

Directory of Support

Emotional & Mental Health
Provision for Children, Young
People and Families in Hull



June 2022

Introduction

This guide has been developed by the key partners in Hull that provide support for children, young people and families emotional health and wellbeing. This guide is intended to be used by anyone to find the help and support that Children and Young People may need.

In 2019, Hull adopted the Anna Freud Centre for Children and Families Thrive Framework which we have aligned our service to.

Services and support:

Those who need advice and signposting
Pages 9-18

Those who need focused goals-based input
Pages 19-27

Support for Parent/Carers Emotional Wellbeing & Mental Health
Pages 33-35

Those who have not benefited from or are unable to use help, but are of such a risk that they are still in contact with services
Pages 31-32

Those who need more extensive and specialised goals-based help
Pages 28-30



We recognise that services are evolving so please consult our website for any updates.

Thriving: For those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies.

'Thriving' includes population health and wellbeing promotion, universal prevention, and selective prevention.

Parents, wider family members and friends

Healthy relationships can be a significant protective factor when dealing with the adversity of life. In terms of mental health, strong relationships are one of the biggest predictors of happiness.

Research shows that the benefits of healthy relationships are profound and affect our lives in a myriad of ways. Healthy relationships can help buttress us from the stresses of life.

5 Ways to Wellbeing

- Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life:
- Connect with other people
 - Be physically active
 - Learn new skills
 - Give to others
 - Pay attention in the present moment (mindfulness)

Age: All
Setting: All
Contact Details:
www.nhs.uk



Schools and Colleges

Schools and Colleges have an important role to play in supporting the mental health and wellbeing of their pupils, by developing approaches tailored to the needs of their pupils.

The school role in supporting and promoting mental health and wellbeing can be summarised as:

- Prevention: creating a safe and calm environment where mental health problems are less likely, improving the mental health and wellbeing of the whole school population, and equipping pupils to be resilient so that they can manage the normal stress of life effectively. This will include teaching pupils about mental wellbeing through the curriculum and reinforcing this teaching through school activities and ethos.
- School's role also includes the identification / early support / access to specialist support .

Designated Mental Health Leads in Schools / Colleges

These positions are charged with leading the school and partners to take a coordinated and evidence-informed approach to mental health and wellbeing. Grants and DfE approved training is available for school leaders. www.gov.uk/guidance/senior-mental-health-lead-training

Personal, Social, Health, Economic (PSHE) Education Curriculum

Most schools across the city are using the Jigsaw PSHE Education programme. Relationships, Sex and Health Education (RSHE) is part of the Jigsaw programme, which is made up of six areas:

- Being Me in my World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships and Changing Me

The curriculum content is well structured, with age-appropriate content and cross-referenced against Ofsted criteria. Jigsaw contains all the content for schools to meet the DfE statutory guidance on Relationships, Sex and Health Education

www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe

0-19 Healthy Child Programme: Health Visiting

Each child aged 0-5 years and their family has a named health visitor who can help and support parents through early years, undertaking home visits (within the new service each family will be eligible for 6 contacts, currently its 5) and drop in child health clinics (currently appointment based but working to get them back to drop in sessions). They work closely with other services to provide advocacy and support when required.

The Health visitors work with families from conception to five years and beyond. They lead the Healthy Child Programme for the 0-5 years working within all elements of the commissioned programme – Universal, Targeted and specialist – identifying health needs through holistic health needs assessment and care planning to meet those needs. They are experts in all areas of early identification of need and referral to specialist services. They fit within all areas of the thrive model ranging from;

- Getting advice – empowering parents to access services. Accessible service provision/child health clinics/universal contacts/accessing information as necessary/community engagement/building community capacity/health campaigns and promotions etc., Advice and support
- Getting help – More targeted intervention following holistic Health Needs assessment – goals led approach/listening contacts/problem solving/referrals/self help/more targeted support – piece of work required to meet need – Health Development Practitioner intervention
- Getting more help – Liaison with partner agencies/TAF (Team Around Family) / Early help/referrals to more specialist interventions
- Getting risk support – partner agent in social care cases/work as part of multi agency support package for those families with high level concerns – safeguarding meetings – case conferences/core groups/strategy meetings

Age: 0-5 years
Setting: Community
Contact Details:
Tel: 01482 336634
Email: hull.cypcommunityservices@nhs.net

Notes

0-19 Healthy Child Programme: School Nurses

The school nurse service helps children and young people with physical, emotional and social wellbeing. They deliver services to all children and young people in Hull aged 5-19 years in school, educated at home, missing from education, in alternative education provision or looked after (LAC) by the Local Authority. They provide advice and support on issues such as body worries, alcohol, relationships, sexual health, bullying, drugs, smoking, stress, healthy eating and self-harm. They also offer this through confidential school "pop ins" at secondary school or young people can contact their school nurse directly.

The 16 - 19 (25 where vulnerabilities) support has been developed significantly, with more promotion of the service to FE / sixth forms, apprenticeships and trainee providers as well as specialist teams working within this age range.

Age: 5-19 or up to 25 with vulnerabilities

Setting: School / Community

Contact Details:
Tel: 01482 336634
www.cypcommunityservices.net

Children Centres

Early Help Children Centres are a core part of the Early Help Delivery Model across Hull, there are 8 Children's centres across the city, 3 of which are the Early Help Locality Hubs.

They offer a wide range of support for children, young people, and families in Hull with children aged 0-11 years, to ensure families receive support if needed, support includes:

- Parenting sessions
- Play and learning sessions
- Infant massage classes
- Healthy Lifestyles support
- SEND family Support
- Midwifery clinics / Child health clinics
- Home safety checks
- A place to meet other parents and carers, build up friendships and support networks

Age: 0-11 years

Setting: Community

Contact Details:
To make an early help referral, use the online form:
www.earlyhelpportallive.hullcc.gov.uk

North Locality Hub
Tel: 01482 828 901

East Locality Hub
Tel: 01482 708 953

West Locality Hub
Tel: 01482 305 770

Notes

Hull Youth Service

The Service works with young people aged 10-19 and up to 24 yrs for those with disabilities and / or learning needs:

- The Service engages with young people through their voluntary participation in universal and targeted youth work
- Enables their personal and social development and their ability to make positive relationships with others
- Responds to identified issues and interests and involves them directly in decision making through Voice and Influence
- Enables them to make informed lifestyle and health choices
- Provides a flexible approach and response to meet the needs and issues as they arise
- Supports young people to make a positive contribution to the wider community

The Youth Service offers support through one to one work / small group work / large group work / outreach work / The Hull Young Carers Project.

Age: 10-19 years (up to 24 with add needs)

Setting: Community

Contact Details:
Kingston Youth Centre HU3 1YE
Tel: 01482 331238

Ainthorpe Youth Centre HU5 5EB
Tel: 01482 351121

Route One Youth Centre HU6 8PP
Tel: 01482 491960

Astra Youth Centre HU7 4HQ
Tel: 01482 310925

Andrew Marvell
Youth Centre HU9 4EE
Tel: 01482 791226

Hull's Healthy Holidays Programme

Universal offer across the city provided over Easter/Summer/Christmas holidays; open to all though targeted at children in receipt of free school meals. There is also a specific SEND offer.

The whole of the programme contributes greatly to improved emotional and mental health in our children and young people by providing access to enriching, fun, social activities, reaching some of our most vulnerable children.

Will also offer a Play Ranger Service focusing on emotional wellbeing of children and young people delivered via outreach sessions.

Age: 0-18 years

Setting: Community

Contact Details:
www.healthyholidayshull.org

Notes

Generation Hull

Generation Hull is the city's Local Cultural Education Partnership (LCEP) and recognises the value of the arts in supporting young people's emotional health and wellbeing. It brings together educational and cultural organisations in the city to ensure that all children and young people from Hull's diverse communities are able to benefit from the amazing creative and cultural offer across Hull. Young people led - Generation Hull is based on collaboration, co-production and active listening to our communities and to one another.

Age: 0-25 years

Setting: Community, Schools and Arts Organisations

Contact Details:

Tel: 01482 791226

hello@generationhull.com

Twitter: @GenerationHull

Instagram: @generationhull

Notes

Getting Advice: Those who need advice and signposting

Within this grouping are children, young people and families adjusting to life circumstances, with mild or temporary difficulties, where the best intervention is within the community with the possible addition of self-support.

This group may also include, however, those with chronic, fluctuating, or ongoing severe difficulties, for which they are choosing to manage their own health and/or are on the road to recovery.



How are you feeling website

The How Are You Feeling website has been designed by young people in Hull to act as a one stop shop for all information and resources available in Hull to support children and young people's positive emotional and mental health.



www.howareyoufeeling.org.uk

Notes

Hull & East Yorkshire Mind Helpline

24/7 information and advice or support to children, young people or their parents/carers.

Support to professionals working with Children and Young People and Families: If you or someone you know is feeling down, please remember that you are not alone and we are here for you 24 hours a day. We are here to provide information, advice or support to children, young people or their parent carers.

Age: All
Setting: Digital / Phone
Contact Details: 01482 240133
Freephone 0800 1380990
Text: 07520633477
Email: info@heyhound.org.uk
Message on Facebook @MindHEY

Young Minds Website and 24/7 text line

Young Minds provide young people with tools to look after their mental health. The website is full of advice and information on what to do if you're struggling with how you feel. Support is also available for parents and adults who work with young people, to be the best support they can be to the young people in their lives.

Young Minds Textline:

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Age: Young People
Setting: Digital / Text
Contact Details:
www.youngminds.org.uk
Young Minds Textline:
Text YM to 85258

Notes

Childline Website / Phone / Email / Counselling support

If you're under 19 you can confidentially call, chat online or email about any problem big or small.

Sign up for a free Childline locker (real name or email address not needed) to use the free 1-2-1 counsellor chat and email support service. Childline can provide a British Sign Language (BSL) interpreter if you are deaf or hearing-impaired.

Hosts online message boards where you can share your experiences, have fun and get support from other young people in similar situations.

Age: U19 years
Setting: Digital / Phone
Contact Details:
Opening times: 24/7
0800 11 11
www.childline.org.uk

Turn 2 Us Youth Workers / Youth Development Service

Turn 2 Us for young people aged 11-16yrs (secondary school age) offering young people the opportunity to have a chat with a youth worker who can provide information, advice, guidance and support with low level emotional well-being issues.

Turn 2 Us is 1x weekly lunch time drop in available in every Secondary school in Hull during term time and during the holiday periods as Turn 2 Us outreach in open spaces within local communities.

Turn 2 Us is also available as 121 bookable chats (up to 5 sessions) with a youth worker in local youth centres and in some secondary schools.

Age: 11-16 years
Setting: School / Community
Contact Details:
Young people can contact their local youth centre to book a Turn 2 Us appointment without referral.
East - Andrew Marvell Youth Centre Tel: 01482 791226
North - Astra Youth Centre Tel: 01482 310925
Route One Youth Centre Tel: 01482 491960
West - Kingston Youth Centre Tel: 01482 331238
Ainthorpe Youth Centre Tel: 01482 351121



Connexions

Connexions are an information, advice and guidance service for 14 to 18 year olds.

They provide specialist information, advice and guidance on education, training and employment opportunities available in the local area.

If you are over 18 and you have an Education Health and Care Plan, then we may still be able to support you or refer you to an appropriate agency.

They offer -

- Intensive support during transition from year 11 into post 16 education and training.
- Supporting young people who unfortunately find themselves not in employment education and training (NEET).
- Make you aware of College/Training Open Events, new Opportunities and Apprenticeship vacancies.
- Listen to your needs and ideas, to help you make a plan to achieve your career goals.
- Provide independent, Information, Advice and Guidance on all your career options and the different learning routes available.
- Provide benefit advice for your individual circumstances or signpost you to who you need to speak with.
- Offer advice and support with completing CVs, covering letters, application forms for training, education or employment.
- Support in preparing for interviews.
- Work in partnership with other agencies, to help you overcome any barriers, which may be stopping you from moving forward with your career option for example, mental health, money worries, homelessness, teenage parent, substance misuse.

Age: 13-19 years

Setting: Community

Contact Details:

www.hull.gov.uk/education-and-schools/training/connexions

If you would like to meet with one of our advisors, please contact us on 01482 615 223 or 07925 371 905 or 07925 371 906 to book an appointment



Notes

Home Start Hull

Home-Start is a voluntary organisation committed to promoting the welfare of families with at least one child under five years of age.

Home-Start Hull offers befriending support along with practical and emotional advice in the homes of families who are having difficulties managing parenting for a variety of different reasons.

Home-Start's volunteers work alongside families to give compassionate and confidential support.

They help people to regain the confidence to be the parents they want to be. The support Home-Start volunteers give is non-judgemental, compassionate and confidential.

Age: Families with under 5 years

Setting: Community

Contact Details:

Tel: 01482 324063

Email: admin@homestarthull.org.uk

0-19 Healthy Child Programme: Health Visiting

See page 5 for the 0-19 Healthy Child Programme

Age: 0-5 years

Setting: School / Community

Contact Details:

Tel: 01482-344301

Email: hull.cypcommunityservices@nhs.net

0-19 Healthy Child Programme: School Nurses

See page 5 for the 0-19 Healthy Child Programme

Age: 5-19 or up to 25 with vulnerabilities

Setting: School & Community

Contact Details:

Tel: 01482-344301

Email: hull.cypcommunityservices@nhs.net

Early Help

There will be times when families need support. There are a group of services in Hull collectively known as Early Help who can support families at these times and make problems easier to understand and quicker to solve.

Families can seek support from a professional who is currently known to the family, for example a Health Professional or a member of staff at your child's school or can make a self-referral.

The model of support reduces demand on specialist and acute service by using a joined up and evidence-based approach to Ealy Help, resulting in improved outcomes and life chances for families through their needs being met earlier.

Services/professionals include:

- Targeted Youth Support
- Targeted Pregnancy Support
- Early Help Social Workers
- Refresh
- Family Group Conferencing
- Early Help Support Workers

Age: Additional Needs

Contact Details:

North Locality Hub
Tel: 01482 828 901

East Locality Hub
Tel: 01482 708 953

West Locality Hub
Tel: 01482 305 770

Notes

Hull Special Educational Needs and Disabilities Information Advice and Support Service (SENDIASS)

SENDIAS is provided by KIDS in Hull and is a free, confidential, and impartial service for parents and carers, children and young people providing advice / information and support (up to 25 years).

The service is for parents who have a child/children, up to the age of 19, that has/have Special Education Needs.

Young people's SENDIASS is for young People aged 16 – 25 who have special educational needs or a disability.

Age: Up to 25 with SEND

Setting: Community

Contact Details: 01482 467541

www.kids.org.uk/hull-sendias

Email: sendiassduty@kids.org.uk



Notes

The Warren Youth Project: Range of support opportunities

Creative Therapies

Three Minute Heroes is a music therapy service and campaign from The Warren Youth Project that supports young people to use creative writing and music to talk openly, confidently and safely about what's on their mind. The Three Minute Heroes Team supports young people to express their feelings through creative writing. Those writings/lyrics are then given to bands and solo artists who put them to music and create powerful songs that create an authentic voice for young people. Those songs are then digitally released by Warren Records to provide a creative resource.

Three Minute Monologues - a spoken word and mental-health initiative which involves the same principles as Three Minute Heroes except in this project the final art-form which is theatre, film and spoken word.

Warren Records - Need rehearsal space to smash the life out of a drum kit for your mental health? Got music ideas bouncing around in your head but need help getting them out? Want to learn how to produce; DJ; mic up a drum kit? Or pick up a guitar for the first time? Do you just want to record yourself screaming and banging pans together? Neighbours don't appreciate how amazing your music is?! Or do you just want to get involved in putting on events?

Age: 11-25 years
(in age-appropriate groups)

Setting: Community

Contact Details: 01482 218115

Email: elle@thewarren.org

www.threeminuteheroes

Age: 16-25 years

Email: scott@thewarren.org

Tel: 01482 218115

www.thewarren.org/warrenrecords

Complementary Therapies

A holistic approach to supporting young people, which encompasses relaxation and mindfulness techniques, massage therapy, Reiki, Reflexology and more recently, Sound Bathing using Tibetan Singing bowls.

Age: 14-25 years

Contact Details:

Email: maggie@thewarren.org

www.thewarren.org/mindfulnessandmeditation

LGBTQ+ Support

The Warren offers two separate confidential Youth Groups for young people identifying as Lesbian, Gay, Bisexual, Transgender and Queer or Questioning. We keep our membership confidential to protect your privacy, as not all of our group members are "out" to their families and peers.

2 youth groups:

•Step out: Age 11-17 (Corner House and Warren Partnership)

•Shout Group: Age 16-25

Age: 11-25 years
(in age-appropriate groups)

Contact Details:

Step Out contact:
emma@thewarren.org

Shout Group contact:
shout@thewarren.org

www.thewarren.org/lgbtq

Racial Equality Youth Council

A support service for young people who have lived experience of racism.

Age: 16-25 years

Contact Details:

Email: stella@thewarren.org

Tel: 01482 218115

Work It Out

An activity-based project ranging from gym sessions and simple walking-routes around the city to kayaking and wilding-education (woodland camping skills) that helps young people reconnect with nature and the outdoors and build relationships while doing so.

Age: 11-25 years
(in age-appropriate groups)

Contact Details:

Email: gemma@thewarren.org

Tel: 01482 218115

SCRAN!

A food & nutrition project that brings young people together around fun cooking sessions.

Age: 16-25 years

Contact Details:

Email: carrie@thewarren.org

Tel: 01482 218115

www.thewarren.org/scan

Achieve

The Achieve project is an Employability and skills initiative supporting vulnerable young people who struggle to secure and/or maintain employment due to adverse circumstances. They offer help with CV writing, interview skills, free and funded courses to build skills, information and guidance and a whole host of fun, exciting team-building activities, depending on what young people would like to do.

Age: 15-29 years

Contact Details:

Email: achieve@thewarren.org

Tel: 01482 218115

Young Carers' Group

A weekly support group for young people who are helping to provide care for a family member.

Age: 16-25 years

Contact Details:

Email: janet@thewarren.org

Tel: 01482 218115

Young Parents Group

A weekly support group for young parents. Childcare facilities provided.

Age: 16-25 years

Contact Details:

Email: stella@thewarren.org

Tel: 01482 218115

Corner House: Range of support opportunities for LGBTQ+

Step Out

We offer a support group for LGBTQ+ young people aged 11-17, who want to socialise with other young people experiencing similar things to them. This is a weekly session currently running on Zoom, Tuesdays 4.30-6.00pm. For confidentiality and safety reasons please contact us to arrange a first meeting with a member of the group staff who can have a chat about it with you and give you more information. The group is run in partnership with the Warren and we have an experienced counsellor you can access through the group as a member of the team.

1:1 Support

For young people 11-16 re: LGBTQ+ - The worker can support individuals in school/other venues who identify as LGBTQ+

Rainbow Flag Award

The Rainbow Flag Award is a national quality assurance framework for primary schools, secondary schools, SEND schools and colleges. The award focuses on positive LGBTQ+, (lesbian, gay, bisexual, trans, plus other related identities), inclusion and visibility. The Rainbow Flag Award encourages a whole organisation approach to LGBTQ+ inclusion, as well as developing strategies to effectively challenge and combat LGBTphobic bullying.

Age: 11-17 years

Setting: School/ Community

Contact Details:

Email: leahfewlass@wearecornerhouse.org

Mermaid: Support for gender diverse young people and their families

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. We also currently offer web chat support to students up to the age of 25.

Transgender, nonbinary and gender-diverse children and teens need support and understanding, as well as the freedom to explore their gender identity. Whatever the outcome, Mermaids is committed to helping families navigate the challenges they may face.

Age: CYP

Setting: Digital

Contact Details:

www.mermaidsuk.org.uk

Helpline:
Speak to a trained member of the Mermaids team.
Tel: 0808 801 0400
Monday – Friday; 9am – 9pm

Notes

Getting Help: Those who need focused goals-based input

This grouping comprises of those children, young people and families who would benefit from focused, evidence-based help and support, with clear aims, and criteria for assessing whether these aims have been achieved.

Interventions are characterised by an explicit shared understanding from the outset of:

- What a successful outcome would look like
- How likely this is to occur by a specific date
- What would happen if this was not achieved

Mental Health Support Teams (MHSTs)

In Hull there are 2 MHSTs which cover a total of 35 schools and colleges in this wave, including 7 of our secondary schools, with a 3rd team coming into place in September 2023.

The MHST's will support local education settings with mild to moderate mental health issues for children and young people and their families through a team of Education Mental Health Practitioners (EMHP's).

Age: 5-19 years

Setting: In 35 education settings in Hull

Contact Details:

Speak to Senior Mental Health Lead within the school/college that has a MHST.

www.hullccg.nhs.uk/mhst/education-settings/

Notes

Parent led CBT

Parent led CBT for anxiety is an intervention for children between the ages of 5-12 that are struggling with anxiety. Children that struggle with anxiety at this age often struggle with some of the concepts required to be treated effectively in one to one therapy. In Parent-led CBT children are treated indirectly through the everyday contacts and patterns of behaviour that parents have with their children with interventions and techniques that are taught to parents in a groups. Parents benefit from peer group support from other parents and develop intervention skills together learning from each other's experiences over the course of the 6 weeks.

Age: Parents of 5-12 yr olds
Setting: Community
Contact Details: HEY mind:
www.heymind.org.uk
Tel: 01482 240200
Email: info@heymind.org.uk

Emotional Literacy Support Assistant Training (ELSA)

The Hull City Psychological Service (HCPS) makes a unique contribution by providing a psychological perspective on the education and welfare of children and young people who reside in the city. We offer high quality ELSA training. We are a recognised and registered training provider with the national ELSA network.

ELSAs help pupils with social and emotional difficulties to recognise, understand and manage their emotions, to increase their wellbeing and as a result, their progress in school. ELSAs offer proactive interventions to pupils. ELSAs plan and deliver individual (and small group) support programmes.

Age: 5-16
Setting: School
Contact Details:
Email: city.psychologicalservice@hullcc.gov.uk
Tel: 01482 614 258
to see which schools have a trained ELSA or to find more about the HCPS
www.hull.gov.uk/education-and-schools/services-schools/city-psychological-service-schools

Notes

MIND Counselling

1-to-1 targeted counselling with young people in schools and in the community. This is person centred and focuses on the voice of the Young Person.

YP centred family counselling will be introduced as an intervention to build and develop family relationships and communications.

Issues they can address include bullying / low level anxiety and depression / living with domestic abuse / attachment issues / bereavement / separation and loss / sexuality and gender / self-esteem / self-harm / Trauma / OCD / family relationships.

Age: 10-19 years
Setting: School / Community
Contact Details:
Referrals via Hull Emotional Wellbeing Checklist or YP/ Parents can self-refer.
Tel: 01482 240200
Email: info@heymind.org.uk

The Warren: Counselling

The Warren Counselling Service is an open-access person-centred provision supporting young people with mental-health issues relating to self-harming, eating disorders, depression, homelessness, sexual abuse, physical abuse, substance-abuse, bullying, neglect, domestic violence, relationship breakdown, learning difficulties, racism, homophobia, and loneliness to name just a few. They understand that lack of power is a contributing factor to psychological distress and therefore believe in a person-centred approach that enables young people to have control and autonomy over their therapy.

Age: 14-25 years
Setting: Community
Contact Details:
Email: counselling@thewarren.org
Tel: 01482 221416
www.thewarren.org/counselling



Emotional Resilience Coaches (ERC) / Youth Development Service

Emotional Resilience Coaches (ERCs) provide an 8 -10 session intervention available for young people aged 10-16yrs (school years 6-11).

The team of 6 Emotional Resilience Coaches (2 per Locality) provide tailored 121 support with a flexible approach aimed at engaging a young person in a way that suits them. The support can be delivered in school, in a local youth centre, home / garden, walk and talk or online / phone. The coaches help young people who are struggling to cope with a range of emotional well-being issues. They help a young person to talk through and understand their issues and create a plan to help build their confidence and develop coping skills. They support young people to get back on track and identify interest groups and wider opportunities they can choose to take up during or following the intervention.

Age: 10-16 year olds Yrs 6-11

Setting: Community/ school/ home / youth centre -young people can choose when and where they would like to receive this support

Contact Details:

Referrals via the Early Help Portal or to the Emotional Resilience Coach inbox using the Hull Emotional Wellbeing Checklist

Email: emotionalresiliencecoaches@hullcc

SMILE Community based group work / Youth Development Service

SMILE community-based group work for young people aged 10 – 16 yrs. (school years 6-11). A 12-week group work intervention (1 x weekly session) delivered in local HCC youth centres (tea-time / early evening). SMILE is delivered by youth workers and offers a mix of activities to help young people understand their feelings, gain confidence, and build positive relationships in a supportive environment with peers who have experienced similar issues.

Age: 10-16 years, Yr 6-11

Setting: Community – Locality based youth centres

Contact Details:

Referrals via the Early Help portal or the Smile inbox using the Hull Emotional Wellbeing Checklist

Email: smile@hullcc.gov.uk

Notes

Children's Psychological Wellbeing Practitioners (CPWPs)

Children and Young People's Improving Access to Psychological Therapies provides 1 to 1 support face to face or online.

Hull has a team of 8 CPWPs who are specially trained children's practitioners who work with children and young people between the ages of 10-18yrs who may struggle to cope with feelings of mild to moderate anxiety and low mood. They provide short term focused interventions across 6-8 sessions. Therapy is low intensive and can be delivered face to face, via telephone, online or in the form of self-help materials. The service is designed to be quickly accessed by young people

CPWPs work in local community settings, with CYP 10+yrs with mild to moderate anxiety and low mood. Children under the age of 10 may benefit from Parent Led CBT sessions.

Age: 10-18 years

Setting: Community

Contact Details:

Hull Contact Point
Tel: 01482 303688

Referral form:
www.camhs.humber.nhs.uk

Hull City Council Parenting Team: group work sessions, digital offer and 1-2-1 support

Hull City Council Parenting team offer a range of needs led parenting support mainly to work with parents/carers in managing children's behaviour using positive strategies which can help to improve family relationships, and family routines.

'Sollihull Online' offers various online parenting courses: Understanding Your Pregnancy / Understanding Your Baby / Understanding Your Child / Understanding Your Teenagers Brain / Understanding Your Brain (Teenagers Only!) / Understanding Your Child with Additional Needs. For a FREE code to access for Hull residents see:

www.hull.gov.uk/children-and-families/family-support/parenting-guides

Or if more support is required, please make an Early Help referral.

Age: Parents

Setting: Community / Digital

Contact Details:

Online form:
www.earlyhelpportallive.hullcc.gov.uk

North Locality Hub
Tel: 01482 828 901

East Locality Hub
Tel: 01482 708 953

West Locality Hub
Tel: 01482 305 770



Seed Eating Disorder Service Recovery after Recovery

Seed offer a range of workshops linked to those young people who have or are recovering from an eating disorder.

The **Recovery after Recovery** programme is aimed at Young People in Hull and East Riding who do not meet specialist eating disorder services to provide support, 1 to 1 and group sessions through a range of workshops

Walking on Egg shells: Is a workshop for parent/carers to understand their child's eating disorder and how to support them. The programme also provides peer support to parent/carers

Age: 11-24 years

Setting: Community

Contact Details:

Email: ratr@seed.charity or visit www.seed.charity for a referral form

Tel: 01482 347886

0-19 Healthy Child Programme: Health Visiting

See page 5 for the 0-19 Healthy Child Programme

Age: 0-5 years

Setting: School / Community

Contact Details:

Tel: 1482-344301

Email: hull.cypcommunityservices@nhs.net

Notes



0-19 Healthy Child Programme: School Nurses

See page 5 for the 0-19 Healthy Child Programme

Age: 5-19 years or up to 25 with vulnerabilities

Setting: School / Community

Contact Details:

Tel: 01482-344301

Email: hull.cypcommunityservices@net

Corner House: Range of support available

TENDER

The project, Tender Healthy Relationships, is a 10-hour project which works with one class of students in either Year 8, 9 or 10. Our aim is to help students develop skills for building healthy and respectful relationships. We achieve this through open, creative workshops that explore the healthy and unhealthy aspects of relationships, empowering students to consider their attitudes and behaviour in an age appropriate way.

Boys and Young Men

The project also offers a 5 week programme in schools, working with small groups of young men who have been identified by the school as needing extra support with emotional control, these could be young men potentially displaying quite aggressive behaviours within school. The programme aims to help these young people express their emotions in a healthier way, by learning to spot the early triggers and giving techniques to help control emotions better.

CARE

The CARE project is aimed at supporting young people who are being sexually exploited or are considered to be at risk. The project works with both boys and girls, on a one to one basis and in schools, and can do work with the young people around a variety of topics including sexual exploitation, grooming and risk-taking behaviour both in the physical and online worlds.

Age: 11-18 years

Setting: School / Community

Contact Details:

TENDER contact: manager@wearecornerhouse.org

BYM: Contact
Email: ukemedcalf@wearecornerhouse.org

CARE Project: Contact
Email: manager@wearecornerhouse.org
Email: eleanorwebster@wearecornerhouse.org

Notes

Springboard (formerly YEI – Youth Employment Initiative)

Learners accessing support must be on or eligible for Springboard or be a participant on the Youth Hub, which both target young people that are NEET (not in education or employment or training).

For young people who are experiencing mental and emotional health issues. CBT and Counselling. There is an expectation that the young person wants to move towards Education, Employment or Training.

Learners on the project will also have access to Keyworker support via Hull City Council, who can aid with practical issues affecting a young person's mental health; including housing, benefits, barriers to accessing education, training or employment. Other partners on the project include Hull Training, Goodwin Partnership, Making Changes 4 Careers, Prince's Trust, The Warren, and This-Ability.

Age: 16-29 years

Setting: Community

Contact Details:

Eligible young people can be referred through any provider (e.g. directly to us CHCP. LetsTalkYEI@nhs.net, or via Hull City Council

www.hull.gov.uk/jobs-and-volunteering/volunteering-and-work-experience/springboard-youth-employment-initiative

Youth Hub

The young person must have a Job Coach via the Job Centre and be referred in via that route (usually targeting those 16-24). Young people accessing the Youth Hub will be offered Keyworker support, Careers Guidance, Volunteer and Placement support, along with Job Clubs; meanwhile Let's Talk support is available to support provision within the Youth Hub itself.

For young people who are experiencing mental and emotional health issues. CBT and Counselling. There is an expectation that the young person wants to move towards Education, Employment or Training.

Age: 16-24 years

Setting: Community

Contact Details:

Eligible young people can be referred through any provider (e.g. directly to us CHCP. LetsTalkYEI@nhs.net, or via Hull City Council

www.hull.gov.uk/jobs-and-volunteering/volunteering-and-work-experience/springboard-youth-employment-initiative

Notes

Start Well (part of Work Well): HEY MIND

Work Well service is here to help individuals to improve their mental health, raise aspirations, and to achieve their personal goals. This includes START WELL helping young people aged 16-24 into to education, training or employment, helping people already in work to improve their mental health and retain their employment as well as engaging with local employers to help make mental health a priority in the workplace, by providing training and resources.

Age: 16-24 years

Setting: Community

Contact Details:

Referral (self / professional)
www.heymin.org.uk/workwell/?msclkid=28b0a7c8a69611ecb4682456f6440319

Emotional Resilience Coaches: 16+

2 City wide Emotional Resilience Coaches 16 plus offer short term interventions to help young people aged 16-24yrs whose emotional well-being/ mental health issues are a barrier to achieving a positive transition to adulthood. Targeting vulnerable / at risk young people e.g. Care Leavers; Young People in the youth justice system; NEETs; and those at risk of NEET. Using a tailored and flexible approach to support individual needs and issues.

Flexible approach- the young person can choose when, how and where they would like to receive this support.

Age: 16-24 years

Setting: Community

Contact Details:

Referral or self-referral using the Early Help portal or young person contacting 01482 331238 to self refer

Lets Talk: Depression and Anxiety Services in Hull

Offering support for common mental health issues, such as depression, anxiety disorders, stress and bereavement. This is primarily a talking therapy service with the additional offer of psycho-educational sessions. Interventions include:

- Counselling
- Cognitive Behavioural Therapy
- Psycho-Education class about Stress, Anxiety and Low Mood
- Graded Exposure for Anxiety (Facing fears)
- Behavioural Activation (increasing meaningful activity)

Age: 17.5 years+

Setting: Community

Contact Details:

Tel: 01482 247111
www.letstalkhull.co.uk

Getting More Help: Those who need more extensive and specialised goals-based help

This grouping also comprises those children, young people and families who would benefit from focused, evidence-based interventions, with clear aims, and criteria for assessing whether these aims have been achieved.

There are no hard and fast rules as to who needs 'More Help' but the following are frequent indicators:

- The child or young person is completely unable to participate age appropriately in daily activities in at least one context (eg. Schools, home, with peers)
- They may even be unable to function in all domains (eg. Staying at home or in bed all day without taking part in social activities)
- They need constant supervision (due to their level of difficulties they are no longer managing self-care) and experience distress on a daily basis



Notes

Psypher (Ealy Onset Psychosis Service)

The team work with people aged between 14 and 65, who are experiencing their first episode of psychosis or might be at risk of developing psychosis.
This guide from Re-Think provides more information about what to expect from an Early Intervention Service: www.rethink.org/diagnosis-treatment/treatment-and-support/early-intervention-teams

Age: 14 years+
Setting: Community
Contact Details:
Via a GP referral or telephone 01482 336786

Contact Point

Contact Point provides a single point of access to CAMHS services. It is staffed by clinicians and has been designed to make it easier for young people and their families to access services.

Age: Up to 18 years
Setting: Community
Contact Details:
Contact Point teams can be contacted between 9am and 5pm weekdays excluding bank holidays.
Hull Contact Point Tel: 01482 303688
Out of office hours: through to the Crisis Team on 01482 301701 option 2.
If there is an immediate threat to life call 999

Specialist NHS CYP Mental Health Services (CAMHS)

Provide assessment and intervention and support CYP and their families/carers. Some of the issues supported includes:
Moderate/Severe Anxiety, Depression, Eating disorders, Psychosis, PTSD, Self-harm and other complex psychological difficulties. CAMHS deliver support through a range of specialist therapeutic and pharmacological interventions.

Age: CYP up to 18 years old
Setting: Community
Contact Details:
Professionals to complete the online referral form and Young People, Parent/Carers to call contact point
For more info on a referral please contact – Contact Point Telephone 01482 303688 or www.camhs.humber.nhs.uk

Community Eating Disorder Service (CEDS)

The Hull and East Riding Community CAMHS Eating Disorder Service (CEDS) offers assessment, intervention and support to young people (up to the age of 18 years) and their families with a suspected or confirmed eating disorder.

The service provides community evidence-based interventions in accordance with National Institute of Clinical Excellence (NICE, 2017) for children and young people with eating disorders and the NHS England Access and Waiting Time Standard for Children and Young People with an Eating Disorder. The team offer a family-based approach.

The team has specialist knowledge in working with children and young people with an eating disorder and works closely with other services and agencies.

Age: CYP up to 18 years

Setting: Community

Contact Details:

Young People, Parent/Carers and Professionals can call the team for advice
Tel: 01482 347886

Professionals can refer online at www.camhs.humber.nhs.uk



Notes

Getting Risk Support: Those who have not benefited from or are unable to use help, but are of such risk that they are still in contact with services

This grouping comprises those children, young people and families who are currently unable to benefit from evidence-based treatment but remain a significant concern and risk.

Children or young people in this grouping may have some or many of the difficulties in Getting Help or Getting More Help but, despite extensive input, they or their family are currently unable to make use of help, more help or advice AND they remain a risk to self or others.

Crisis Service

The Child Adolescent Mental Health Service (CAMHS) crisis team covers Hull and the East Riding and operates 24 hours a day, 7 days a week.

This service is for young people (under 18) who are in crisis experiencing emotional distress and are struggling to cope.

Age: Up to 18 years

Contact Details:

Between 9 – 5pm Mon – Fri
contact 'Contact Point'
Tel: 01482 303688

Out of hours
Tel: 01482 301701
option 2 for CYP

Notes



Intensive Home Treatment Team

Children's and Young Peoples crisis offer which includes a 24/7 mental health crisis provision for children and young people that combines crisis assessment, brief response and intensive home treatment functions.

The team provide short to medium-term intensive community support to young people that are hard to engage, require assertive engagement and who require a significant number of interventions each week to prevent potential crisis / in-patient admissions.

Age: Up to 18 years

Setting: Community

Contact Details:

Between 9 – 5pm Mon – Fri
contact 'Contact Point'
Tel: 01482 303688

Out of hours
Tel: 01482 301701
option 2 for CYP

Children and Young People's SafeSpace

The service is a collaboration between CAMHS and Hull and East Yorkshire Mind.



Age: 14-18 years

Setting: Hull and East Yorkshire Mind, Beverley Road

Contact Details:

Operational times 8pm-9am
7 days per week

Referral route is via CAMHS
Referral into Crisis or Home based Treatment pathways.

Tel: 01482 301701
option 2 for CYP

Notes

Support for Parent/Carers Emotional Wellbeing and Mental Health

We recognise that it is important that parents and carers have good mental health to be able to support their children and young people. Please see below a snapshot of some local opportunities and services to promote good mental health, aimed at parents and carers.

Lets Talk Hull

Lets Talk is a service for Adults who are worried, stressed, Anxious, Low in Confidence, Emotional

There are many types of mental health problem and they can effect different people in different ways. Lets Talk can help you understand what you are feeling and help you get the support that you need.

Contact Details:

Anyone can refer into Lets Talk
www.letstalkhull.co.uk/pages/make-a-referral

Tel: 01482 247111

Notes

Carers Information and Support Service (CISS)

The Carers' Information and Support Service (CISS) is a service dedicated to supporting carers, i.e. a person who looks after another adult or child with a chronic long-term illness or disability. The disability may be mental, physical or both.

You are a carer if you are spending a regular amount of time looking after or supporting someone. This could be a relative, partner or friend who without your support or the help of other carers would be unable to live independently.

CISS recognise the vital importance of carers and the support they provide, both the practical and the emotional. Without carers, many people would not only struggle to stay independent but would become isolated, lonely and depressed. However, caring can be really tough and demanding and we want to give carers the best support we can.

Contact Details:

Tel: 01482 222220

Connect Well Hull

Connect Well Hull is a friendly, free and confidential service for local people who live in Hull or are registered with a Hull GP (doctors' practice).

They offer advice, support, and choice, including connecting you to services that:

- Help you get active and feel better
- Make you feel more linked in with your community
- Offer support with physical conditions or emotional difficulties
- Provide the advice you need on issues like money or housing

They can help you work out what's right for you and how you can access it easily. They understand that everyone is different, so we will work with you to find out what challenges you are facing and what you hope to achieve. They will then advise you directly or support you to access the right group or organisation.

Contact Details:

Connect well form
www.connecttosupport.org

Notes

Perinatal Mental Health Service

The Perinatal Mental Health Service is open to women who are registered with a GP practice in the Hull and East Riding who are in the perinatal period (during pregnancy and up to 12 months post- delivery).

The service is available to women who require specialist assessment and interventions for a moderate to severe mental health problem.

These include:

- Moderate to severe post-natal depression
- Anxiety disorders including obsessive compulsive disorder and panic disorder
- Eating disorders
- Post-traumatic stress disorder
- Severe mental illnesses including schizophrenia, schizoaffective disorder and bipolar affective disorder
- Postpartum psychosis
- Severe self-harm
- Suicidal thoughts

Contact Details:

This referral for is for professionals only. If you are struggling or need support with your mental health please speak to your GP, Midwife or Health Visitor who will make the appropriate referral.



Notes

**To find out more
about Thrive Hull,
please visit:**

www.howareyoufeeling.org.uk

Follow us on social media

  **ThriveHull**

Contact us

 **thrivehull@hullcc.gov.uk**

