

<p><b>Getting Advice</b></p> <p>In addition to talking to a parent, carer or trusted adult some children and young people may benefit from access to information and advice to find the best ways of supporting their mental health and wellbeing.</p>	<p><b>Getting Help (Some Children and Young People)</b></p> <p>For children, young people and families who need focused, evidence-based help and support</p>	<p><b>Getting More Help (Few Children and Young People)</b></p> <p>For children and young people and families who need more extensive and specialised goals-based help</p>	<p><b>Getting Risk Support (Fewer Children and Young People)</b></p> <p>For children and young people who are currently unable to benefit from evidence-based treatment but remain a significant concern and risk.</p>
<p><b>School input</b></p> <p>In addition to enabling a supportive ethos and environment and emotionally available adult, school may sign post some children and young people to advice and information services. Information about advice services will be easily accessible around school and on the school website. (See the Wellbeing for Education training directory for a range of training programme to equip school-based staff with the skills and resources to actively listen and signpost.)</p> <p>The following organisations are available 24 hours a day, 7 days a week and can provide 'help right now'.</p> <ul style="list-style-type: none"> <li>• <b>My Mind Crisis Support Information</b> For children and young people of all ages and parent carers or <b>professionals</b> who have an urgent concern about a young person's mental health. Call 0800 145 6485 and local staff will support you to access the help you need. The phone line is free to call, open 24 hours a day, seven</li> </ul>	<p><b>School input</b></p> <p>In addition to enabling a supportive ethos and environment and emotionally available adult, specialist school-based staff <b>should</b> not delay putting support in place, using the graduated response process.</p> <ul style="list-style-type: none"> <li>• an assessment to establish a clear analysis of the pupil's needs</li> <li>• a plan to set out how the pupil will be supported</li> <li>• action to provide that support and</li> <li>• regular reviews to assess the effectiveness of the provision and lead to changes where necessary.</li> </ul> <p>This can happen whilst the school is gathering the evidence, and the pupil's response to that support can help further identify their needs.</p> <p>Tools such as the <a href="#">Strengths and Difficulties Questionnaire</a> and the <a href="#">Boxall Profile</a> can support schools through this process. In addition to informing decisions on whether to seek specialist support, they can also</p>	<p><b>School input</b></p> <p>In addition to enabling a supportive ethos and environment and emotionally available adult specialist school-based staff such as Senior Mental Health Leads and SENCOs will work collaboratively with services who are trained to lead support with this group.</p> <p><b>Health input</b></p> <p>The Children and Young People Mental Health Hub offers telephone advice on the suitability of referrals prior to one being formally written and sent. School and college settings who would like to talk through any concerns regarding a child/young person's mental health, professionals or family member(s)/carer(s) concerned about the mental health of a child or young person can call for advice on <b>01606 555 120</b> (Between 13:00 &amp; 17:00 Mon-Fri, excl. Bank Holidays). Please follow the instructions provided on the answer</p>	<p><b>School input</b></p> <p>In addition to enabling a supportive ethos and environment and emotionally available adult Senior Mental Health Leads and Designated Safeguarding Leads will work collaboratively with services who are trained to lead support with this group.</p> <p><b>Social Care input</b></p> <p>Social care may often be the lead agency and the language of social care (risk and support) is likely to be the key language used. <a href="#">CHECS</a> Anyone who has concerns for the immediate safety of a child or young person must phone: The Cheshire East Consultation Service (ChECS) on 0300 123 5012 (option 3) - Monday to Thursday 8:30am to 5pm, or Friday 8:30am to 4:30pm; or Out of Hours Service (Emergency Duty Team) on 0300 123 5022</p>

days a week and is open to people of all ages – including children and young people.

- **Emergency Services** You should still call 999 or go to A&E if you have an immediate, life-threatening emergency requiring mental or physical health assistance.

#### Other forms of 'help right now' support

- Samaritans a safe place for young people to talk any time you like, in your own way, about whatever's getting to you. They won't tell you what to do – they listen and try to understand what you're going through. Samaritans is free, confidential and available any time. Call: **116 123** / [email](#) / [visit](#) / [write](#)
- Childline is there to help anyone under 19 in the UK with any issue they're going through. Whether it's something big or small, their trained counsellors are there to support. Childline is free, confidential and available any time, day or night. Call: **0800 1111** / [email](#) / [online chat](#)
- **SHOUT** for free confidential, 24/7 text message support for anyone struggling to cope text the words YM to 85258
- Download the '[Stay Alive](#)' app to your mobile phone

provide a basis for ascertaining whether the initial intervention is working or whether something different needs to be tried.' (The Boxall Profile tool brings the additionality of providing evidence informed strategies and resources to inform the young person's learning plan.)

The A.C.E.S. and resilience score may also be useful in understanding how risk and protective factors may be contributing towards arising needs. The Thrive approach suggests that where possible a service should track a personalised goal, alongside a standardised outcome measure.

(For information and training about measuring to improve children and young peoples wellbeing such as the Boxall Profile and person centred outcome tools contact the [Wellbeing for Education Service.](#))

Any child may benefit from Early Help, but all school and college staff should be particularly alert to the potential need for Early Help for a child who has a mental health need. When families need some help and support to keep their children safe and well – [Early Help](#) includes assessing what families need and creating a plan of support. (This is different to a Boxall or SDQ assessment). A family receiving help will have a lead professional in health or

service and the CYP Mental Health Hub will contact you back on the number you provide (Mon-Fri 13:00-17:00).

The following services are trained to work with children and young people under the age of 18 who have one or both of:

- 1.Symptoms that suggest a significant mental health disorder and that are of a severity that prevent or affect normal development (e.g. inability to attend school, socialise etc.) and/or
- 2.High levels of risk associated with significant and/or escalating self-harm

#### Symptoms of mental health disorders that CAMHS can help with include:

- Pervasive low mood with social withdrawal and loss of enjoyment
- Incapacitating anxiety
- Compulsions or rituals that get in the way of daily life
- Hallucinations or bizarre beliefs (please refer to Early Intervention in Psychosis team in the first instance if you think a psychotic illness is possible)
- Restricted eating with low weight or rapid weight loss (For patients with a suspected eating disorder please include an up-to-date height and weight as well as any previous weights if available)

#### Health input

The following services are trained to work with this group and skilled in shared thinking with colleagues in social care (with explicit understanding that, although it is not a health treatment that is being offered, health staff must play their part in providing input to support and in some cases lead on risk support provision).

- **Ancora House** This service provide a specialist inpatient unit for young people who are having difficulties with their thoughts, feelings or behaviour and need a short stay in hospital. Referrals into the service will be made by the ....
- **Forensic Child and Adolescent** This service provide specialise expert advice and consultation to agencies working with children and young people with complex presentations and display high risk behaviour. [Click here](#) for more information about who the service can work with and how to refer.
- **Dynamic Keyworker** support will be offered to children and young people from 5-25, who have a diagnosis of a Learning Disability and/or Autism, who are inpatients or

- The [NHS harmless tool](http://www.harmless.nhs.uk/assessment) can help those supporting young people to assess possible risk and can be found at [www.harmless.nhs.uk/assessment](http://www.harmless.nhs.uk/assessment)

- Useful Resources - [No More Suicides](http://no-more.co.uk) (no-more.co.uk) This document has been developed as a reference guide for all agencies and practitioners who meet children, young people, and their families. It is intended as a guide to supporting children/ young people who have thoughts of, are about to or have self-harmed.

- Suicide Prevention, Support, and Information is also available on [Livewell](#)

Please note: Anyone who has concerns for the immediate safety of a child or young person must phone: [the Cheshire East Consultation Service \(CHECS\)](#) on 0300 123 5012 (option 3) - Monday to Thursday 8:30am to 5pm, or Friday 8:30am to 4:30pm; or out of hours service (emergency duty team) on 0300 123 5022

**The organisations listed below offer advice and support for children, young people and parent/ carers on a variety of non-urgent issues.**

- [My Mind](#) For Children and Young People of all age groups and parent / carers and education professionals

education. This may be a teacher or a family support worker. Early Help forms should be sent to [Partnership Family Help Officers](#).

### Health Input

The following services may be able to support school and college settings to make sense of what's going on for the young person and understand which support is likely to have the best impact. Health input in this group might draw on specialised technicians in different treatments. The professional may not necessarily be a trained mental health provider, but may be a range of people who can provide evidence based targeted, outcomes-focused help to address the specific mental health issue.

- [Mental Health Support Team settings](#) can access (non-urgent) advice from their allocated Education Mental Health Practitioner. This service is funded by the government and is for selected settings only. (For Children and Young People with mild to moderate needs who would benefit from 'Getting Help'.)
- Other school settings in Cheshire East can access the [consultation with Emotionally Healthy Children and Young People Service](#). This is a

- Bingeing and vomiting associated with a disordered body image
- Painful or socially disabling tics

### Problems where CAMHS are not likely to be the best service:

- Substance misuse problems
- For Behavioural problems local parenting courses are the best intervention
- For young people where you suspect ADHD or Autistic spectrum condition please refer to the appropriate pathway for your area i.e. community paediatrics, AAT.
- Specialist CAMHS do not have resources or interventions to support young people who are struggling with understandable emotional responses to life events such as parental separation or bereavement unless these symptoms are severe and prolonged suggesting development of a mental illness.

### What to put in the referral:

- An account of the symptoms- including onset and severity.
- Impairment in daily life from the symptoms
- Risk issues
- Any medical issues or prescribed medication

at risk of being admitted to hospital for mental health need. If a Young Person is at risk of a hospital admission it is likely that they will be on the DSD (dynamic support database). They are put on this Database by a CAMHS Care Co-ordinator. Referrals into the service will be made by the CAMHS worker who is in charge of the young persons care.

who have a non-urgent concern about a young person's mental wellbeing

- **Anna Freud on my mind** For CYP of all age groups and parent / carers and
  - [Service directory](#)
  - [Self-care](#)
  - [Primary self-care](#)
  - [Secondary self-care](#)
  - [LGBTQ plus and mental health](#)
  - [Understanding referrals](#)
  - [Receiving support](#)
  - [Dealing with loss and bereavement and traumatic bereavement](#)
  - [Managing social media](#)
  - [Helping someone else](#)
  - [Jargon buster](#)
  - [Shared decision making](#)
  - [Know your rights](#)
  - [Get involved](#)
- **Childline** Wellbeing and lifestyle information and resources for CYP under 12 years
- **Childline** Wellbeing and lifestyle information and resources for CYP aged 12 years and over
- **Visyon** For Children and Young People aged 11 plus and parent carers of CYP under 11. This may be a listening ear or help with sign posting and or recorded webinars such as managing anxiety.
- **Kooth** For CYP 11 to 25 years
- **Young Minds** For CYP aged 12 years and over
- **stem4 - supporting teenage mental health** providing a library of free

commissioned service to support schools and colleges with (non-urgent) advice and information & may include strategies to inform school adjustments or help with signposting to resources and services who can work with children and young people or their families. (For Children and Young People with mild to moderate needs who would benefit from 'Getting Help'.)

- [Click here](#) for other services who may be able to support where there are coexisting factors such as special education needs and disabilities, attendance, behaviour or where the young person has caring responsibilities (Young Carer).
- For other health needs **the Contact Hub** aims to ensure people access the right service that meets their needs. Clinical and non-clinical staff triage and respond to calls from parents, carers, young people and health and care professionals across Cheshire East. The hub is the first point of contact for both service users and health and care professionals. Referral is managed via an [online form](#) and triage.

**Useful Resources to support school to make sense of whats going on for the young person and understand what**

- Any relevant context (family, medical history, life events etc)
- Any other agencies involved
- What has been tried already
- A brief Mental state examination is also really helpful (even just a description of the child in the consultation)
- Anything else you think might be useful for us to know

If you would like CAMHS to refer the patient directly onto a more appropriate service if we don't think they are appropriate for our services please obtain consent from the family to do so. Unless you tell us, the family have NOT consented to this, we will assume you have done this. If you tell us family have not consented to onward referral, we will attempt to send the referral back to you with some appropriate recommendations.

Please contact the CYP Mental Health Hub to make a referral on [cwp.cyp.mentalhealthhub@nhs.net](mailto:cwp.cyp.mentalhealthhub@nhs.net)

Alternatively, you can access the CYP Crisis Line (Tel. 0800 145 6485) - 24 hours, 7 days a week

mental health resources, including leaflets, videos, apps and guides on a range of topics such as anxiety, depression and self-harm.

- [Clear Fear is a free app](#) to help children and young people manage symptoms of anxiety.
- [Move Mood is a free app](#) to help teenagers manage low mood and depression
- [Combined Minds is a free app](#) to help families and friends provide mental health support
- [Worth Warrior is a free app](#) to help young people manage low self-worth, poor body image and related eating disorders
- 0 to 19  
**ChatHealth** –text messaging facility for 11-19 year olds (delivered by the School Nursing Team) ChatHealth is available between 9.00am and 5.00pm Monday to Friday (including school holidays, excluding bank holidays) and accessed by texting a dedicated number – **07507 329908**. Anyone sending a text outside these hours will receive an automated message with advice on where to get help if they require it urgently. When the service reopens, the sender will then receive a reply to the message. For other health needs **The Contact Hub** aims to ensure people access the right service.
- **MindEd For Families**
- My [Family Coach](#) from Team Teach

### **type of support is likely to have the best impact**

- The NHS harmless tool can help those supporting young people to assess possible risk and can be found at [www.harmless.nhs.uk/assessment](http://www.harmless.nhs.uk/assessment). [No More Suicides](#) provide a useful a reference guide for all practitioners who meet children, young people, and their families. It is intended as a guide to supporting children/ young people who have thoughts of, are about to or have self-harmed.
- [Understanding treatment options | Anna Freud Centre](#) can also help in understanding which support is likely to have best impact in line with NICE guidelines.
- [Cheshire East Toolkit for SEND](#) The Cheshire East Toolkit for Special Educational Needs and Disability ( SEND ) is aimed at all educational providers and settings supporting Cheshire East children and young people aged 0-25 years. In it we outline the provision and support that we expect to be in place in all educational settings which support Cheshire East children and young people with SEN , and forms an important part of the [Cheshire East Local Offer for SEND](#).

- **BBC Bitesize** wellbeing and lifestyle information for CYP and parents
- **Mental health and wellbeing resources and APPS recommended by CAMHS** for CYP of mixed age groups.
- **Mind** – For CYP aged 12 years and over
- **Sane** For Young People aged 16 years and over
- **Student Minds** For Young People aged 16 years plus
- **Charlie Waller Trust** For young people starting sixth form, college and university
- **Every Mind Matters** have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change
- **The Mix** For CYP aged 13 to 25 years They offer help and support to help with any challenge children are facing from mental health to money, from homelessness to finding a job, from breakups to drugs.
- Cheshire East **Youth Council** For CYP aged 11 to 18 years Have your say and be involved in decision making process locally and regionally.
- **Childline Bullying**
- **Kidscape** For CYP of all ages - tips on dealing with bullying and cyberbullying and ways for young people to build their confidence.
- **Anti-Bullying Alliance** For all age range

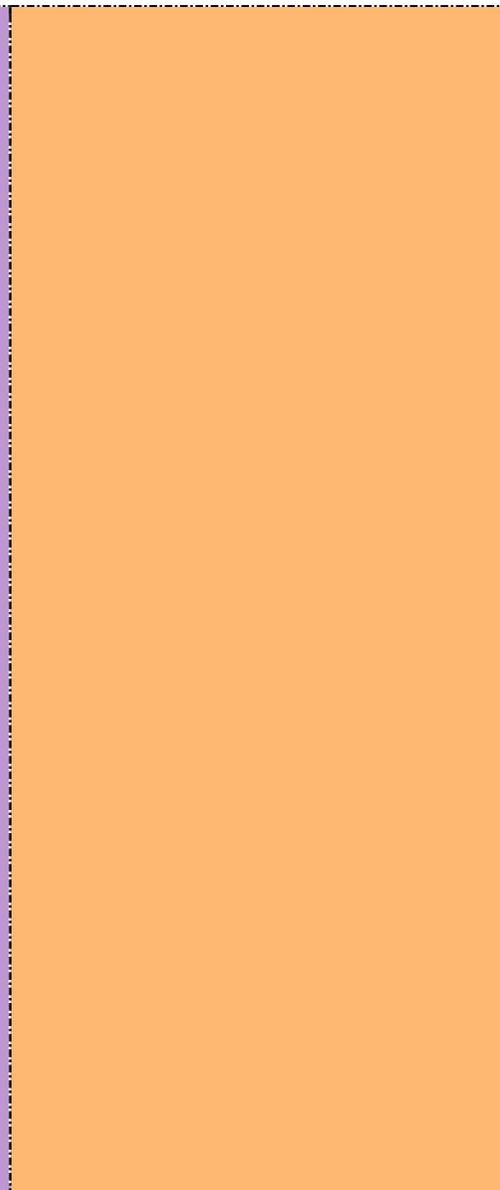
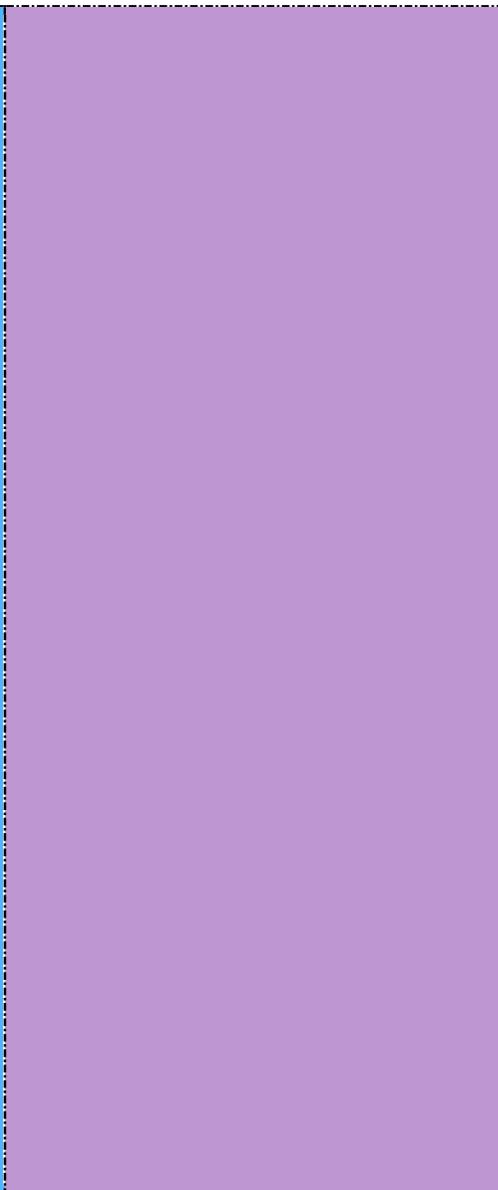
### **In house targeted support**

School staff are not expected to perform mental health interventions unless qualified to do so. Some settings may be in a position however, to deliver focused evidence-based help and support from a trained practitioner. The following are examples of evidence-based training programmes which are available to professionals working in Cheshire East. (Cost may be attached)

- **Emotional Literacy Support Assistant** (ELSA) An ELSA in a primary, secondary SEN or AP setting is an **Emotional Literacy Support Assistant**. There is a recognised training course aimed specifically at Teaching Assistants or other specialist school roles. ELSAs are specialists with a wealth of experience of working with children and young people. ELSAs are trained and regularly supervised by Educational Psychologists. The course tends to be 6 full days and covers many areas from emotional literacy to active listening. To maintain ELSA Practitioner status delegates must complete 3 sessions of professional supervision per year. Contact [Cheshire East Educational Psychology Service](#) for more information.

- **Ditch the Label** For CYP aged 12 to 25 years - issues from mental health and bullying to identity, Asian hate crimes and relationships.
- **Educational Action Challenging Homophobia (EACH)** For CYP up to 18 years of age - for children experiencing homophobic, biphobic or transphobic bullying or harassment. Training for school staff also available.
- **Teen Sleep Hub**
- **Young Minds Sleep**
- **Cheshire East Carers' Hub**
- **Barnardo's See, Hear, Respond programme**, For vulnerable CYP around the country who are experiencing negative impacts on their health and wellbeing, as well as those at risk of harm.
- **BEAT's Youth line** offers support to children and young people with an eating disorder.
- **Switchboard LGBT+** helpline
- **Advice and rights - Youth Access**
- **RASAC** call 01260 697900 to speak to a specialist worker can give initial advice and information; take a referral; or maybe sign post to more appropriate services. This line is available to survivors; family members or friends; and professionals from other agencies.
- **Victim Support** call 0800 123 6600 / **online chat** helps people feel safer and find strength to move beyond crime. The support offered is free, confidential and tailored to your needs

- **Trauma Informed Schools Practitioner (TISUK Practitioner)** A TISUK Practitioner in a primary, secondary, SEN, AP or college setting is a Trauma Informed School Practitioner. There is a recognised training course aimed specifically at professionals working in education. This may be a teaching assistant, family support worker or a member of Senior Leadership with whole school approach responsibilities. The course is practical skills-based and designed to inform and empower staff to respond effectively to vulnerable children/ young people who have experienced trauma and/or have mental health issues by delivering interventions addressing mild to moderate mental health problems, with a focus on recovery. The training also includes the knowledge and skills for cultural change resulting in mentally healthy schools and communities (for both adults and children). The curriculum covers interventions designed specifically to address teacher stress, teacher absence and poor staff retention. The course tends to be delivered over 11 days across a 6 month period and provides a level 5 qualification validated by The Institute for Arts in



- [calm zone](#). Provide a help line from 5pm–midnight, 365 days a year 0800 58 58 58 a webchat and ambassador programme to campaign against the stigma of suicide, using music, sport, comedy and anything in between to get our message across.
- [Cheshire and Merseyside self-harm practice guide](#)
- [Overview | Self-harm: assessment, management and preventing recurrence | Guidance | NICE](#)
- [Ripple Suicide Prevention](#) ([ripplesuicideprevention.com](http://ripplesuicideprevention.com))

Therapy & Education. To maintain TISUK Practitioner status delegates must complete 3 sessions of professional supervision per year. [Contact Wellbeing for Education for information about the next wave of TIS Practitioner training in Cheshire East.](#)

- [Safety Planning training TBC](#)

**The following services are commissioned, or government funded to work with children and young people who would benefit from evidence-based help and support. Some of these services deliver school-based support or near school-based support.**

- [Mental Health Support Teams \(MHSTs\)](#) are a new government funded service designed to help meet the mental health needs of children and young people in education settings. (School- based) To find out if your settings is one of the 34 schools selected to participate in this project [click here](#).
- [Kooth](#) For Children and Young People living in Cheshire East, suitable for CYP aged 11 to 25 years. In addition to advice services Kooth provide online counselling.

- [Visyon For Children](#) and Young People aged 11+ and support for parents in Cheshire East who have children under the age of 11. This may be a listening ear, mentoring, counselling or help with sign posting.
- [Just Drop In](#) For Children and Young People aged 11 plus who live in the Macclesfield and surrounding areas and would benefit from a bit of help in finding their feet or who are struggling with their emotional health and wellbeing. Along with support in other ways for parents and carers of CYP aged 8 – 25.
- [Motherwell Cheshire](#) For CYP who live in Crewe and surrounding areas, in school year 9 to 11. This service promotes positive health and wellbeing, by offering a range of educational services, holistic therapies and counselling, along with counselling and wellbeing programmes for mums.
- [Wilmslow Youth](#) For children and young people aged 12 to 25 years, who live in Wilmslow and the surrounding areas and would benefit from support such as a space to hang out and meet new people, mentoring and counselling.
- [Swans CIC](#) For CYP attending schools based in Congleton. This service provides school based emotional

support and mental health workshops and counselling. Referrals are made by participating school settings.

- [Wellbeing Enterprise CIC](#) provides a social prescribing service for CYP living in Cheshire East aged 10-18 years. CYP receive 1-1 support from a dedicated CYP Link Worker to co-develop a Personalised Wellbeing Plan and help to access wider support. The team also deliver school-based workshops from the 'Living Life to The Full' life skills training programme.
- [0 to 19 + Service in Cheshire East](#) includes school nursing, specialist mental health and special education needs and disability support, the family nurse partnership (FNP) and a text messaging service.
- [School nursing](#) service supports children and young people aged 5 – 19 in primary and secondary schools and home educated children, as well as their families and carers. Support is also provided to schools and alternative education providers – every school has a named school nurse.
- For other health needs [the Contact Hub](#) aims to ensure people access the right service such as:
  - [Emotional Wellbeing support for parents in Cheshire East - Wirral](#)

[Community Health and  
Care NHS Foundation  
Trust \(wchc.nhs.uk\)](http://www.wchc.nhs.uk)

**Support tailored to a specific need**

**Young Carers**

- **[Cheshire East Young Carers Hub](#)**  
The Cheshire East All Age Carers' Hub are commissioned by Cheshire East Council to support Young Carers age 5-17 years and help them transition to adult services. They create a support plan with Young Carers to ensure they receive timely information and support which is tailored to their individual needs.
- **[Cheshire Young Carers](#)** Provide respite support all year round for young carers and, in particular, during their most isolating periods such as school holiday periods, plus a number of other events/activities between these periods. The respite consists of day trips, local meetings packed with activities and residential experiences. The Cheshire Young Carers Education Support Programme for young carers enables Cheshire East primary and secondary academies, schools and colleges to identify and support young carers aged 6 to 18 years old within education to improve their participation and achievement in education with tailored support.

**Support tailored to a specific need –  
SEND**

- [Space4Autism](#) For both CYP parents/carers and children and adults, living in Cheshire East. This service provide specialist support to families primarily on the autism spectrum (whether diagnosed or not) for both.
- [Cheshire East Autism Practical Support](#) (CHAPS) provide advice and services whether a diagnosis is in place or not.
- [Ruby's Fund](#) SEND family support and wellbeing services is for [parent carers](#), SEND children and their [siblings](#). You can visit the sensory centre in Congleton or you can access support through RF outreach services across Cheshire East

**Support tailored to a specific need – separation**

- [Clasp:](#) For CYP and parents from one parent families (who live in, Crewe, Sandbach, Alsager, Congleton or Holmes Chapel) aged between 5 to 18 years who could benefit from support such as counselling, family therapy, group activities.

**Support tailored to a specific need – abuse**

- [Cheshire without Abuse](#) For CYP and parents living in the Cheshire East affected by domestic abuse and help for people who harm others. This service provide one-to-one support specially designed for children and

young people affected by domestic abuse, as well as parenting advice and support for adults.

- [CIO and Survivors of Abuse](#) For CYP over 14 years of age and adults of childhood sexual abuse, rape, incest and domestic violence. This service provides counselling and art therapy

**Support tailored to a specific need - addiction**

- [Beacon Counselling Trust](#) – For CYP aged 11 plus experiencing gambling related harms across the Northwest of England. Help is also available for those affected by another person's gambling.
- [Change Grow Live](#) For both young people and adults who live in Cheshire East and are affected alcohol and drug related problems or those affected by drug and alcohol problems. This service provides advice and information and education such as drop-ins, PHSE lessons, assemblies, teacher training and much more.

**Support tailored to a specific need – NEET**

- [Youth Support Service](#) For CYP aged 13 to 25 years, who live in Cheshire East and could benefit from support such as open access, targeted Youth Work, Outdoor Education, focused support for NEET (Not in Education, Employment or

Training), support to young people who have an EHC plan, and transitional planning for targeted young people preparing for adulthood.

- **Journey First** CYP over the age of 15 who face barriers into education, employment, or training. This tailored one-to-one service offers everyone the opportunity to find a path in a way which is as unique as the individual.

**Support tailored to a specific need – risk of offending**

- **Youth Justice Service** For CYP aged 10-17 years across Cheshire who have offended or are at risk of offending to help prevent them from getting into further trouble. This service provides targeted support such as mentoring

**Support tailored to a specific need - self-harm and suicide.**

Helplines, apps and safety planning resources do not provide a substitute for the assessment and individualised treatment by a health or mental health professional. Go to Getting Advice services for services who can help now and services who can provide non-urgent support.

- In addition to advice services **Papyrus** provide free HOPELINE, a 24/7 help and advice along with a digital platform HOPELINK that is

helping HOPELINE247 callers to revisit and update their suicide safety plans, online. Papyrus also provides education and training with a cost attached.

- **Amparo Cheshire** & Merseyside is a free and confidential service commissioned by CHAMPS –and offers support for anyone affected by suicide. Emotional and practical support can be provided one-to-one, to family groups, groups of colleagues or peers – whatever is preferred by you and is most appropriate to your situation. The service can be delivered in your home or wherever you are most comfortable. The service is confidential and can provide short-term or longer-term support, depending on what you feel it is you need. Experienced Liaison Workers can assist you in accessing the support you need, whilst helping with a range of practical matters such as: dealing with police and coroners; helping with media enquiries; preparing for and attending inquest and helping you to access other, appropriate, local support services.

#### **Training**

[www.selfharm.co.uk](http://www.selfharm.co.uk) provide Alumina a 7-week course for young people aged 14 to 19 years old struggling with self-harm.

#### **Apps**

- [Stay alive](#) provides a suicide prevention app for anyone thinking about suicide or worried about someone, along with a range of resources to help keep people safe, including a print version of the app, an interactive 'Real Talk' film and downloadable toolkits and campaigning opportunities.
- [Calm Harm](#) is an award-winning app developed for teenage mental health charity stem4 using principles from evidence-based Dialectical Behaviour Therapy (DBT).

#### **Bereavement Services**

- [Hope Again](#) is the youth website of [Cruse Bereavement Care](#).
- [The Childhood Bereavement Network](#) For CYP of all ages and hub for professionals
- [Listening Ear](#)
- [East Cheshire Hospice leaflets and support for CYP who have been bereaved within 3 years](#)
- [Winston's Wish](#)
- [The Dove Service](#) for people within the community from the age of 4 years
- [Elsie Ever After](#) bereavement support pack for primary and secondary aged CYP

#### **Cost may be attached**

- [RESPECT](#) programme is aimed at young people between 13 and 16 who may be experiencing difficulties in

engaging with school or their peers.  
Cost attached

- [Act it Out](#) For CYP from early years to Key stage 4.
- [Creative Action Team](#) For CYP of primary and secondary school age families. Solutions include Animal Assisted Therapies, Art and Creative Interventions, Play Therapy, Filial Therapy, Talking Therapies, Training. Cost may be attached
- [Family Ties](#) For CYP primary and secondary school age living in the Crewe area. Cost may be attached
- [Inner Trust](#) work with CYP aged 4 plus in the Crewe, Nantwich, Sandbach and Cheshire wide area. Using music technology and art materials to enable CYP to express emotions and build personal development.