

# Healthy Minds Young People's Mental Wellbeing Services



**Bradford District and Craven**  
**'Supporting mental wellbeing across the District'**  
**2019**

# Coping

## Bradford Youth Service

Provides a variety of youth clubs, peer and targeted support groups across Bradford localities and within schools, for 11-19yr olds (up to 25yrs with disabilities). To find out more information or make a referral, please call [01274 431155](tel:01274 431155)

## Barnardo's WRAP Groups

Young people attend a 10-week peer support group programme called Wellness Recovery Action Plan. It is a plan that young people make for themselves, to help them feel better and more in control, understand their feelings and stay well. To find out more information or make a referral, please call [01274 513300](tel:01274 513300) or email [WRAPBradford@barnardos.org.uk](mailto:WRAPBradford@barnardos.org.uk)

## Orcha

Your health app library. Better apps, Better Health. Helping professionals, patients and public to find the most reliable health apps for them that can promote their mental health and wellbeing. To find out more please visit [bradfordandcraven.orchaco.uk](http://bradfordandcraven.orchaco.uk)

## MYMUP Digital

Provides early help digital health tools across the District such as;

- a 24/7 online early help tool available for young people referred to Youth in Mind and wider CCG funded support services.
- Live wellbeing webinars for young people delivered in partnership with school nurses and wider partners from small group to assembly size audiences.

Use of the digital tool teaches young people how to self-care. To find out more email [info@mymup.org](mailto:info@mymup.org) or visit [www.mymupdigital.co.uk](http://www.mymupdigital.co.uk)

“ I spoke to an MHC/ CAMHS worker in our network meetings during supervision time and this gave me an opportunity to hear from other professionals' ideas /strategies to work with a family in particular. It is great to meet up with other like-minded people who are trying to help change/enhance the lives of our young people.

**Teacher (Mental Health Champions in Schools)** ”

# Getting Help

## GP's

Your GP is there to help you with any problems that relate to your mental or physical health. GP's can help you to access community support, talking therapies and specialist help if appropriate

## School Nurses

This is a confidential service to support and advise young people around any physical or emotional health difficulties they may have. To find out more or make a referral, please contact Bradford SPA (Single Point of Access) on [01274 221203](tel:01274 221203) or North Yorkshire SPA on [01609 780780](tel:01609 780780)

## Mental Health Champions (MHC's)

The MHC's are trained school staff who are equipped to work with pupils on a 1:1 and group basis and also deliver classes and assemblies to raise the profile of mental health and wellbeing in their school. To find out more information please contact [faye.keenan@mentalhealthmattersinschools.org.uk](mailto:faye.keenan@mentalhealthmattersinschools.org.uk) or visit [www.mentalhealthmattersinschools.org.uk/schools-involved](http://www.mentalhealthmattersinschools.org.uk/schools-involved)

## Bevan House

Bevan House offers 1:1 therapy for refugee and asylum-seeking children and young people aged 0-18 years, as well as a range of wellbeing-related services including a targeted programme for unaccompanied child asylum seekers. To find out more or make a referral, please contact Bevan House Wellbeing Centre on [01274 905323](tel:01274 905323) or visit [bevanhealthcare.co.uk/wellbeing/](http://bevanhealthcare.co.uk/wellbeing/)

## Refugee Action

Refugee Action provide a variety of services to asylum seekers and refugees including: immigration advice, support for newly arrived children and families and employability support for recent refugees. To find out more information contact [01274 924982](tel:01274 924982), drop-in on Mondays between 9:30am and 11:30am or visit [www.refugee-action.org.uk](http://www.refugee-action.org.uk)

## Targeted Early Help

Is a way of giving families the support they need as soon as problems emerge. There are services in early help that will support families with things such as parenting, education, substance misuse, domestic abuse and getting into work.

If you are a family with the above issues, in the Bradford District please contact the Early Help Gateway on [01274 432121](tel:01274 432121) or for North Yorkshire contact the Early Help Prevention Service on [01609 780780](tel:01609 780780)

# Getting Help

## Youth in Mind

A partnership of services supporting 11-18 year olds who are struggling with their social, emotional or mental wellbeing. The partners, Bradford Youth Service, Barnardo's, Yorkshire Mentoring, MYMUP and Sharing Voices Bradford, offer a range of community and school-based support including 1:1, group work, peer support and a digital self-help application. Please ask your School Nurse or CAMHS worker to be referred to Youth in Mind. For more information about Youth in Mind and the Safer Space please email [info@youthinmind.org](mailto:info@youthinmind.org)

## Roshni Ghar Young

Young women aged 13 to 18 years old (25+ for those with learning difficulties) are offered

- 6 weeks initial 1:1 emotional support and
- a weekly well-being group

Referrals to the group are accepted from a range of professionals working with the young person. The referral link can be found on our website: [www.roshnighar.org.uk/](http://www.roshnighar.org.uk/)

“ An engaging training presented by an engaging trainer. I feel informed and supported and my confidence in mental health issues has increased. ”  
**Professional (Compass Buzz)**

## Sharing Voices Bradford

SVB offer culturally appropriate and confidential emotional wellbeing support, advice and information for BME young people experiencing stress, anxiety and depression. Through our one to one service and group workshops we aim to improve their mental health, resilience and self-esteem. To find out more information contact **01274 731166**, email [info@sharingvoices.org.uk](mailto:info@sharingvoices.org.uk) or visit [www.sharingvoices.org.uk](http://www.sharingvoices.org.uk)

## Compass BUZZ

The Compass BUZZ project work with North Yorkshire schools/colleges in order to increase the skills, confidence and competence of school staff when dealing with emotional and mental health concerns. The aim of the project is to develop a 'whole school approach' with the priority placed on improving the resilience and emotional wellbeing of children and young people. For more information please contact **01609 777662**

## Compass REACH

The Compass REACH service work with children and young people aged 9 - 19 (and up to 25 for those with SEN) who live in North Yorkshire who may benefit from receiving early help and prevention work. We are also the specialist treatment provider for young people who have been screened as having moderate or high levels of need in relation to substance misuse and alcohol. For more information please contact **01609 777662**

# Getting Help

## CAMHS Primary Mental Health Team (PMHW's)

PMHWs work jointly with universal services in attempting to identify and manage emotional difficulties and mental distress at their lowest level. They offer consultation, advice and signposting, and where needed, direct support to children and their families alongside the school nurse, health visitor or in primary care. They also act as a conduit into specialist CAMHS or lower level support services

## Early Intervention Service

Supports people aged 14-65 yrs old who may be experiencing issues with their mental health relating to psychosis such as; Unusual or distressing beliefs, Hearing, seeing, sensing or feeling things that no one else can (e.g. hearing voices), Feeling suspicious or paranoid, Jumbled up or confused thinking. To find out more information or make a referral contact **01274 221021** or visit [www.culturefusion.org.uk/services/early-intervention-in-psychosis.html](http://www.culturefusion.org.uk/services/early-intervention-in-psychosis.html)

“ Having a Mental Health Champion is the best support system to have in the school because you can't really talk to your friends about a lot of things even if they do support you...

**Pupil (Mental Health Champions)** ”

“ I really liked that staff sat down with me last night to de-stress me, they were really comforting and couldn't have been nicer. | **Young person (Safer Space)** ”

“ It helped my son come out of isolation, build up his confidence and positivity. My son was more in control of his emotions and his referral to WRAP was a good thing and reinforced the work of the Buddy | **Parent (Youth in Mind)** ”

# Getting More Help

## Counselling

Professional voluntary sector organisations offering confidential community and school-based counselling services for children, young people and families on a range of issues. To find out more information or make a referral please contact:

### Bradford Counselling Services (16yrs and over)

Call: 01274 733080

Email: [ron@bradfordcounsellingservices.org.uk](mailto:ron@bradfordcounsellingservices.org.uk)

Visit: [www.bradfordcounsellingservices.org.uk](http://www.bradfordcounsellingservices.org.uk)

### Relate Bradford Services (children, young people and families)

Call: 01274 726096

Email: [information@relatebradford.com](mailto:information@relatebradford.com)

Visit: [www.relatebradford.org.uk](http://www.relatebradford.org.uk)

### Step 2 (for 5-24yrs across the Bradford District)

Call: 01274 683118

Email: [info@step2.org.uk](mailto:info@step2.org.uk)

Visit: [www.step2.org.uk](http://www.step2.org.uk)

## Family Action Bradford

A Trauma-informed therapeutic service for children aged 5-18yrs and their families, where the child has experienced sexual abuse or is struggling (after 6 months) with a traumatic or unresolved bereavement.

To find out more information or make a referral contact 01274 651 652, email [bradfd@family-action.org.uk](mailto:bradfd@family-action.org.uk) or visit [www.family-action.org.uk](http://www.family-action.org.uk)

## Specialist CAMHS - Ongoing Therapeutic Work

CAMHS professionals offer assessment and treatment for a range of mental health needs. Treatment options include psychotherapy, CBT, individual counselling, family therapy and group work. For more information visit [www.bdct.nhs.uk/services/child-adolescent-mental-health-camhs/](http://www.bdct.nhs.uk/services/child-adolescent-mental-health-camhs/)

# Risk Support

## First Response

Call **01274 221181** for urgent mental health support 24 hours a day, seven days a week for people of all ages

## Young People's Safer Space

A welcoming, homely place to stay overnight where friendly, trained staff will help you to keep yourself safe and make sense of what is going on. For under 18s who are experiencing distress, struggling to cope or feeling unable to keep themselves safe. Open 365 nights a year. Please call First Response on **01274 221181** and ask to be referred to Safer Space or contact [Towerhurst@creativesupport.org.uk](mailto:Towerhurst@creativesupport.org.uk) for more information

## Specialist CAMHS Crisis team

The CAMHS crisis service bridges the gap between Specialist CAMHS and inpatient services by providing support to young people experiencing mental health crisis. This includes young people who:

- are at risk of immediate and significant self-harm
- are being considered for admission to a mental health inpatient unit
- are in acute psychological or emotional distress that is preventing them from going about their daily activities

The Crisis team is developing an intensive home treatment service for young people who need short term more intensive support in the community. Referrals come from CAMHS internally, A&E and Paediatric Wards

## Young Lives Bradford Consortium (YLBC) - Trusted Relationships (TR)

Five, specialist young people organisations deliver a programme of targeted support services to vulnerable young people, aged 10-14yrs who are at risk of sexual; criminal and on-line exploitation.

The TR programme works with the Local Authority child sexual exploitation unit CSE - (Police, Health, Social Care; VCS and Education partnership) to assess, identify and refer young people at risk to appropriate services. TR offer 1:1 sessions with vulnerable young people that are based on a positive, safe-place, planned programme and tailored to meet young people's needs. For more information contact us on **07566851455**, email [info@ylbc.co.uk](mailto:info@ylbc.co.uk) or contact Chris Rollings, Contract Manager at [chris@ylbc.co.uk](mailto:chris@ylbc.co.uk)

This is a Home Office initiative in partnership with Bradford Children's Services

## Bradford Rape Crisis and Sexual Abuse Survivors Service

We provide specialist support to women, and girls over the age of 13yrs who live in the Bradford and Keighley area and have been subjected to sexual violence at any time in their lives. To find out more information or make a referral please call **01274 308 270**

## How to Make a Referral

If you would like to find out more about any of our services or wish to make a referral for mental health problems not involving crisis please contact your School Nurse. Some of our services listed will accept self-referrals, where this is the case please use the contact details that have been provided

For more complex mental health problems including crisis, visit your GP or in an emergency call First Response on 01274 221181 and ask to be referred.

## Useful Websites

### Thrive

[www.thrivebradford.org.uk/](http://www.thrivebradford.org.uk/)

Don't just survive, thrive. This website helps you navigate your teenage years, with information and advice, signposting to services and real stories

### Mental health Matters in Schools

[www.mentalhealthmattersinschools.org.uk/schools-involved](http://www.mentalhealthmattersinschools.org.uk/schools-involved)

We know that learning and progress in school can be massively affected by mental health – and yet we are rubbish at talking about these issues. This project aims to change this!

### Mind directory

[www.directory.mindinbradford.org.uk/](http://www.directory.mindinbradford.org.uk/)

Here you will find a wide range of local and national organisations which provide services to cater for a variety of needs. The 'Factsheets' section provides information sheets covering subjects such as, Anger, Anxiety, Bereavement, Physical Health etc