

SEMH resources for children, young people, parents/carers and professionals

Quick Reference

For children and young people:

Name of service	Who for?	What do they do?	Contact information
The Go-To	Young people	When you need some top tips to help with mood, need advice for coping with common issues or getting support.	Young people: https://thegoto.org.uk/im-a-young-person/
BUZZ US	11-18 years	Confidential text messaging service for advice, support and signposting when experiencing problems such as low mood, stress, anxiety, self-esteem and bullying.	Open Monday to Thursday 9-5 and Friday 9-4.30 excluding bank holidays Text the service on: 07520611168 Look at their website on: https://www.compass-uk.org/buzz-us/
Childline	Up to 19 years	The childline website has areas for children and young people to access at any time. These include an info and advice section, a get support page and a toolbox. There is a page with this information suitable for under 12s. They can be called confidentially 24/7 and there are means of contact suitable for those who are heard of hearing or deaf.	Childline number: 08001111 Website page for info and advice: https://www.childline.org.uk/info-advice/ Childline with SignVideo: BSL interpreters available Monday-Friday 8-8 and Saturdays 8-1 d/Deaf Zone on childline: https://www.childline.org.uk/info-advice/bullying-abuse-safety/deaf-zone/
The sleep charity	Young people	A whole section of the website is dedicated to teens to help with problems sleeping. They also provide information around the national sleep helpline.	The teen sleep hub: https://teensleephub.org.uk/teens-young-people/ National sleep helpline open Monday, Tuesday and Thursday 7pm-9pm and Monday and Wednesday 9am-11am: 03303530541
Young minds	Young people	Guides and advice are available on the website on a variety of subjects. There are also sections on where to get further support and frequently asked questions.	Young people's section of young minds: https://www.youngminds.org.uk/young-person/
Recovery college online	Children and young people	A children section includes information about feelings and young people have a section on areas such as exam stress and coping strategies. There are courses available for under 12s and 13+.	For children: https://www.recoverycollegeonline.co.uk/young-people/for-children/ For young people: https://www.recoverycollegeonline.co.uk/young-people/

			<p>e-learning courses which can be accessed by those aged 13+:</p> <p>https://lms.recoverycollegeonline.co.uk course on being healthy for under 12s: https://lms.recoverycollegeonline.co.uk/course/view.php?id=337 resilience course for under 12s: https://lms.recoverycollegeonline.co.uk/course/view.php?id=363 mental health and wellbeing for 13-18s: https://lms.recoverycollegeonline.co.uk/course/view.php?id=342 exploring psychological resilience for 13-18s: https://lms.recoverycollegeonline.co.uk/enrol/index.php?id=362 thinking about thinking for 13-18s: https://lms.recoverycollegeonline.co.uk/enrol/index.php?id=388 my chime – what’s good for wellbeing: https://lms.recoverycollegeonline.co.uk/course/view.php?id=334</p>
Wellbeing in mind	Children and young people	A school-based service to support children with mental health and wellbeing. Children and young people must be referred by a member of staff.	To get in contact you can email: tevv.wellbeinginmind@nhs.net Service is open Monday to Friday 9am-4pm. Further information: https://www.tevv.nhs.uk/services/wellbeing-mind-school-support-young-yorkshire/
CAMHS crisis	Up to 18 years	If a child or young person is in a mental health emergency, they can contact the CAMHS crisis and liaison team 24 hrs a day.	Contact number for CAMHS crisis: 08000516171
Samaritans	Any age	Samaritans is a charity which is contactable by phone. They are a listening service and confidential. Contacting the Samaritans via email, in person or by letter.	Phone number: 116 123 Email: jo@samaritans.org York: face to face service available between 9am and 7pm on all days except Thursdays and Sundays. Address:89 Nunnery Lane, York, YO23 1AH. Postal Address: freepost Samaritans Letters
SHOUT	Any age	Shout is a free, confidential, 24/7 text service for anyone struggling with their mental health.	To access text SHOUT to 85258.
Compass Phoenix	Children and young people	Compass Phoenix aims to improve outcomes in relation to emotional wellbeing and mental health by strengthening the range of mental health support available for young children and young people.	Children and young people can phone 01904 661916 or 0800 008 7452 There is also a link to a request for support form which is available to download and send if you are a young person requesting help

aged 9-19 but up to 25 for those with SEND	Compass phoenix offer support and intervention for children and young people experiencing mild to moderate mental health difficulties, a team to help young people make sustainable lifestyle changes	available from this website: https://www.compass-uk.org/services/compass-phoenix/
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Adults/Parents/Carers

Name of service	Who for?	What do they do?	Contact information
The Go-To	Parents/carers	Resources to support parents with children from birth. Resources available on various areas including autism and mental health and special educational needs and disabilities.	Parents/carers: https://thegoto.org.uk/im-a-parent-or-carer/
The sleep charity	Parents/carers	A whole section of the website is dedicated to support children and young people with their sleep. Includes an eBook and information sheets for parents.	Access the eBook about sleep here: https://thesleepcharity.org.uk/information-support/children/childrens-sleep-ebook/ Sleep charity section on supporting children's sleep: https://thesleepcharity.org.uk/information-support/children/ To find out about commissioned sleep support services for children please email info@thesleepcharity.org.uk National sleep helpline open Monday, Tuesday and Thursday 7pm-9pm and Monday and Wednesday 9am-11am: 03303530541 For parents of teens: https://teensleephub.org.uk/parents-carers/
Young minds	Parents/carers	Information on how they can help their child or young person and information on a parents/carer helpline is available.	Webpage for parents: https://www.youngminds.org.uk/parent/ Parent helpline number: 08088025544 Helpline open Monday – Friday 9.30am-4.00pm

			Parents contact page: https://www.youngminds.org.uk/parent/parents-helpline/
Recovery college online	Parents/carers	A parent section provides information around being a carer, how to support during communication aid trial and awareness training on communication and dysphagia. There are other courses available which may be helpful to parents.	<p>Parent and carer page: https://www.recoverycollegeonline.co.uk/help/parents-carers/</p> <p>Communication awareness session: https://www.recoverycollegeonline.co.uk/help/parents-carers/communication-awareness-session/</p> <p>Dysphagia awareness: https://www.recoverycollegeonline.co.uk/help/parents-carers/dysphagia-awareness/</p> <p>ADAPT: After diagnosis of autism parent support training: https://lms.recoverycollegeonline.co.uk/course/index.php?categoryid=9</p> <p>Understanding mental health and wellbeing for parents and carers: https://lms.recoverycollegeonline.co.uk/enrol/index.php?id=336</p>
CAMHS crisis	Parents/carers of children and young people up to the age of 18 years	If you are the parents/carer of a child or young person is in a mental health emergency, you can contact the CAMHS crisis and liaison team 24 hrs a day.	Contact number for CAMHS crisis: 08000516171
Compass phoenix	Parents/carers of children and young people	<p>Compass Phoenix aims to improve outcomes in relation to emotional wellbeing and mental health by strengthening the range of mental health support available for young children and young people.</p> <p>Compass phoenix offer support and intervention for children and young people experiencing mild to moderate mental health difficulties, a team to help young people make sustainable lifestyle changes</p>	<p>To get help for children and young people you can phone 01904 661916 or 0800 008 7452</p> <p>There is also a link to a request for support form which is available to download and send if you are a young person or parents/carer requesting help available from this website: https://www.compass-uk.org/services/compass-phoenix/</p>

Professionals

Name of service	Who for?	What do they do?	Contact information
The Go-To	Professionals	Various sections for professionals including resources and how to help as a professional.	Professionals: https://thegoto.org.uk/im-a-professional/
The sleep charity	Secondary schools	Provides a library of resources and information on relevant training for professionals working in secondary schools.	Information and resources for secondary schools: https://teensleephub.org.uk/schools/ National sleep helpline open Monday, Tuesday and Thursday 7pm-9pm and Monday and Wednesday 9am-11am: 03303530541 Training information: https://thesleepcharity.org.uk/information-support/professionals/training-packages/ Sleep champion workshop specific for professionals in secondary schools: https://sleepwellacademy.org.uk/course/sleep-champion-workshop/
Young minds	Professionals working with young people	Information on how they can help young people and information on training is available.	Information for professionals: https://www.youngminds.org.uk/professional/ Training for professionals working with young people: https://www.youngminds.org.uk/professional/mental-health-training/ Resources and advice for professionals working with young people: https://www.youngminds.org.uk/professional/resources/
Recovery college online	Professionals and teachers	Courses are available to help teachers and other professionals support the mental health and wellbeing of children and young people.	Supporting children and young peoples' wellbeing for teachers: https://lms.recoverycollegeonline.co.uk/enrol/index.php?id=335 Supporting the mental health of children and young people for other professionals: https://lms.recoverycollegeonline.co.uk/enrol/index.php?id=343
CAMHS	Professionals	CAMHS can be consulted, and referral is usually through the GP. CAMHS can be contacted for advice and referral information.	CAMHS phone number: 0300 013 4778 CAMHS can be contacted Monday to Friday 9am-5pm
Compass phoenix	Professionals and school staff	Professionals and school staff can make a referral to this service. There is also a professional consultation service which can be accessed and training available.	Referrals can be made by downloading a referral form here: https://www.compass-uk.org/services/compass-phoenix/ Professional consultation services can be accessed by phoning 01904 661916

			Training packages can be accessed here: https://www.compass-uk.org/compass-phoenix-training-webinars/
Wellbeing in Mind	For children and young people	A teacher or member of the school pastoral team must contact this service. Can be contacted after child has discussed their mental health and wellbeing concerns.	Email address: tewv.wellbeinginmind@nhs.net More information: https://www.tewv.nhs.uk/services/wellbeing-mind-school-support-young-yorkshire/