

This is an overall guide on the current Emotional Health and Wellbeing Service on offer to children and young people in Calderdale.

For further information about these services, please visit Calderdale's emotional health and wellbeing website, Open Minds [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk) which provides advice, information, support and signposting on local and national emotional health and wellbeing services that help children and young people who are going through a difficult time.

### **Barnardo's Positive Identities Service for those who identify as LGBTQ**

1:1 support over the telephone or via a virtual platform. Providing emotional health and wellbeing support to young people and their families where people are questioning their sexual or gender identity. Peer support is also available via group work sessions. The service continues to accept referrals which can be made via the phone or by email.

- **Age range:** up to 21 years
- **Opening times:** Mon-Fri, 9am-5pm. Identity Youth Group – Wednesday early evening.
- **Contact details:** 01422 37199 or [positive.identities@barnardos.org.uk](mailto:positive.identities@barnardos.org.uk)
- **Website details:** <https://www.barnardos.org.uk/what-we-do/supporting-young-people/LGBTQ>

### **The BREW Project - Invictus Wellbeing Services**

The BREW project offers children and young people who present with personal, social, emotional, educational or professional concerns to access bespoke support sessions with one of our wellbeing team within 48 hours. Our wellbeing advisers are there to speak with, support and help find solutions to problems, concerns and issues that children and young people are experiencing through coronavirus, lockdown and the return to school.

- **Referral pathway:** via a professional, parent/carer or self-referral.
- **Age range:** 5-17 years
- **Opening times:** Mon-Fri 9am-5pm (Referrals only) Mon-Fri 2pm-9pm (Calls made to the child or young person)
- **Contact details:** 01422 730015 or [support@invictuswellbeing.com](mailto:support@invictuswellbeing.com)

### **C&K Careers Chat**

A chat line to support, advise and guide children and young people in Calderdale and Kirklees about future options, jobs, CVs, interviews, training, school, college, apprenticeships, employability skills or anything else they may be feeling worried about.

- **Age range:** 13-24 years
- **Opening time:** Mon-Fri, 9am-5pm. Thur 9am-8pm.
- **Contact details:** 01484 213856 or [chat@ckcareers.org.uk](mailto:chat@ckcareers.org.uk)
- **Website details:** <https://ckcareersonline.org.uk/news/333-chat>

### **Calderdale Early Years' Team (0-5 years)**

The Early Years Team provides telephone support to early years providers who are providing childcare to children of key workers, vulnerable children or SEND children. They are available to talk about any issues the children and families they are supporting may be facing, offering practical advice providers on how best to support children and families at this time, including signposting to the relevant services available.

- **Age range:** 0-5 years
- **Opening times:** Mon- Fri, 9am-5pm
- **Contact details:** 07823 537249 or [Tracy.mcasburn@calderdale.gov.uk](mailto:Tracy.mcasburn@calderdale.gov.uk)

### Calderdale Open Minds (CAMHS)

Calderdale Open Minds (CAMHS) is open; if parents/carers, young people or professionals have concerns about the emotional health of a young person, please contact the First Point of Contact on the details below. Please note the offices are closed; please **don't** make referrals by **post**, particularly if you have an urgent referral or query.

- **Referral pathway:** online referral form <https://calderdalecamhs.org.uk/how-to-refer/>
- **Age Range:** 5-18years
- **Opening times:** Mon, Thu, Fri 9am-4.30pm.
- **Contact details:** 01422 300001 or [firstpointofcontact@calderdalecamhs.org.uk](mailto:firstpointofcontact@calderdalecamhs.org.uk)
- **Website details:** [www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk)

### Calderdale Public Health Early Years' Service (PHEYS)

The Health Visiting Team can provide support to families with children aged 0–5 years with breastfeeding, safe sleeping, infant feeding, emotional wellbeing, toilet training, healthy eating, physical activity, language development, oral health, parenting, school readiness and can also sign post on to other services as needed.

- **Age range:** 0-5 years
- **Contact details:**  
Health Visiting service call **030 0304 5076**  
Breastfeeding support call **030 0304 5076**  
Maternal mental health support call support **030 0304 5076**
- **Website details:** <https://www.locala.org.uk/your-healthcare/health-visiting>

### Calderdale Young Carers Service

Continue to offer statutory young carers assessments however these are currently being carried out over the phone. They are continuing to offer 1:1 support to young carers, this is taking place by phone/text/video chat. Calderdale Young Carers Service weekly activity programme has switched to a virtual platform,

- **Referral pathway:** via Early Intervention Panel (for professionals) if a family isn't working with a professional they may refer themselves direct.
- **Age range:** 8-18years
- **Opening times:** Mon-Fri, 9-5pm
- **Contact details:** 01422 261208 or [calderdaleyoungcarers@calderdale.gov.uk](mailto:calderdaleyoungcarers@calderdale.gov.uk)
- **Website details:** <https://www.calderdale.gov.uk/v2/residents/health-and-social-care/young-people/young-carers/young-carers-service>

### Calderdale Youth Works

Targeted Youth Workers continue to work with their young people on their case load. Virtual Drop-in sessions are taking place daily via Zoom and Which Way Up (self-harm group) continue to meet electronically. A newsletter has been developed and will run on a 4/5 week schedule – extended to all services.

- **Referral Pathway made by professionals only:**  
**Daily drop in** (13-21 years): [Denise.Chafer@calderdale.gov.uk](mailto:Denise.Chafer@calderdale.gov.uk) or [Gary.Fielden@calderdale.gov.uk](mailto:Gary.Fielden@calderdale.gov.uk)  
**Targeted Crisis Support** (13-25 years): check Youth Works Facebook Page or Twitter account to see who the duty work is for that day.  
**Which Way Up** (13-16 years): [Ruth.Ware@calderdale.gov.uk](mailto:Ruth.Ware@calderdale.gov.uk) or [Denise.Chafer@calderdale.gov.uk](mailto:Denise.Chafer@calderdale.gov.uk) for Halifax group and [Karen.salt@calderdale.gov.uk](mailto:Karen.salt@calderdale.gov.uk) for the North & East group.  
**Distract-A-Pack** (Self Harm Support packs): [Chantelle.Hadley@calderdale.gov.uk](mailto:Chantelle.Hadley@calderdale.gov.uk)

### Healthy Futures Calderdale

The Healthy Futures Calderdale Public Health Nursing Team continues to provide physical health and emotional wellbeing advice, support, signposting and referral for school-aged children and young people and their families via phone, video conferencing and text messaging: **0303 330 9974** **ChatHealth** is a confidential and secure text messaging service for school-aged children and families, providing an additional means of accessing physical health and emotional wellbeing support during this difficult time.

- **Age range:** school aged children and young people
- **Opening time:** Mon-Fri, 9am-5pm
- **Contact details:** 07480 635297 (young people), or 07507 332157 (parents/carers).

For specialist advice, support and training around drugs and alcohol, contact **Branching Out** direct on: 01422 415550 (option 2).

For specialist advice, support and training around sexual health, contact the **Integrated Sexual Health Service** on: 01422 261370

### Healthy Minds, Time Out Listening Line

Time Out Listening Line will give young people the opportunity to get some simple advice and guidance about how to keep busy and reduce their anxiety about the current situation. The Listening Line is **not** counselling, **nor** is it for young people who are in crisis and who need a more in-depth assessment and intervention.

- **Referral pathway:** Self-referral
- **Age range:** 10-19 years
- **Opening times:** Wed 1pm-4pm
- **Contact details:** 01422 345154
- **Website details:** [www.timeoutcalderdale.co.uk](http://www.timeoutcalderdale.co.uk)

### Kooth.com

Kooth is an online Mental Wellbeing Community for young people. It is available through smart phone, tablet or computer and features activities, self-help articles, discussion boards and a team of accredited counsellors and emotional wellbeing practitioners who provide guided and outcome-focused support for each individual.

- **Referral pathway:** Self-referral
- **Age range:** 10-25years
- **Opening times:** Mon-Fri 12pm-10pm. Sat-Sun 6pm–10pm
- **Contact details:** [calderdale@xenzone.com](mailto:calderdale@xenzone.com)
- **Website details:** [www.kooth.com](http://www.kooth.com)

### Noah's Ark Centre – Support line for parents/carers

Noah's Ark Centre run a call back service for parents/carers and school staff, providing confidential support, advice and signposting. Check out upcoming videos on Therapeutic Play Activities for nursery and primary aged children soon to be available on the websites CYP page and the ongoing CPD video discussions for professionals on the website Training page.

- **Referral pathway:** For a call back about primary school-age children, email: [pri.sch.cal.support@noahsarkcentre.org.uk](mailto:pri.sch.cal.support@noahsarkcentre.org.uk). For a call back about secondary school-age children, email: [sec.sch.cal.support@noahsarkcentre.org.uk](mailto:sec.sch.cal.support@noahsarkcentre.org.uk).
- **Opening times:** Mon-Fri, 10am-4pm
- **Website details:** [www.noahsarkcentre.co.uk](http://www.noahsarkcentre.co.uk)

### 24 hour Mental Health Helpline

Support, advice, information and guidance. A confidential helpline for anyone seeking support.

- **Age range:** 16+
- **Opening time:** 24 hour helpline
- **Contact details:** 0800 183 0558