



Children and Young People – Mental Health Support

Non urgent help	Urgent help		<p>GM Crisis Care Pathway – Rapid Response teams providing crisis support to CYP under 18th birthday, across all GM boroughs, accessible via CAMHS professionals (0161 518 5400)/ All Age Liaison teams only.</p> <p>CAMHS Duty will operate an ‘at Risk’ Register of young people that they will keep in touch with. All new referrals will continue to be accepted, screened and an offer made. Salford CAMHS: 0161 518 5400</p> <p>Childline counsellors are there for young people 24 hours a day, every day of the year Helpline: 0800 1111 www.childline.org.uk</p>
	Has the young person already been referred / accessing a service?		
	Yes – please check if they have been using any of the following:		No – the following services can offer support:
	<p>CAMHS: provides support for children and young people aged 0 – 18 years (including those with disabilities), where there are concerns related to their mental / emotional health / wellbeing.</p> <p>All CYP who are currently supported by CAMHS will continue to receive this support. Salford CAMHS: 0161 518 5400 Emerge (for 16-17yrs): 0161 226 7457</p> <p>CAMHS Schools link - Jane Davies (Salford CAMHS, School Lead) on 0161 518 5400</p>		<p>CAMHS: provides support for children and young people aged 0 – 18 years (including those with disabilities), where there are concerns related to their mental / emotional health / wellbeing.</p> <p>Salford CAMHS: 0161 518 5400 Emerge (for 16-17yrs): 0161 226 7457</p> <p>CAMHS Schools link - Jane Davies (Salford CAMHS, School Lead) on 0161 518 5400</p>
	<p>42nd Street: If young people are already receiving one- to- one support they will be contacted to discuss options. Contact: 0161 228 7321</p>		<p>42nd Street Online Support: provides support for young people aged 11-25 experiencing difficulties with their mental health and wellbeing. New referrals can only access the online support: www.42ndstreet.org.uk</p>
	<p>Young Carers: all current service users will be contacted by the worker Tel: 0161 834 6069 (option 2 for Carers, followed by option 3 for Salford) 9.00am – 4.30pm Email: salford.carers@gaddum.org.uk</p>		<p>Young Carers: service for young carers (under the age of 18) and young adult carers (18 – 25) New referrals / re-referrals accepted Tel: 0161 834 6069 (option 2 for Carers, followed by option 3 for Salford) 9.00am – 4.30pm Email: salford.carers@gaddum.org.uk</p>

Does the child or young person have a specific issue they need support with? Please see list below for support and helplines

If the issue isn't listed below then try the Children's Emotional Health Wellbeing Directory for a wider list of issues / concerns:

www.partnersinsalford.org/directory

Anxiety	Depression	Mental Health	Substance Misuse
No Panic: advice and information for people suffering from panic attacks and related anxiety disorders.	Samaritans: for anyone struggling to cope and provide a safe place to talk. Helpline: 116 123 (24 hours)	Young Minds: supports the emotional wellbeing and mental health of children and young people,	FRANK: advice to anybody concerned about drugs/substance misuse. Helpline: 0300 123 6600 (24 hours)

<p>Youth Helpline: 0330 606 1174 (10am – 10pm) www.nopanic.org.uk</p> <p>Anxiety UK: information, advice and resources. Helpline: 03444 775 774 (9.30am-10pm) Text service: 07537 416 905 Coronavirus webpage: www.anxietyuk.org.uk/coronanxiety</p>	<p>www.samaritans.org</p> <p>Students Against Depression: advice, information and guidance to those affected by low mood, depression and suicidal thinking. www.studentsagainstdepression.org</p>	<p>online resources and information. www.youngminds.org.uk</p> <p>Rethink Mental Illness: help and information for anyone affected by mental illness www.rethink.org</p> <p>Young SANE: a virtual community that focuses on mental health for people aged under 25. www.sane.org.uk</p>	<p>www.talktofrank.com</p> <p>Young Addaction: advice on drugs and alcohol for young people aged 10 to 17 www.addaction.org.uk</p> <p>NACOA: Helpline: 0800 358 3456 www.nacoa.org.uk</p>
Bereavement	Wellbeing	OCD	Suicide
<p>Chameleon Project: Salford bereavement counselling service working with children up to 18 years. Contact: 0161 834 6069 / info@gaddum.co.uk</p> <p>Hope Again: Youth website of Cruse Helpline: 0808 808 1677 (9.30am-5.30pm) www.hopeagain.org.uk</p> <p>Cruse Bereavement Care: support with bereavement Helpline 0808 808 1677 (9.30am-5pm) www.cruse.org.uk</p> <p>Winston's Wish: support for bereaved children, their families and professionals. Helpline: 08088 020 021 (9am-5pm) www.winstonswish.org</p>	<p>Shout: 24/7 text service, free on all major mobile networks, for anyone in crisis, if you're struggling to cope and you need immediate help. Text: Shout 85258</p> <p>The Mix: online emotional health and wellbeing support for under 25s, includes online Q&As, expert advice, online resources and directories. Helpline: 0808 808 4994</p> <p>Crisis Messenger: text THEMIX to 85258 www.themix.org.uk</p>	<p>OCD UK: advice, information and support services for those affected by OCD www.ocduk.org</p> <p>OCD Action: online support and information to anybody affected by OCD. Helpline: 0845 390 6232 www.ocdaction.org.uk</p>	<p>Papyrus: information and advice for young people who may be at risk for harming themselves. HOPELINEUK: 0800 068 41 41 Text: 07860 039967 Email: pat@papyrus-uk.org www.papyrus-uk.org</p> <p>Samaritans: for anyone struggling to cope and provide a safe place to talk. Helpline 116 123 - available 24 hours a day Email: jo@samaritans.org www.samaritans.org</p>
Information for Professionals		Information for Parents / Carers	
<p>Salford EHWPB Services updates: up to date information on EHWPB service in Salford</p> <p>Emotional Health Directory for Children & Young People</p> <p>EHWPB resources to support children and young people: list of useful websites and information</p> <p>Schools / Early Years: Critical Incident Team (Educational Psychologist Service): supports schools, early years and colleges to offer support in the event of a Critical Incident. Contact: EPS@Salford.gov.uk</p>		<p>Emotional Health Directory for Children & Young People</p> <p>Young Minds for Parents: for parents worried about a child or young person's behaviour or mental health www.youngminds.org.uk/find-help/for-parents/</p> <p>MindEd for Families: support & information for parents / carers if concerned about a young person's mental health or well-being. www.mindedforfamilies.org.uk/young-people/</p>	