

HEALTH, MENTAL HEALTH & WELLBEING

SUPPORT, LINKS AND DIRECTORY



KIRKLEES SERVICES DIRECTORY

Thriving Kirklees includes Northorpe Hall, NHS South West Yorkshire Partnership, Locala, Home Start, Yorkshire Children's Centre – **0300 304 5555** (Chat Health text for parent/carers **07520 618 867**, for young people **07520 618 866**)

<https://www.thrivingkirklees.org.uk/>

Internal Pathway:

- **Locala 0-19yrs pathway** – low level anger, behaviour support, low mood, anxiety, sleep, diet and nutrition (brief intervention, contact **0300 304 5555**) NTH Lead is Anita Russell
<https://www.locala.org.uk/>
- **CAMHS** – Child and adolescent mental health services including the neurodevelopmental pathway led by NTH staff Emma Davie and Angie Lupton (**Kirklees 01484 343 783 / Calderdale 01422 262 380**) <https://www.southwestyorkshire.nhs.uk/services/camhs-kirklees/>
- **Insight Team** – Early Intervention in psychosis for people aged 14-35 years (**01484 343 738**)
<https://www.southwestyorkshire.nhs.uk/services/insight-team-early-interventions-in-psychosis/>

Duty and Advice - Professionals Only - 01484 414 960

Early Support - Kirklees Direct 01484 456 823, Switchboard 01484 221 000

EarlyHelpAccessTeam@kirklees.gov.uk

- Parenting Support programmes like STEPS, PX2, Speakeasy, Strengthening Families, Strengthening Communities, SEN Family Links and Liberty to support behaviour in the home.
Info.ParentingSupport@kirklees.gov.uk
- Family Group Conferencing brings family members together to develop a safe plan.
Family.GroupConferencing@kirklees.gov.uk
- Multi-Systematic Therapy – restorative, evidence-based intervention working intensively with the families of young people 11-17 displaying challenging anti-social and offending behaviours. Kieran Lord on **01484 221 000** or email Kieran.lord@kirklees.gov.uk
- Mental Health in families, supporting families with parents with poor mental health –
mentalhealthinfamilies@kirklees.gcsx.gov.uk
- Home-Start – volunteer home-visiting support offering practical health and emotional support as long as there is a child under 5 in the home **01484 421 925** www.homestart-kirklees.org.uk
- Early Years Outcomes Team Rachael Singleton on **07528 252 496** or rachael.singleton@kirklees.gov.uk
- Community Hubs supporting schools – Karen Walsh on **01484 221 000** or karen.walsh@kirklees.gov.uk
Tracy Bodle on **07528 988 878** or tracy.bodle@kirklees.gov.uk
- Risk and Vulnerability Team combines the previous Missing Children and CSE teams and Sarah Goodall can be contacted on **01484 221 000** or **01924 431 499** sarah.goodall@kirklees.gov.uk and can be accessed via social worker who can book into wellbeing clinic. Eleanor Wright is NTH lead, working with LAC children with emotional needs in addition to LD.

Specialist School Provision – 01924 483 744 <https://www.kirklees.gov.uk/education> e.g. CCI (Complex Communication Interaction – used to be Autism Outreach), Educational Psychologist), EHCP, PRU, Attendance and Pupil Support (**01484 221 919**)

<https://www.kirklees.gov.uk/beta/schools-and-education.aspx>

SALT – Concerns with speech and language for young people:

<https://www.locala.org.uk/your-healthcare/childrens-speech-language-therapy/>

KIAS – Information, advice and support relating to a young person aged 0-25's special educational needs or disability (**0300 3301 504**) <http://www.kias.org.uk/>

SEND – Kirklees Local Offer – gives children and young people aged 0-25 with special educational needs or disabilities, and their families information about what is available in Kirklees across education, health and social care;

www.kirkleeslocaloffer.org.uk

Kirklees Safeguarding Children's Board - <https://www.kirkleessafeguardingchildren.co.uk/>

Kirklees Youth Offending Team - Aim to prevent offending by children and young people:

YOT South - **01484 226 263** (1st Floor Somerset Buildings, 10 Church St, Huddersfield, HD1 1DD)

YOT North - **01924 482 118** (Young Batley Centre, Thomas St, Carlinghow, Batley, WF17 8PR)

Gangs - Information about gangs and where to go for help; Gangs@kirklees.GCSX.gov.uk

<https://www.kirklees.gov.uk/beta/adult-social-care-providers/pdf/ksab-8-gangs.pdf>

West Yorkshire 24/7 Mental Health helpline - Purpose is to ensure callers can access confidential support, advice and information in relation to any concerns about their own mental health, or if they are worried about a family member or other close friend/relative. The service is for anyone aged 18+ who are registered with a GP in Calderdale, Kirklees, Wakefield, Barnsley and Leeds. **0800 1830 558**

For Young People under 19

KOOTH - Free, safe and anonymous online counselling support for 11+ www.kooth.com

Barnardos Young Carers - Young carers 8-18 years (**01484 426 100**)

<http://www.barnardos.org.uk/kirklees-young-carers/service-view.htm?id=242341151>

Youth Services Brunswick Centre - HIV support and LGBT Project supporting young people and their parents/carers (**01484 541 589**) <https://www.thebrunswickcentre.org.uk/services/youth-services>

The Base - Drug and alcohol support service for people up to 21 years old and support for parents and carers. They also have a Hidden Harm Project providing support for young people who have concerns about parent/carers struggling with drug/alcohol issues (**01484 541 589**) Alice Quarterless-Oates is the NTH lead for this.

<https://kirkleesinrecovery.com/services/cgl-thebase/>

Yorkshire Children's Trust - Primarily set up by parents to support families of children with cancer, they now offer counselling for children and young people. They also offer respite breaks for families.

<https://www.yctrust.uk/>

Supporting adults and families

Carers Count - Support for carers (including parent carers), access to wellbeing activities and groups (**0300 120 231**) <https://www.carerscount.org.uk/>

Connected Persons Support Team - Supporting all connected carers, special guardians, foster carers (Debs - **07870 590 283**)

https://kirkleeschildcare.proceduresonline.com/p_place_fam_friend.html

Kirkwood Hospice - Pre and post bereavement support for families following the death of a young person aged 0-25 years (**01484 557 910**) <https://www.kirkwoodhospice.co.uk/>

Martin House Community Bereavement Service - Bereavement support for families following the death of a young person aged 0-25 years (**01937 845 045**) <https://www.martinhouse.org.uk/>

Chart - Drug and alcohol service for people aged 18+ (**01484 353 333/01924 438 383**)

<https://kirkleesinrecovery.com/services/chart-kirklees/>

Women's Centre - Emotional and practical support for women aged 18 years+ in Kirklees and Calderdale (**01484 450 866**) <https://womenscentre.org.uk/>

IAPT - Choice of services for people aged 18 years+ experiencing common mental health problems such as low mood, anxiety, panic, stress and OCD (**01484 343 700**) www.kirkleesiapt.co.uk

The Southwest Yorkshire Mental Health Trust - Provide specialist mental health and learning disability services across Kirklees, Calderdale and Wakefield; <https://www.cht.nhs.uk/services/mental-health-services/>

SPA- **01924 316 830**

Fusion Housing - Courses and volunteering opportunities for adults **01484 532 280**

<https://www.fusionhousing.org.uk/>

PCAN - Independent, parent-led forum for parents and carers of young people aged 0-25 years with additional needs. PCAN welcomes any parent or carer, whether they are just becoming aware that their child may have additional needs or whether they have a child with a confirmed diagnosis (**07754 102 336**)

www.pcankirklees.org

The Whole Autism Family - Voluntary group in Kirklees offering support and guidance to families impacted by autism (07564 256 626) <https://thewholeautismfamily.co.uk/>

Huddersfield Support Group for Autism (HSGA) - Can be contacted through the website- info@hsga.org.uk

Andy's Man Club - Support for men over 18 and can be contacted via the website: www.andysmanclub.co.uk

Men's Sheds - Friendship building, sharing skills and knowledge, reducing isolation for men over 18 (01484 421 143) <https://menssheds.org.uk/>

Sky Positive Minds - Free and confidential drop-in service at Dewsbury Moor and Scout Hill Children's Centre, 100 Heckmondwike Road, WF13 3NT for women and teenage girls providing careers advice, parenting tips, housing benefits advice and strategies to tackle anxiety and low mood while boosting confidence and communication - www.SkyPositiveMinds.org.uk/ **07809 430 845**

Pennine Domestic Abuse Service - Targetted support, safety planning and crisis intervention for anyone (male or female) experiencing domestic violence aged 16+ in Kirklees (01274 878 117/0800 0527 222) <https://pdvg.org/>

RELATE - Family Counselling around parental separation and poor relationships for young people and families 10+ (01484 425 843) <https://www.relate.org.uk/>

BACP - Professional body representing counselling and psychotherapy with details of BACP registered counsellors (privately funded) www.bacp.co.uk

Socrates - Independent service of clinical psychologists (01484 514 594) <https://www.socrates.org.uk/>

TalkThru - Confidential counselling for men and women facing an unplanned pregnancy or baby loss (01484 515 137) <http://www.talkthru.org.uk/>

Aunty Pam's - Support for pregnant women and new mums, including benefits advice, peer support and swap shop (01484 414 775/01924 438 316) <https://www.kirklees.gov.uk/beta/auntie-pams/index.aspx>

Home-Start Young Parents' Groups - Supporting young mums aged 14-24 (01484 421 925) <https://homestart-kirklees.org.uk/>

KRASAC - Kirklees Rape and Sexual Abuse Centre supports survivors of sexual violence. Service can be accessed from age 13+ (01484 450 040 or text only 07983 628 227) <https://www.kcrasac.co.uk/>

KADWWA (Kirklees Asian and Black Women Welfare Association) - Supports women and children from black, Asian and minority ethnic communities who are affected by domestic violence, providing support, advice, information and safe temporary accommodation; **01484 304 338/0800 0527 222**

Kirklees Citizens Advice and Law Centre - Range of services including support with applying for benefits (0344 848 7970) <https://kcalc.org.uk/>

Community Links Engagement and Recovery Service (CLEAR) - Recover-focused mental health service for individuals with mental health needs aged 18+ living in Kirklees (01484 519 097/01924 465 054) <https://www.commlinks.co.uk/cleargroups/>

S2R Create Space - Promoting positive mental health by providing creative and mindfulness courses for difference age groups: **01484 539 531** <https://www.s2r.org.uk/>

Sprout - Families who have children with additional needs having fun together in the outdoors **01484 549 479/07845 415 280** <http://www.growingworks.org.uk/sprout/>

GLINT- Horse assisted development and therapy to support people in making positive changes (07887 613 670) <https://glint.org.uk/>

The Well-Bean Cafe - A safe supportive space for adults 18+ experiencing a mental health crisis at Union House, 29 Union Street, Dewsbury on Tuesday, Wednesday and Thursday nights from 7:30 until midnight (07867 028 755)

<https://www.touchstonesupport.org.uk/services/well-bean-cafe-hope-in-a-crisis-kirklees/>

Peer Talk - Support group for adults struggling with depression in Batley, every Wednesday afternoon at the Community Room, All Saints, Stocks Lane, Batley, WF17 5ED from 1:30-3pm (07719 562 617) <http://www.peertalk.org.uk/PeerTalkA5pos-Batley-0518.pdf>

WELLBEING LINKS

GENERAL RESOURCES

ADHD Foundation	https://www.adhdfoundation.org.uk/
Anna Freud - A children's charity dedicated to providing training & support for child mental health services	https://www.annafreud.org/
B-EAT - Website providing advice and support for eating disorders	www.beateatingdisorders.org.uk
Blurt - Website increasing awareness and understanding of depression	https://www.blurtitout.org/
BRAKE - The road safety charity	https://www.brake.org.uk/
British Association for Anger Management (BAAM) - Provides support for those struggling with anger	https://www.beatinganger.com/
Build Sound Minds - Campaign for improving young people's emotional wellbeing. They offer advice on how to support children and personal self-care. Explores how to help children understand their feelings, and what they can do to manage them	https://minds.actionforchildren.org.uk/
Bullying UK - Part of Family Lives providing advice and support around bullying for all ages	https://www.bullying.co.uk/
Calm - Support for young men	www.thecalmzone.net
Calm Harm App - Phone app providing help for young people who use self-harm as a coping strategy	https://calmharm.co.uk/
CBT Self-help - Self-help resources	https://www.getselfhelp.co.uk/selfhelp.htm
Child Bereavement UK - Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement	https://www.childbereavementuk.org/
Childhood Bereavement Network - The hub for those working with bereaved children, young people and their families across the UK	http://www.childhoodbereavementnetwork.org.uk/

Child Line - 24/7 support service via phone and online chat; 0800 11 11	www.childline.org.uk
COPMI (Children of Parents with a mental illness) - Promoting better outcomes for children and families where a parent experiences mental illness	http://www.copmi.net.au/
CRUSE - Bereavement support for families 0808 8081 677 https://www.cruse.org.uk/about-cruse with HOPE AGAIN for young people	http://www.hopeagain.org.uk/
Ditch the Label - One of the largest anti-bullying charities in the world, working endlessly to end bullying and to support young people aged 12-25	https://www.ditchthelabel.org/
Elsa Support - Resources around managing emotions for primary children	www.elsa-support.co.uk
Epic Friends - Mental health issues with young people are common. This site is all about helping young people help their friends who might be struggling to cope emotionally	https://epicfriends.co.uk/
ERIC - Information on bladder and bowel issues	https://www.eric.org.uk/
ESCAYP - Counselling and therapeutic play for young people aged 3-21 years across West Yorkshire (01274 878 117)	https://www.escayp.org.uk/
Every Mind Matters - Having good mental health helps us relax more, achieve more and enjoy our lives more. There are simple things we can do to look after our mental health and wellbeing - take our quiz to get started today with a free plan, expert advice and practical tips.	https://www.nhs.uk/oneyou/every-mind-matters/
Family Lives - Parenting and family support	https://www.familylives.org.uk/
HandsOn - Provides help and practical advice for supporting children and young people's mental health and emotional wellbeing	https://www.handsonscotland.co.uk/
Heads Together - Website bringing together partner charities to tackle mental health issues head on	www.headstogether.org.uk
Heads Together Helpline	https://www.giveusashout.org/
Healthy Place - A website providing information about various mental health issues	https://www.healthyplace.com/

Hearing Voices Network – A small national charity raising awareness and providing information about hearing voices	http://www.hearing-voices.org/
Internet Matters – Support for parents around internet safety	https://www.internetmatters.org/advice/
Jessica Kingsley Publishers – Publishing website with resources for autism and other related conditions	https://www.jkp.com/uk/
Karma Nirvana – Supporting victims of honour based abuse	https://karmanirvana.org.uk/
Mental Health Foundation – UK charity whose mission is “to help people thrive through understanding, protecting, and sustaining their mental health”	https://www.mentalhealth.org.uk/
Mind – The mental health charity providing support and advice	https://www.mind.org.uk/
MindEd – Online courses around different mental health issues and support for families	https://www.minded.org.uk/
Mood Cafe – Information and resources to promote mental health	https://www.moodcafe.co.uk/
Mood Juice – A website with self-help resources supporting young people’s emotional and mental wellbeing	https://www.moodjuice.scot.nhs.uk/
My Happy Mind – Helps primary schools, nurseries, and families to create a positive mental wellbeing culture in which children build resilience, self-esteem, and character	https://myhappymind.org/
National Autistic Society	https://www.autism.org.uk/
National Self Harm Network – Providing resources and a forum to support people who self-harm	http://www.nshn.co.uk/
NHS Self-help Leaflets – Self-help leaflets covering a variety of mental wellbeing issues	https://web.nth.nhs.uk/selfhelp/
NSPCC – Supporting young people in every area of their lives; 0808 800 5000	www.nspcc.org.uk
OCD UK – The national OCD charity, run by and for people with experience of OCD	https://www.ocduk.org/
PACE (Parents against child sexual exploitation) – Helps parents fight to keep their children safe	https://paceuk.info/

<p>Papyrus - Website promoting the prevention of young suicide; HOPELineUK - Prevention of young suicide helpline - 0800 068 41 41</p>	<p>https://papyrus-uk.org/</p>
<p>Place 2 Be - Promoting the wellbeing of children in schools</p>	<p>https://www.place2be.org.uk/</p>
<p>Princes Trust - A youth charity that helps young people aged 11 to 30 get into jobs, education and training</p>	<p>https://www.princes-trust.org.uk/</p>
<p>Raising an Extraordinary Person - Supporting families of young people with autism and ADHD</p>	<p>https://hes-extraordinary.com/</p>
<p>Richmond Fellowship - Promoting mental health recovery</p>	<p>https://www.richmondfellowship.org.uk/</p>
<p>Samaritans - A registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline 0800 116 123</p>	<p>https://www.samaritans.org/</p>
<p>Self-harm UK - A project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about their feelings. Also provides a 6 week online course called Alumina</p>	<p>https://www.selfharm.co.uk/</p>
<p>The Children Sleep Society - Supports children with sleep issues</p>	<p>https://www.thechildrensleepcharity.org.uk/</p>
<p>The Mix - Free information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, money and jobs</p>	<p>https://www.themix.org.uk/</p>
<p>The Sleep Council - Organisation raising the awareness of the importance of a good night's sleep</p>	<p>https://sleepcouncil.org.uk/</p>
<p>Therapist Aid - Free worksheets, treatment guides, and videos for mental health professionals. Topics include CBT, anger management, self-esteem, relaxation and more</p>	<p>https://www.therapistaid.com/</p>
<p>Unravel Support - Supporting mental health in young people by helping unravel children and young people's emotional and behavioural difficulties for improved wellbeing and happier lives</p>	<p>https://unravelsupport.co.uk/</p>
<p>Winston's Wish - Online and telephone bereavement support for young people (Freephone: 08088 020 021)</p>	<p>https://www.winstonswish.org/</p>
<p>Young Minds - The UK's leading mental health charity supporting young people and families</p>	<p>https://youngminds.org.uk/</p>