions.

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Getting Help – Local Services

For those who need focused, goals-based, input

RACE

Website: [Raising Awareness of Child Exploitation \(RACE\) | Barnardo's \(barnardos.org.uk\)](https://raisingawareness.org/race/)

Email: ellen.buckley@barnardos.org.uk

Tel: 07720811407

RACE is a child exploitation prevention service based in Cumbria run by Barnardo's. We offer one-to-one sessions with young people, prevention education within schools and work with parents and carers to help keep their children safe.

Requirements for Referral:

The young person may be on a plan of some form.

These plans include: Early Help Plan; Child in Need Plan; Child Protection Plan; Child Looked After.

If the child is not on a plan, please do get in touch as we discuss referrals on a case by case basis.

SAFA

Website: <https://safa-selfharm.com/>

Tel: 01229832269 or

Email: info@safa-selfharm.com

Self Harm Awareness For All—Barrow and Kendal based counselling, advice and training for mild to severe self-harm.

Targeted Youth Support

Tel: 078253 40551

Email: graham.bassett@cumbria.gov.uk

Targeted Youth Support contribute to the Early Help Strategy 2017-2021 and Vision by delivering a proportionate response to address the needs of the whole family through the following 3 key headings:

- Keeping families together and able to make change
- Support families to be able to achieve outcomes

Resilient families able to help themselves

Love Barrow Families

Tel: 01229 823020

Email: info@lovebarrowfamilies.co.uk

We work with families in the borough of Barrow-in-Furness who face multiple and severe disadvantage. We use true co-production principles to design and deliver services in a way that recognises and welcomes the strengths and assets that all families have.

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Getting Help - Resources

Public Health 5-19 Website

Mental health information, resources, professional guidance, policies and pathways in Cumbria:
[Public health 5-19 - mental health and wellbeing | Cumbria County Council](#)

Healthy Young Minds Website South Cumbria (links under each topic below)

Advice, guidance and support related to children and young people's mental health and emotional wellbeing as well as local services and support for professionals in South Cumbria

[Lancashire and South Cumbria Health and Care Partnership :: Home \(healthyyoungmindslsc.co.uk\)](#)

Click on the links below to be directed to specific resources, information and training relating to each topic:

Anti Social Behaviour and Conduct Disorder

[Children and Young People :: Anti-social Behaviour and Conduct Disorder \(healthyyoungmindslsc.co.uk\)](#)

Anxiety and Stress

[Children and Young People :: Anxiety or Stress \(healthyyoungmindslsc.co.uk\)](#)

<https://www.annafreud.org/schools-and-colleges/resources/helping-children-and-young-people-to-manage-anxiety/>

[Anxiety Videos for Teachers | Nip in the Bud](#)

[Anxiety Videos for Parents and Carers | Nip in the Bud](#)

ADHD

[Children and Young People :: Attention Deficit Hyperactivity Disorder \(ADHD\) \(healthyyoungmindslsc.co.uk\)](#)

<https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health/>

<https://www.adhdfoundation.org.uk/wp-content/uploads/2022/03/A-Young-Persons-Guide-to-Thriving-with-ADHD.pdf>

<https://childmind.org/article/adhd-in-teenagers/>

[ADHD Videos for Teachers | Nip in the Bud](#)

[ADHD Videos for Parents and Carers | Nip in the Bud](#)

Autistic Spectrum Condition

[Children and Young People :: Autistic Spectrum Condition \(ASC\) \(healthyyoungmindslsc.co.uk\)](#)

[Autism Videos for Teachers | Nip in the Bud](#)

Depression or Low Mood

[Children and Young People :: Depression or Low Mood \(healthyyoungmindslsc.co.uk\)](#)

[Depression Videos for Teachers | Nip in the Bud](#)

[ADHD Videos for Parents and Carers | Nip in the Bud](#)

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Getting Help - Resources

Eating Disorders

[Children and Young People :: Eating Disorders \(healthyyoungmindsisc.co.uk\)](#)

[Eating Disorders Videos for Parents and Carers | Nip in the Bud](#)

[Eating Disorders Videos for Teachers | Nip in the Bud](#)

Gender and Sexuality

[Children and Young People :: Gender and sexuality \(healthyyoungmindsisc.co.uk\)](#)

<http://www.outreachcumbria.org.uk/> - The county's main service provider for Lesbian, Gay, Bisexual and Trans support, advise and engagement in Cumbria.

Self harm and Harm to Self

[Children and Young People :: Self-harm or harm to self \(healthyyoungmindsisc.co.uk\)](#)

[Thinking about suicide? - Every Life Matters \(every-life-matters.org.uk\)](#) Every Life Matters: A Cumbria wide organisation with a comprehensive wealth of resources, support-links, free short courses – a great place to start looking into this difficult topic.

www.selfinjurysupport.org.uk Self Injury Support UK_ - Information to support those who self harm through providing resources and training. Includes lesson plans and teaching resources

<https://selfharm.co.uk/> Self-harm UK_ - supports young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest. It also supports parents, carers and professionals involved with young people.

[Self-Harm Videos for Teachers | Nip in the Bud](#)

[Self-Harm Videos for Parents and Carers | Nip in the Bud](#)

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Getting More Help

For those who need more extensive and specialised goals based help

CAMHS South (South Lakes & Furness)

Website [What is CAMHS \(cumbria.gov.uk\)](http://cumbria.gov.uk)

Email: camhssouth@nhs.net

Tel No: 01225408660

Specialist Tier 3 Child and Adolescent Mental Health Service (CAMHS) are available in Cumbria and can be referred to if difficulties with mental health are escalating. Tier 3 CAMHS is a service for children, young people and families with significant, severe, complex or persistent emotional, mental health, psychological and/or relationship difficulties. This could include: Anxiety/Mood disorders; ADHD/ADD; Self-Harm; Eating disorders; Obsessive Compulsive Disorder; Post Traumatic Stress Disorder; Somatic Disorder; Psychotic Disorders; More than one mental health condition; Severe behavioural problems (as part of any of the above).

To make a referral, fill out a CAMHS referral form. Both a MyTime manager and a CAMHS practitioner sit on Triage daily. With the information on the referral, we decide at triage who would be the best fit for the family/Child/Young person.

CAMHS referral information and form can be found here: [MAKING A REQUEST FOR INVOLVEMENT A GUIDE FOR REFERRERS \(healthierlsc.co.uk\)](http://healthierlsc.co.uk)

SAFA

Website: <https://safa-selfharm.com/>

Tel: 01229832269 or

Email: info@safa-selfharm.com

Self Harm Awareness For All—Barrow and Kendal based counselling, advice and training for mild to severe self-harm.

Papyrus

Website: [Worried About Someone? | Papyrus UK | Suicide Prevention Charity \(papyrus-uk.org\)](http://papyrus-uk.org)

Tel: HopelineUK - 0800 068 41 41

Papyrus is a voluntary organisation supporting teenagers and young adults who are feeling suicidal.

ChildLine (18 years and younger)

Tel: 0800 11 11

Website: [Childline | Childline](http://childline.org.uk)

Free help and support for children and young people in the UK. Mon - Sun, 09.00 - 00.00

Samaritans:

Tel: 116 123

Website: www.samaritans.org

We're here to listen, no judgement, no pressure, and help you work through what's on your mind. We'll never tell you what to do

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Getting Risk Support

For those who have not benefitted from, or are unable to use help, but are of such a risk that they are still in contact with services

If you are concerned that a child is in an emergency situation you should contact the Police immediately on 999 or take them straight to A&E

Safeguarding Hub

Website: [What to do if you have concerns about a child : Cumbria County Council \(cumbriasafeguardingchildren.co.uk\)](https://www.cumbriasafeguardingchildren.co.uk)

Tel: 0333 240 172

If you have a safeguarding concern that requires an immediate response from Children's Services (action from a social worker today) please telephone the Safeguarding Hub.

CAMHS Duty Team Numbers

Tel: 01225 408660 (South)

Tel: 0800 652 2865 (North/ West)

When calling these cited numbers that you need to request the children's crisis team and you will be diverted accordingly on the line

LSCFT Urgent Mental Health Line

Tel: 0800 953 0110 (South Cumbria)

Tel: 0800 652 2865 (North Cumbria)

Our Mental Health Crisis Line is available 24 hours a day, 7 days a week. It is staffed by trained mental health professionals who are able to provide assessment and referrals to appropriate services. Ring it if you need to access services or for advice about someone who needs treatment or support.

PAPYRUS HOPELINEUK: (prevention of young suicide)

Tel: 0800 068 4141

Text: 07786209697

Website: <https://papyrus-uk.org/hopelineuk/>

ChildLine (18 years and younger)

Tel: 0800 11 11

Website: [Childline | Childline](https://www.childline.gov.uk)

Free help and support for children and young people in the UK. Mon - Sun, 09.00 - 00.00

Samaritans:

Tel: 116 123

Website: www.samaritans.org

We're here to listen, no judgement, no pressure, and help you work through what's on your mind. We'll never tell you what to do.

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Directory Of Services- Categorised by Need

DRUGS AND ALCOHOL SERVICES			
CADAS	Work with individuals and communities to reduce the harm caused by substance use across Cumbria by supporting young people (10+) and adults who feel their substance use is problematic and supporting people caring for, or affected by, loved ones using drugs or alcohol.	South Cumbria	0300 111 4002 contact@cadass.co.uk
The Well	Support for people recovering from drug and alcohol addiction through therapy, counselling, peer mentoring, employment training and social activities.	Barrow	01229 829832 info@thewell2.co.uk
Substance Misuse Service	The main aim of a Youth Substance Misuse Officer's role is to engage with young people up to the age of 18 who show substance misuse needs, with a particular emphasis on alcohol, cannabis and New Psychoactive Substances (NPS).	County wide	http://www.cumbria.gov.uk/elibrary/Content/Internet/537/17164/17357/44214121039.pdf?timestamp=4448815613 North Cumbria (Carlisle and Eden) Claire Gibson Email: claire.gibson@cumbria.gov.uk Mobile: 07917245424 West Cumbria (Allerdale and Copeland)

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			<p>Barry Arnison Email: barry.arnison@cumbria.gov.uk Mobile: 0788 794 7621</p> <p>South Cumbria (Barrow and South Lakes)</p> <p>Tim Field Email: tim.field@cumbria.gov.uk Mobile: 0790 006 0645</p>
DrugHubUK	<p>The Youth Substance Misuse Team have set up an Instagram account @DrugHubUK</p> <p>The target audience for the channel is young people, aged 13-18, who are considering using, currently using, have recently stopped using, have friends/family who use or are curious about using alcohol/substances and want to know how to keep themselves and others safe. The page intends to target early prevention as well as intervention, therefore reducing the likelihood of young people suffering harm.</p> <p>The page has a safety message at the top and it is clear that it is not encouraging drug use.</p>		
BEREAVEMENT SERVICES			


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Child bereavement UK	Support and help for children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies. We also provide training to professionals, equipping them to provide the best possible care to bereaved families.	Cumbria Wide	enquiries@childbereavementuk.org National Helpline Tel: 0800 02 888 40 Live chat: via the website Email: support@childbereavementuk.org pia.clay@childbereavementuk.org
Cruse Bereavement care	Cruse provides support to individuals and families, helping them to come to terms with the loss of someone important in their lives and to understand their grief.	Cumbria Wide	0300 600 3434 cumbria@cruse.org.uk
Bluebell	<p>Bluebell works in the South Cumbria area to provide free support for people experiencing grief associated with loss during pregnancy, the death of a baby, child or young person, those with fertility issues and families where a child has a life-limiting or life-threatening illness.</p> <p>We also provide support for children and young people up to the age of 18 who are grieving through the death or anticipated death of someone important to them.</p>	South Cumbria	07516556081 info@bluebell.org.uk
Cancer Care	A counselling service working with CYP from the age of 3 offering free professional therapy for anyone who is struggling to cope with feelings of grief due to	South Lakeland (including Kendal and surrounding towns and villages) and	Call: 01524 381820 Email: tct@cancercare.org.uk


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	<p>bereavement for any reason - not just because of cancer. They will also work with life limiting illnesses/incidents.</p> <p>Their counsellors can offer play therapy, drama therapy and sandbox therapy. They also offer 1to1 counselling for teenagers which can be accessed face to face or online.</p>	Furness (including Barrow and Ulverston)	www.cancercare.org.uk
Every life Matters	<p>Bereaved by Suicide-Every Life Matters offers practical and emotional support at this critical and difficult time to people in Cumbria.</p> <p>When you contact us for help you will be offered an initial Gateway meeting, where we get to know you and your circumstances, and discuss what your support needs might be. After this we can offer further support sessions if needed, either in person, by telephone or online. Everyone has their own unique needs and the support we offer reflects this.</p> <p>In addition to the above bereaved by suicide support. Every life Matters have projects around Suicide safer communities, self-harm resources, wellbeing resources, training events, please visit their website Every Life Matters - Suicide Safer Cumbria (every-life-matters.org.uk)</p>	Cumbria Wide	<p>Website: Bereaved by suicide? - Every Life Matters Cumbria (every-life-matters.org.uk)</p> <p>Every Life Matters Cumbria</p> <p>T: 07908 537541 E: info@every-life-matters.org.uk</p>
HEALTH AND WELLBEING SERVICES			
MyTime	MyTime is part of the CAMHS service provision for children and young people needing emotional health and wellbeing support. MyTime work with mild to moderate	South Cumbria	<p>01539 742626</p> <p>MyTimeCumbria@barnardos.org.uk</p>

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	<p>emotional health presentations such as anger, anxiety, low mood, self-harm and depression. MyTime practitioners work by putting the young person at the centre of the intervention and focus on what they do well as well as what they have in their power to change, calling on the various systems such as family and schools, to support the desired changes.</p>		 CAMHS Referral Form SOUTH.doc
CAMHS	<p>CAMHS assess and treat young people with emotional, behavioural or mental health difficulties.</p> <p>CAMHS support covers <u>depression</u>, <u>problems with food</u>, <u>self-harm</u>, <u>abuse</u>, violence or <u>anger</u>, <u>bipolar disorder</u>, <u>schizophrenia</u> and <u>anxiety</u>, among other difficulties.</p>	South Cumbria	01229 402696 camhssouth@nhs.net referral online you can download a copy ,
Moving Mindsets (Mental Health Support Teams)	<p>MHST's increase children and young people's access to evidence based emotional health support within education settings with particular focus on early intervention. The MHS teams provide direct therapeutic care to children and young people who show signs of mild to moderate mental health difficulties, alongside supporting education settings with their whole education approach.</p> <p>They ask that a request for consultation is discussed with the child or young person and person with parental responsibility and that consent has been gained. Young</p>	Furness College Furness Academy George Hastwell School Special Academy Sandside Lodge School Walney School Chetwynde School Millom School Ulverston Victoria High School St Bernard's Catholic High School Dowdales School	emma.akrigg@barnardos.org.uk


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	people at secondary school can seek support for themselves at school.	Sandgate School Dallam School Kendal College Kirkbie Kendal School Settlebeck High School Queen Katherine School Academy Cartmel Priory CE School Lakes School, The John Ruskin School	
CAMHS CAIS Team	7 day pathway where young people experiencing severe and complex mental health presentations can access support. CAIS team will risk assess and safety plan with the young person to help them avoid hospital admissions and to help keep them safe. Mental health issues will be severe and enduring where other services have been tried and exhausted without success of change.	South Cumbria	CAMHS Crisis Team Numbers 01225 408660 (South) camhssouth@nhs.net  South Cumbria Referral Guide.docx
SAFA	SAFA Counselling and Family Support - Making a positive difference to the lives of individuals who self-harm and to those who support them. SAFA is passionate about delivering the highest professional standard of services to people in our local community. We offer counselling for age eleven onwards. Our ethos is based on a person-centred approach, providing a safe confidential space for the person to explore the issues they are struggling with.	South Cumbria	help@safa-selfharm.com <u>01229 832269</u> Self-referrals only https://safa-selfharm.com/self-referral/ ToolBox – Self Care Tools (safa-selfharm.com)

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	<p>Once people feel heard this leads to improved health and relationships.</p> <p>Our Family Support Worker offers the families of our clients a listening ear and provides psycho-education to aid a greater understanding of themselves and how to better support their loved ones.</p> <p>They will work with issues relating to many types of self-harm, how they define this is; when someone has a behaviour that no longer serves them or is no longer helpful to them or causing them harm including, relationship with food/disordered eating self-injury/cutting/ burning gambling alcohol substances hair/eye lash/ eyebrow pulling nail biting/pulling off nails risky/sexualised behaviour personal hygiene</p> <p>They also work with anxiety, trauma work, low mood /depression, and mental wellbeing.</p>		
Young Lives	<p>Work in partnership with schools and parents to provide flexible and bespoke support to young people on a wide range of health matters. These include but are not limited to:</p> <ul style="list-style-type: none"> • Coping with anger, sadness, rejection, isolation, loss or anxiety and associated behavioural issues • Peer pressure and/or friendship issues • Healthy relationships 	Barrow	<p>For further details or to arrange an initial meeting to discuss your requirements, please fill in the form via the link below</p> <p>Contact - Young Lives (young-lives.com)</p>



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	<ul style="list-style-type: none"> • Personal identity • Improving confidence, self-esteem and emotional wellbeing • Improving communication with professional involved in their care 		<p>or call Lesley Messenger-Jones on 07775 861 890 or email lesleym.j@young-lives.com</p>
TAPP - Trainee Associate Psychological Practitioner	<p>Referrals are via EMIS (the system used by GP practices). As CAMHS don't use EMIS, referrals can be emailed providing the patient's GP practice name, the patient's NHS number and initials, and a short summary of what they need help with. I work across the whole primary care network, so I can see clients at a different practice from the one they are registered at according to their access needs.</p>	Barrow	<p>tessa.higgs@lscft.nhs.uk</p> <p> my TAPP poster.docx</p>
Social Prescribing	<p>Social prescribing is a way for local agencies to refer people to a Social Prescribing link worker. Link workers give people time, focusing on 'what matters to me' and taking a holistic approach to people's health and wellbeing. They connect people to community groups and statutory services for practical and emotional support.</p> <p>Link workers also support existing community groups to be accessible and sustainable, and help people to start new groups, working collaboratively with all local partners.</p> <p>Social prescribing works for a wide range of people, including people:</p>	The team covers the 10 GP surgeries across Barrow and Millom PCN.	<p>Referrals via email direct to nicola.milby@nhs.net</p> <p>https://www.youtube.com/watch?v=O9azfXNcqD8</p>

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	<ul style="list-style-type: none"> • with one or more long-term conditions • who need support with their mental health • who are lonely or isolated • who have complex social needs which affect their wellbeing. 		
<p>Public Health 5-19 Nursing Service</p> <p>North Cumbria Integrated Care NHS Foundation Trust</p>	<p>The Public Health 5-19 Nursing Service offers specialist health advice and support to parents, carers, teachers and professionals working with children and young people.</p> <p>Access to the service is via the E-School Nurse video clinics which takes place weekly during term time on a Tuesday and Thursday (information attached).</p> <p>The team can also be contacted by email or phone to offer advice on new or existing health problems or refer to other health services as required.</p>		<p>www.cumbria.gov.uk/ph5to19</p>
<p>About Children</p>	<p>About Children Ltd provides music, drama and art therapy services for children and families in Cumbria and Lancashire. There is a range of specialist approaches relevant to children who have had experiences of trauma and loss including parental separation, bereavement and illness. Long term support offered.</p> <p>*Service to be funded</p>	<p>Kendal / South Lakes</p>	<p>info@aboutchildren.org.uk</p> <p>lesleyritchie@aboutchildren.org.uk</p> <p>Office: 01539 724326</p> <p>Mobile: 07891032793</p>


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<p>Flynnes Barn</p>	<p>This project provides telephone and online counselling for young people, who are living with cancer, including those whose mental health has been adversely affected by the COVID19 pandemic.</p> <p>The project also provides telephone and online support to families with a young person living with Cancer.</p> <p>Young people living with serious physical ill-health may already experience isolation and worries about their mental health. The isolation, increased risk to health and disruption to ongoing treatment caused by the pandemic have been heavy additional burdens for young people and their families during an already critical and challenging time in their lives.</p>	<p>Keswick – but offer online and telephone counselling</p>	<p>referral@flynnesbarn.org</p> <p>01768 800 686</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>FB Counselling and family support project</p> </div> <div style="text-align: center;">  <p>FB counselling referral form.docx</p> </div> </div>
<p>Cumbria Family support service.</p>	<p>Cumbria Family Support has been supporting children and families in Cumbria since 1993!</p> <p>Cumbria Family Support helps families with children in Cumbria to get through difficult times. Our staff and trained volunteers provide support to families in their own homes until their difficulties have passed.</p> <p>Our charity offers support for children and families who are experiencing stress or difficulties. We help families by providing practical and emotional support to reduce isolation and health inequalities and help them to overcome issues or challenges they may be facing.</p>	<p>Kendal</p>	<p>Cumbria Family Support - supporting children & families since 1993</p> <p>Kendal: 07872165047</p> <p>Chris@cumbriafamilysupport.org.uk</p>

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	Also provide supported contact at their centre in Kendal. Support from staff and volunteers is close at hand if needed. The centres run sessions fortnightly on a Saturday 2pm and 4pm.		
CANW - Child Action North West	CANW offer support to the most vulnerable children and young people in local communities; children facing poverty, violence, abuse, neglect and family breakdown.		01254 244700 01254 244701 info@canw.org.uk
Wave Forward	Working alongside young people, we together design and deliver new therapeutic programmes, projects and initiatives. Based within local schools and the community, we also run campaigns and events that promote mental wellbeing whilst always raising awareness and understanding of mental ill health and the stigma that is sadly still associated with it.	South Lakes: Captain French Practice Kirbie Kendal School Young carers	David Beuzeval david@ioncharityconsulting.co.uk 07768901384
Space2Create	Kendal based Charity using all forms creative activity to improve the well-being of vulnerable individuals suffering or recovering from a range of long term mental and physical health conditions. We work in social setting to improve well-being in the local community.	Kendal	015394 82540 info@space2create.co.uk
Families Matter	Families Matter is a counselling and support service. We aim to promote emotional wellbeing, improve mental health, and reduce the impact of poverty in the Furness and South Lakes area by providing a professional counselling service for children, young people and their families.	Furness and South Lakes	07743163946 https://www.families-matter.org/

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	<p>Referrals for:</p> <ul style="list-style-type: none"> - Anxiety / Stress / Panic attacks - Depression - Grief/ Loss - Relationship/ Family difficulties - Life crisis/Life stage - Interpersonal - Post-traumatic stress 		
Brathay	<p>Referrals for young people for our counselling service; this is ideally for YP aged 12-17 and it is 10-20 weeks of talking therapy, face-to-face at Project John in Barrow. We accept referrals for low mood, anxiety, depression, self-harm, historic trauma; most mental health issues and if at assessment point it is deemed this service is unsuitable and cannot meet their needs we will signpost/go back to the referrer at that point.</p>	Barrow	 <p>Brathay Counselling Service_Referral Form</p>
HAWC	<p>Health and Wellbeing Coaches.</p> <p>Team of staff working within the County Councils Public Health Team. Work on public health initiatives and provide health and wellbeing support across the county. The team is made up of Health and Wellbeing Coaches and Health and Wellbeing Officers who are all trained to offer support and guidance through coaching.</p> <p>For anyone over 16 who wants to make positive changes to their life. Usually for YP who have experienced crisis or</p>	Countywide	<p>If you do need to speak with a member of the Health and Wellbeing Team you can call the Single Point of Access and request to speak with a Health and Wellbeing Duty worker.</p> <p>Allerdale and Copeland - Telephone: 0300 303 3589</p> <p>Barrow and South Lakes - Telephone: 0300 303 2704</p> <p>Carlisle and Eden - Telephone: 0300 303 3249</p>


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	have multiple issues they need to understand/work through.		
SEND SUPPORT			
South Lakeland Autism and Asperger's Support Group	The intentions of the group are to give support to families and individuals who are in need of assistance and guidance in dealing with family members and individuals who may feel there is no help for them. Provide a support network for each other and families with newly diagnosed children and adults.	Kendal	07808813622
The Cumbria Autism Family Support Project (MENCAP)	Mencap is the leading voice of learning disability. Everything we do is about valuing and supporting people with a learning disability, and their families and carers. The Cumbria Autism Family Support Project provides advice and support to families with Autistic children aged up to 18 throughout the county.	County wide	01228 674393 enquiries@carlisle Mencap.co.uk Carlisle Mencap - Providing support for people with learning disabilities
Children's Community Learning Disability and Behaviour Support Service - South Cumbria	A team of experienced learning disability nurses and assistant practitioners. Able to offer a service when a child or young person requires specialist support arising from their learning disability or autism and its impacts on their health. Often this is done by working to advise parents or other health professionals working with that child.	South Cumbria	CumbriaChildrensLD@lancashirecare.nhs.uk Referral forms are available to download here.

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Jigsaw Family Support	Help and support Children and Young People with Special Educational Needs and Differences to engage positively with education. Use an individualised and needs led approach to work closely with the child, significant others and those closest to them.	South Lakes	info@jigsawfamilysupport.uk 07730537405
Young Sibs	At Sibs we run YoungSibs – a UK wide online support service for siblings under 18 who have a brother or sister who is disabled or has additional needs. It provides information about different conditions and strategies for coping with sibling issues. YoungSibs also has a letters section for siblings to receive personalised responses to their questions.	UK wide	http://www.youngsibs.org.uk/
SENDAC	All the members of SENDAC are parent/family carers themselves and SENDAC is run on a volunteer basis to improve the services and ensure that parent/family carers feel listened to and valued by the professional bodies, and to work in co-production with them to improve SEND provisions across the County.	County Wide	07544858267 https://www.sendac.org/
SENDIASS Cumbria SEND Information, Advice and Support Service	Offering impartial information, advice and support to children and young people with special educational needs and or disabilities and their parents and carers. We hope this site provides you with information you will find useful. Generally we can offer information, advice and support around education issues, although we can signpost	South Cumbria	Barrow, Ulverston and Grange Area Celia Jones 01229 407439 celia.jones@cumbria.gov.uk Kendal and East Cumbria


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	<p>parents on, with their permission, to other agencies who can help with different problems such as benefit claims.</p> <p>Your child may have learning difficulties caused by:</p> <ul style="list-style-type: none"> a physical disability a problem with sight, hearing or speech difficulties with reading, writing, speaking or mathematics work emotional or behavioural problems a learning difficulty. 		<p>Emma Stephenson</p> <p>07769 935446</p> <p>emma.stephenson@cumbria.gov.uk</p> <p>Westmorland and Furness</p> <p>Sally Godfrey</p> <p>07795110940</p> <p>sally.godfrey@cumbria.gov.uk</p>
Bee Unique	To relieve the needs of those diagnosed with Autism and those who are currently engaged in the medical diagnosis of Autism and their immediate families and carers in England in particular, but not exclusively, by the provision of support and recreational activities.	Events county wide	<p>beeuniquecharity@gmail.com</p> <p>https://beeuniquecharity.co.uk/</p>
OTHER SUPPORT SERVICES			
Child Centred Policing Teams	Our Child Centred Policing Teams work in line with the National Child Centred Policing best practice framework. We understand offending by children is often a symptom of other challenges they are facing in their lives and that our policing service to children and young people must take a different approach to that of mature adults. By identifying the root cause for behaviours and vulnerabilities and signposting to support agencies we	South Cumbria	<p>SouthCCP@cumbria.police.uk</p> <p style="text-align: center;">  Child Centred Policing Referral form </p>



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	<p>can ensure that young people are not unnecessary criminalised and every opportunity is taken to divert them away from offending.</p> <p>The teams aim to build trust and confidence between children and the police by identifying opportunities for positive engagement within educational premises and the community.</p>		
RISE – Mentoring Service (Barnardo’s)	<p>RISE is a one-to-one early intervention mentoring service for 10–17 year olds across Cumbria. RISE aims to support children and young people by giving them the skills and knowledge to make better life choices and improve their life outcomes. RISE practitioners work alongside the Child Centred Policing Teams within each area of the County.</p>	Countywide	cumbriaRISE@barnardos.org.uk
Safety Net	<p>Provide support to anyone who has experienced rape, exploitation, sexual and domestic abuse; at any time in their lives. Offer advice, support, counselling and therapy to adults, children and young people, family and friends who have experienced, or been affected by, abuse and trauma</p>	South Cumbria	<p>01228 515859</p> <p>help@safetynetmail.co.uk</p>
Women’s community Matters	<p>Offer a variety of one-to-one support, courses, activities, support groups and access to specialist services for</p>	Barrow	<p>01229 311102</p> <p>reception@womenscommunitymatters.org</p>

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	<p>vulnerable women and girls aged 13 and over, and to young men/boys aged 13-17.</p> <ul style="list-style-type: none"> - Domestic and sexual abuse - Poverty - Health and wellbeing - Employment 		
RACE – Raising Awareness of Child Exploitation	<p>The service is providing both one to one or group support to children who have been sexually exploited and their families. Supporting children and young people to recover from sexual abuse, as well as family counselling, preventive and awareness-raising programmes.</p>	South Cumbria	<p>07720811407</p> <p>CumbriaChildExploitation@barnardos.org.uk</p> <p> R.A.C.E. Referral Form_.docx</p>
Birchall Trust	<p>Offer one to one weekly counselling sessions to male and females of all ages who have experienced rape and/or sexual abuse.</p>	South Cumbria	<p>01229 820828 enquiries@birchalltrust.org.uk</p>
Carers Support South Lakes & Furness Carers	<p>Carer Support South Lakes and Furness Carer identify the needs of unpaid Carers of any age and provide quality services, support and advocacy to promote their health and wellbeing.</p> <p><i>A Carer is someone who, without payment, provides help and support to a parent, partner, child, relative, friend or neighbour, who could not manage without their help. This could be due to age, physical or mental illness, substance misuse or disability.</i></p>	South Lakes & Furness & Ulverston	<p>Carer Support South Lakes:</p> <p>01539 815970 admin@carersupportsouthlakes.org.uk</p> <p>Furness Carers:</p> <p>01229 822822 admin@furnesscarers.co.uk</p>

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Furness Youth Work Partnership	Furness Youth Work Partnership offers low level mental health and emotional resilience support within 1:1 settings and small group work for children and young people. Please contact cathcorkill@dzyp.co.uk for further information and appointments.	Barrow	 FYWP Flow Chart MH 1.docx
Galop	Galop gives advice and support to people who have experienced biphobia, homophobia, transphobia, sexual violence, or domestic abuse. Also support lesbian, gay, bisexual, trans and queer people who have had problems with the police or have questions about the criminal justice system	National	0800 999 5428 http://www.galop.org.uk/ advice@galop.org.uk Referral Form
Outreach Cumbria	The county's main service provider for Lesbian, Gay, Bisexual and Trans* support, advise and engagement in Cumbria. We work county wide and are here to help anyone within Cumbria, and the surrounding areas, as much as we can. We have a range of different services, groups, projects, and opportunities on offer.	County Wide	http://www.outreachcumbria.org.uk/  Talk It Out Self Referral Form.pdf talkitout@outreachcumbria.co.uk
Focus Family Team	For any families with challenges who would benefit from support. Some of this support could look like: <ul style="list-style-type: none"> • address risk of sanctions from Job Centre 	County Wide	If you have any questions, enquiries or requests for support contact: <u>Focus.Family@Cumbria.gov.uk</u>

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	<ul style="list-style-type: none"> • identifying under and over payments from Job Centre, which often results in families facing further financial difficulties when money has to be repaid • move adults into training by paying for their childcare costs • link in with Linus blankets project to provide these for children in need of comfort • families helped with setting up home due to fleeing domestic abuse • sanitary products for girls and women struggling to access appropriate protection • prom wear project so disadvantaged families can still go to their proms. • get additional welfare assistance for frontline staff to share with families in need. 		
<p>The Lancashire Early Intervention Service (EIS)</p>	<p>The EIS aims to help people who have experiences which are distressing and difficult to make sense of, which may lead to being at risk of psychosis for the first time, get the right help early and continue living the lives they want to lead.</p> <p>It is for people aged between 14 and 64 years old who have either recently been diagnosed with psychosis or for people who are having unusual experiences or difficulties and who may develop symptoms of psychosis.</p>	<p>Lancashire & South Cumbria</p>	<p>Referral into the Early Intervention Service is made through the Specialist Triage, Assessment and Referral Team (START). This service provides access to adult mental health services for those aged 16 and above. Referrals to START can be made by GPs, practice nurses, health visitors, and other health professionals, statutory and non-statutory services.</p>

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	We provide practical advice, support, information and help people develop a better understanding of their experiences. The team consists of experienced mental health practitioners including nurses, social workers, occupational therapists, psychological therapists, clinical psychologists, support time and recovery workers (STR) and psychiatrists.		
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**** If you are aware of any additional services which are not listed above, please inform your local PMHW ****