



Mental health and wellbeing resources and services for children and young people in Bradford district and Craven

An update during the coronavirus outbreak



Resources

- **Anna Freud Centre**

The Anna Freud Centre have produced [guidance](#) about how to maintain children's wellbeing at a time of uncertainty. They have also developed three videos, one for [school staff](#), one for [parents](#) and one for [children and young people](#) which we hope will be useful.

- **Bradford Council**

Bradford Council have created a [Young People's Self Help Pack](#) to help young people through Covid-19 when there is less face to face contact.

Bradford Youth Service are creating work packs which aid wellbeing and are dropping these off at homes across the district for young people to complete. [The first work pack is about bereavement. School Based Childcare Provision](#) includes education advice on school provisions during COVID-19.

- **Bradford Educational Psychology Team**

[Advice for staff, parents and families about how to work through the current situation especially in terms of mental health.](#) They have also included a useful list of resources to talk about COVID-19 with different groups.

- **British Psychological Society**

[Guidance](#) on talking to children about coronavirus.

- **CAMHS**

[Supporting CYP during social distancing](#) is a CAMHS resources to support CYP, parents and carers. You need Chrome, Firefox, Edge or Opera to open.

- **Creative Education Free E-Learning**

Go to www.creativeeducation.co.uk for two FREE online courses created by Dr. Pooky Knightsmith; Use of Simple Self Soothe Strategies and Staying Mentally Well in Covid-19. Both at <https://elearning.creativeeducation.co.uk/available-courses/#free>

- **Gingerbread – support for single parents**

[Coronavirus Advice for Single Parents](#)

- **Lucy's in Lockdown**

A story designed to help children realise they're not alone in the current conditions with Covid-19, to help them understand it is temporary and to help them express how they're feeling. Watch a [video](#) of a CBeebies-style reading of the e-book.

- **Mind Heart**

Mind Heart produced [Covibook, an interactive resource to support and reassure children aged 7 and under](#). It is designed to help children explain and draw the emotions they might be experiencing during the crisis. Available in a range of other languages [here](#).

- **National Autistic Society**

[Guidance and helpline for parents, young people and staff.](#)

- **NSPCC**

[How to talk to children about Covid 19](#)

- **Single Parents on Holiday**

[Covid-19: Practical Tips for Single Parents during Lockdown](#)

- **Public Health Bradford**

Bradford's Public Health department produced [Early Years Guidance for Families](#) - a series of guides for families of 0 - 5 year olds and/or those supporting them, designed to help with a range of issues families are facing during the COVID crisis. They are designed to help families remain healthy and safe whilst socially distancing themselves. Useful for staff supporting parents who have very young children.

- **Public Health England – school staff**

Easy-read [Advice on the Coronavirus](#) for places of education.

- **Young Minds – support for parents**

[Talking to your child about Coronavirus and 10 tips from their Parents Helpline.](#)

- **World Health Organisation**

The World Health Organisation produced [advice on helping children cope with stress during the pandemic](#). They also produced [guidance on mental health considerations](#) with a section on children.



Services

Barnardo's - Youth in Mind

WRAP groups for 10 to 18 year olds across Bradford District and Craven are continuing via small virtual groups being delivered via the MYMUP digital platform. Resources required for each session are being posted out to young people's homes (wellness boxes, arts and crafts materials, wellness tools, mindful activities). For young people who do not want to participate in virtual group sessions, one to one may be offered. Groups running on weekdays at various times to accommodate the needs of young people.

[Find the referral form here on Youth In Mind website](#)

Bradford Youth Service - Youth in Mind

Youth in Mind one to one support is being provided virtually; phone calls, video calls and messages. Youth in Mind groups continue to run across the district via a range of digital platforms. New referrals are still being accepted and allocated.

Safer Spaces for young people in mental health crisis are now operating in the 5 constituency areas across Bradford District and are continuing to offer face to face support when absolutely necessary. Referral through First Response CAMHS' Crisis Team, the Neighbourhood Policing Team, Children's Social Care and the Domestic Violence Team.

[Find the referral form here on Youth In Mind website.](#)

Contact number is 01274 437 959.

Bradford Youth Service – Broader Youth Offer

Street-based, face to face info and advice giving via the Detached Youth Work Team; across all 30 wards between 1pm and 8pm. Promoting public health, preventing the spread of Covid-19 and addressing issues such as homelessness, substance misuse and isolation.

Youth workers are calling in on vulnerable families and targeted young people (looked after young people and individuals identified as being at risk of violence, substance misuse, sexual exploitation) and offering “over the garden gate” support; offering parents a ‘vent’ and offering young people the opportunity to join small virtual support groups.

Workers dropping off materials & ingredients at young people’s homes so they can interact with the virtual group sessions. Also running 4 weekly district wide virtual groups for LGBTQ+ young people, including groups for Trans young people, LGBTQ+ young people of colour, under 16s and 16s and overs.

Youth workers are offering 1:1 support initially, with a view to referring young people into groups once a relationship has been established and suitability to join the virtual group is agreed.

Contact by calling 01274 437959 or email youth.service@bradford.gov.uk

Child and Adolescent Mental Health Services (CAMHS)

CAMHS is continuing to provide virtual support to children, young people and their families across all of their teams. Support listed is primarily being offered via phone, email and Microsoft Teams video calling, however, some teams are offering limited face to face, where appropriate.

Referrals are still being accepted from any health or care professionals 9:00am to 5:00pm and there is a duty system in place for families and professionals: (Bradford) 01274 723241 or (Keighley) 01535 661531.

- Assessment of new referrals over the phone
- Ongoing assessments of risk
- 1-1 support, including therapeutic interventions
- Support, consultations and multi-agency meetings with education, health, social care and youth offending professionals
- Core Team
- Crisis Team
- Specialist Looked After Child Team
- Eating Disorder Team
- Early Intervention in Psychosis Team
- Primary Mental Health Workers' Team
- Psychological Therapy Team
- Specialist Early Attachment and Development Team 0-7
- Be Positive Pathways
- Neurodevelopment Team

Compass - REACH

Offering evidence-based psychosocial interventions to young people aged 9 – 19 (and up to 25 for those with special educational needs or disabilities) who live in North Yorkshire via phone or video call. Working with young people who have been screened as having moderate or high need around substance/alcohol misuse. Also working with young people around emotional wellbeing and mental health issues. Delivering Monday – Thursday 9.00am – 5.00pm and Fridays 9.00am – 4.30pm

To refer email compass.reach@compassuk.cjsm.net (you will need a CJSM account for this) or compass.reach@nhs.net or call 01609 777662 or free phone 0800 008 7452.

Children and Young People's Safer Space

Offering pre-bookable phone support sessions for young people and parents in crisis or distress. Phone sessions can be offered as a one-off or booked in regularly (daily, weekly etc.) as needed.

If you are in crisis, call First Response on 01274 221181 and asked to be referred to the Safer Space. If you are not in crisis, email Karen.larter@creativesupport.co.uk or [find the referral form here on Youth In Mind website](#).

Extended Access

Mind in Bradford's Recovery Workers offer 1:1 support sessions over the phone for young people aged 11 and over experiencing difficulties with their mental and emotional wellbeing. Young people can access up to 3 sessions of telephone support with a Mental Health Recovery Worker through which they can learn self-care strategies and techniques, create an action plan to help them take ownership of their mental health and find out about how other support they can access. Sessions are available weekday evenings.

Contact your GP surgery and ask to book an Extended Access appointment with a Mind in Bradford Mental Health Recovery Worker.

Guide-Line

Mind in Bradford's confidential telephone helpline for people of all ages who live in Bradford, Airedale, Wharfedale or Craven. Anyone feeling in need of support can get mental health support and information, including information about other local services. You can also call on someone else's behalf or if you are worried about someone else. Requests can be made to speak to someone in a language other than English. Workers from Sharing Voices are currently supporting Guide-Line to expand this service. Guide-Line has expanded its opening hours and is available from 12pm-12am, 7 days a week, 365 days a year (including bank holidays).

There is no referral required. To speak to a Guide-Line worker, call 01274 594594 or chat live online via www.saferspaces.app/guideline (currently operating 12 midday to 8pm).

HALE

Young People's Social Prescribing Service still being offered to 9 to 19 years olds registered with a GP/accessing other services in the inner city Bradford area who are experiencing loneliness, isolation, low confidence and self-esteem and/or displaying risk taking behaviours. The service is offering one to one and group support and activities virtually during this time.

For more information, call 01274 271 088 or email info@haleproject.org.uk

Inspired Neighbourhoods

Offering young people aged 7-17 digital mental health support online and over the phone. Support includes phone call wellbeing check-ins, information-giving, young person and family mentoring sessions, up to 8 one to one sessions with young people, systemic family counselling and one to one coaching for young people.

To refer please visit <https://inspiredneighbourhoods.co.uk/mental-health-services/> or call 01274 665598.

Kooth

A web based confidential support service offering young people aged 11 to 18 the opportunity to have a text-based conversation with a qualified counsellor. In addition to online counselling, Kooth offers support through articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated. Counsellors are available from 12.00noon to 10.00pm Monday-Friday and 6.00pm to 10.00pm on weekends. Outside counselling hours young people can message our team and get support by the next day.

There is no referral process. Access directly via www.kooth.com

Little Minds Matter – Bradford Infant Mental Health Service

Service continues to operate Monday – Friday 09:00 – 17:00 but can be flexible if families can only access the service out of hours. Full range of therapeutic services for families from conception to age two being offered via Microsoft Teams video conferencing. Continue to support parents and babies where there is a difficulty in the early attachment relationship who live in the Better Start Bradford areas.

Referrals can be made for families by any health or care professional by calling 01274 251 298. Better Start Bradford Postcode Checker can be used at www.betterstartbradford.org.uk/about-us/our-part-of-bradford/

MESMAC

Offering LGBTQ+ youth group for 14 to 25 year olds via video call every Wednesday and a self-esteem and awareness course for 16-20 years olds LGBTQ+ questioning masculine defining males. The latter will run at times and dates to suit individuals and can be run for the general public or for specific groups of people. Also offering LGBTQ+ awareness sessions to professionals so they can better support mental health and break down barriers to accessing services.

Self-referral or professionals wanting to refer can email V.Smith@mesmac.co.uk

North Yorkshire Youth – Youth in Mind

Offering one to one Buddy support over the phone and through the MYMUP digital platform for young people with mild to moderate mental and emotional wellbeing problems. New referrals are still being accepted for 11 to 19 years olds in Craven.

Call 07387 101639 or email laura@nyy.org.uk. Visit youth-in-mind.org for more information.

Project 6 - Rise

A resilience building project for young people in the Wharfedale, Airedale and Craven and part of GR8 Minds. Continuing to offer friendly, confidential and individual support via zoom and phone calls.

Referrals accepted from any GP surgery or school in the area.

Relate Bradford

Offering therapeutic short to midterm counselling for young people aged 8+ and families with mild -moderate mental health issues, relational problems such as conflict and communication problems, changes in a family system, confidence, self-esteem or self-identity problems. Counselling is being offered via phone and video call, Monday to Thursday 9.00am – 9.00pm, Friday: 9.00am – 3.00pm.

Refer via www.relatebradford.org, email Information@relatebradford.com or phone 01274 726096.

Relate Pennine, Keighley and Craven - Time to Talk

Offering counselling to young people aged 13 to 24 in Keighley via phone or video call sessions. Sessions are available Mondays and Thursdays 9.00am to 7.00pm.

Waiting list for Time to Talk is approximately 4 months. There is no waiting list for privately purchased sessions (£50 per session).

Self-referrals accepted, as well as referrals from family and health professionals.

Call 01535 605047 or email keighleyoffice@relatepkc.org.uk

SELFA

Offering weekly telephone check-ins and online counselling for children and young people aged 4 to 19 and parents living or attending school in Craven. Also setting up weekly online after-school groups online. Operating weekdays 9.00am-5.00pm.

Accepting referrals via <https://www.selfa.org.uk/wp-content/uploads/2019/09/SELFA-Referral-Form-2019.pdf>. Contact admin@selfa.org.uk or phone 01756 706384.

Shaping Spaces

Offering support to young adults aged 16-25 to stay connected and supported; still meeting every Wednesday and Thursday 10.30am-12.30pm via WhatsApp to discuss topical issues, such as loneliness and isolation, and do fun activities together such as quizzes and scavenger hunts. Also offering one-to-one support over the phone to new referrals.

Make a referral by calling 07387 015320 on Wednesdays and Thursdays or email rachel.deadman@bradfordymca.org.uk

Solace UK

Solace provides therapy for children and families who are part of the resettlement programme. As we can't meet face to face at the moment we are keeping in touch via phone on a weekly basis using interpreters when necessary.

Referral is via https://www.solace-civi.org.uk/child_family_support_referral

Step 2 Young People's Health

Offering counselling via phone or video call for school staff, children and young people across a range of services, available Monday – Friday.

16 to 24 year olds can access “Extended Access” counselling sessions by calling their GP. School staff can be referred for support through each individual school. Self-referrals and referral from organisations can be accepted for 11 to 19 year olds.



This information was updated on 06.05.2020.

To see live updates to service provision and self-help information and resources, visit www.healthyminds.services