

Health and Wellbeing support

Welcome, we would like to you to be able to access some support and service online. Here are the website links and useful telephone numbers.

Website links:-

The School Wellbeing Service:-

The school wellbeing website has lots of useful links and resources and App's for support. These include support for young people with emotional and mental health needs. The websites also has some links to very useful parenting support and parenting courses.

<https://www.yor-ok.org.uk/sws.htm>

Kooth:-

Kooth is a digital free, safe, confidential and non-stigmatised way for young people aged 11 to 18 years to receive counselling, advice and support on-line. Kooth delivers 1000's of counselling sessions each year in Local Authorities across the UK. Available weekdays 12pm until 10pm and weekends 6pm-10pm, 365 days per year, it provides a much needed out of hours' service for advice and help.

<https://www.kooth.com/>

Charlie Waller Memorial Trust:-

Charlie Waller Memorial Trust teach people how to look after their mental health. They use a practical, positive and proven approach.

They publish free resources for professionals, parents, young people and others interested in mental and emotional wellbeing. All resources are available as free downloads and free printed copies are available for most of our leaflets, posters and guides.

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

Childline:-

Childline provide lots of useful support materials and information for children and young people up to the age of 19. They also offer an online counselling service and telephone support. Their contact number is: - 0800 1111

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

Sleep Council:-

The sleep council has information on sleep hygiene. It provides information on sleep patterns to include how to get a better night's sleep.

<https://sleepcouncil.org.uk/>

Useful telephone numbers:-

Limetrees York (01904 615300). Supporting children and young people with mental health problems.

Lime Trees Clinic. CAMHS Child and Adolescent Mental Health Service:-

You can contact a Single Point of Access (SPA) at Lime Trees to contact our local CAMHS service. You will be offered a 30 minute telephone conversation, during which you may be sign posted to a different appropriate service or you may be offered a face to face assessment at Lime Trees.

Tel: 01904 615345

Young person crisis line:-

If a child or young person is in crisis, the mental health crisis team will be able to offer advice and support between the hours of 10.00 am and 10.00pm. The service is for young people under the age of 18 years who present following an episode of deliberate self-harm, acute and uncontained emotional distress or display high levels of risk taking behaviour requiring immediate attention in the community. The children and young people's crisis team is provided by TEWV, and their phone number is:

08000516171 - Crisis team for all ages (select the correct option for age group)

Safeguarding:-

If you have a concern that a child is vulnerable or at risk of significant harm please contact:

01904 551900 – MASH Team (option 1 if you have an allocated Social Worker or know the name of who you want to speak to, option 2 if you would like to speak to the Early Help team about support for your family or option 3 if you have a safeguarding concern about a child and need to speak to a Social Worker)

Outside office hours, at weekends and on public holidays contact:

01609 780780 – Emergency Duty Team