

Are you worried about a child, young person or their family?

Here are some useful numbers and links for services that can provide support

24/7 Crisis line

For urgent calls for children and young people who are experiencing a mental health crisis contact the 24/7 Rise Crisis team on

Freephone 08081 966798
(select option 2)

Coventry City Council Early Help

Families, children and young people can get information, advice, guidance, and family support through Early Help. We will make sure children and young people get the right help at the right time.

0800 887 0545

www.coventry.gov.uk/earlyhelp

Family Health and Lifestyles Service

Helping children and young people take responsibility for their own health and adopt a healthy lifestyle through: School Nurses, Health Visitors, Stop Smoking Services, the Be Active Be Healthy team, Infant Feeding Team Family Nurse Partnership and MAMTA. Please see the video below for an overview of the service.

There is also **ChatHealth**, a free confidential text service **07507 331 949** for 11-18-year-olds.

024 7518 9190

www.swft.nhs.uk/our-services/children-and-young-peoples-services/coventry-family-health-and-lifestyle-service-0-19-years

Kooth

New service: Kooth is an emotional wellbeing support offer that provides anonymised free online advice, support and guidance to young people aged 11 to 25 years. Kooth allows young people to access a community whereby they can find support through magazine articles, peer to peer discussion forums, a self-help activity hub as well as online 1:1 counselling support. Please see the video below for an overview of the service.

Short video about Kooth:

vimeo.com/318731977

www.kooth.com

Positive Choices

A free confidential service for young people aged between 5 and 24 to talk about drug and alcohol issues, relationships and sexual health. The service helps young people make positive choices and changes, with support is through groups, one-to-one or online – or even through the new Ecotherapy allotment project.

Kelly: 07776 963938

Craig: 07741 900799

Sharon: 07741 900829

coventryyp.info@cgl.org.uk

www.changegrowlive.org/positive-choices-coventry

Children and young people MH Service

If you would like to talk about a child or young person, you can have a consultation with a mental health clinician within the Navigation Hub. You can also talk to the Primary Mental Health Team, who can provide wider training for professionals around identifying and supporting mental health needs in children and young people.

Rise Navigation hub

0300 200 2021

www.cwrise.com

Primary Mental Health Team

024 7696 1476

Virtual School

Is the child a Looked after Child (LAC) or previously looked after (PLAC)? The virtual school can offer support and advice to schools, nurseries and colleges.

024 7697 5535

virtualschool@coventry.gov.uk

www.coventry.gov.uk/virtualschool

CAMHS Looked After Childrens (LAC) Services

Children Looked After service offers therapeutic interventions to children and young people aged 5-18, who are currently looked after by Coventry local authority and are living within a 20-mile radius of Coventry. Support includes Attachment difficulties, breakdown of relationships, Self-harm, early trauma, and behavioural difficulties Therapeutic parenting PACE, DDP. Referrals from Professionals sent to Rise Navigation hub on

0300 200 2021

www.cwrise.com

Coventry and Warwickshire Relate

We are part of the Reach service in Coventry providing counselling support for children and young people aged 5-18 years of age experiencing poor mental health, bereavement and loss and family change.

We offer the Wish service supporting children and young people that have witnessed / experienced Domestic violence and abuse. All referrals to this project need to come via social care.

Services are provided remotely during COVID-19.

024 7622 5863

Our office is open 9-5 but the delivery of our appointments include evenings and Saturday mornings

info@relatecoventry.org

www.relatecoventry.org

Coventry SEND Support Service

Coventry SEND Support Service continues to offer support to schools through their link SEND professionals. This includes work with families, children and young people and setting staff; this support is usually agreed through the setting SENCo or other members of the leadership team. In the event of 'critical incidents' including sudden or unexpected deaths, members of the school leadership team can contact the Educational Psychology Service to seek advice and support - please ring 024 7678 8400 and an EP will get back to you as soon as possible and where possible on the same day.

024 7678 8400

BSCLimbrickWoodCentre

@coventry.gov.uk

www.coventry.gov.uk/recoverycurriculum

NSPCC National Services

As part of the NSPCC's fight for every childhood, we work directly with children and families in our service centres across the UK and Channel Islands and give support to thousands of adults and young people in need through the NSPCC Helpline. We work with primary schools up and down the country through our Speak Out Stay Safe programme, helping children to keep themselves safe.

Our projects such as Together for Childhood help children who've experienced abuse, support parents, and work to transform the way communities come together to prevent child cruelty. Do you know how to keep your kids safe online? In partnership, NSPCC and O2 have developed Net-Aware, a great guide to the latest and most popular social networks, apps and games kids are using.

www.net-aware.org.uk

0808 800 5000

Childline Tel: 0800 1111

● CW Mind – Reach Service

Coventry and Warwickshire Mind offer the Reach service for children and young people living in Coventry, aged 5-18, who are experiencing poor mental health, for example low self-esteem, anger or anxiety. Provision of support from this service includes both face-to-face and digital support.

To make a referral following the link

www.cwmind.org.uk/children-and-young-peoples-service/

024 7663 1835

Monday to Thursday from 9am until 4.30pm and Friday from 9am until 4.00pm.

Reach@cwmind.org.uk

www.cwmind.org.uk/reach/

● CW Mind – Community Children's Autism Support Service (CCASS)

Coventry and Warwickshire Mind offer the Community Autism Support Service to children and young people up to the age of 18 years, who have a diagnosis of autism or who are on the Neurodevelopmental Assessment waiting list for an autism diagnosis. We offer various support including 1:1 sessions and social groups with CYP, and training and toolboxes for parents/carers and professionals.

Referrals for CASS will be accepted from education provision (SENCo, Educational Psychology etc) and other professionals and can be made via our website.

autismsupport@cwmind.org.uk

www.cwmind.org.uk/autism-support-service

● CW Mind – 18 to 25 Peer Mentoring Service

The Peer Mentoring service aims to improve outcomes for children and young people (CYP) and their families, across Warwickshire and Coventry. It can be a difficult time when transitioning between child and adult mental health support services and many young adults fail to seek advice and support early enough. This is an early intervention/prevention service providing pastoral support and enabling a smoother transition into adult support or community services.

www.cwmind.org.uk/peer-mentoring

● Buddy Service

Coventry and Warwickshire Mind offer The Buddy Service which helps reduce social isolation and loneliness alongside anxiety, new phobias, and OCDs. The service helps those aged 13-18 to build their social connections, confidence, happiness and independence and overcome barriers to accessing support.

buddy@cwmind.org.uk

www.cwmind.org.uk/the-buddy-service/

● Young Black Men's Project

An early intervention and prevention mental health programme run by black men, for young black men. The service works to raise awareness of mental health and tackle stigma within the community.

024 7663 1835

ybm@cwmind.org.uk

www.cwmind.org.uk/young-black-men-2

● Positive Youth Foundation

The Positive Youth Foundation (PYF) is a registered charity that provides a wide range of high-quality programmes and opportunities for some of the most vulnerable young people in Coventry aged 8-25.

Our work offers a valuable early intervention for children and young people experiencing lower-level mental health problems such as stress, anxiety, or depression. We offer a range of interventions for young people depending on their needs, including very flexible one-to-one support; alternative learning for those struggling at school; open access youth work; sports and physical activity sessions; tailored short programmes and on-line and home-based support.

To refer a young person or to find out more about our services,

info@positiveyouthfoundation.org

www.positiveyouthfoundation.org/our-work/

● Grapevine Coventry and Warwickshire

Teenvine Project is an intensive programme available for young people with learning disability or autism who are struggling with school/service engagement. They may also face additional barriers like mental health needs, isolation or cultural barriers to support. A formal diagnosis is not required to access the project. Each young person will receive between 6 and 12 months help where they will be supported to develop a plan for a better future and self identify ways to engage with support available to them. They will be supported both one to one and in groups to help develop confidence, friendship and make connections to the wider youth community.

07984 160840

nmadden@grapevinecovandwarks.org

www.grapevinecovandwarks.org/

www.instagram.com/teenvineplus

www.facebook.com/teenvinenextsteps

Coventry Youth Activists (CYA) are a campaigns group changing young lives in Coventry. CYA members decide on the issues that matter to them and set about making positive change for themselves and others.

mgillespie@grapevinecovandwarks.org
candrew@grapevinecovandwarks.org

www.grapevinecovandwarks.org/what-we-do/shifting-power/

● Adult MH Support

A wide range of support including one-to-one, mental health courses to help people better understand and manage their own mental health.

www.cwmind.org.uk

● **Pathfinder One-to-Ones**

024 7622 9988

pathways@cwmind.org.uk

www.wbc.cwmind.org.uk/pathfinder

● **Recovery Wellbeing Academy**

www.recoveryandwellbeing.co.uk

● **Community Support**

024 7601 7226

www.cwmind.org.uk/

[community-support-service](http://www.cwmind.org.uk/community-support-service)

● Coventry Safe Haven

A drop-in available to anyone aged 18+ for out-of-hours mental health support. A welcoming, safe, comfortable, non-judgmental and non-clinical environment, that provides information and emotional support.

07921 876 065

coventryhaven.mhm@nhs.net

www.mhm.org.uk/coventry-safe-haven

● Improving Access to Psychological Therapy (IAPT)

Helping those aged 16+ with symptoms of anxiety or depression.

024 7667 1090

www.covwarkpt.nhs.uk/IAPT

● Other useful websites:

cwmind.org.uk/get-help/

www.cwmind.org.uk/resources-for-children-and-young-people/

www.coventry.gov.uk/adultmhs

www.coventry.gov.uk/sendiasmhw

www.coventry.gov.uk/info/38/family_support/2884/positive_parenting



www.coventry.gov.uk