



MEDICAL NEEDS AND HOSPITAL EDUCATION SERVICE

SIGNPOSTING & SUPPORT FOR MENTAL HEALTH

MNHES is committed to supporting students with medical needs. MNHES provides education and welfare support to students but this must be complimented by additional health and therapeutic interventions. When students are with MNHES or transitioning back to school, additional support is often needed for students. This is a list of support and signposting for students with MNHES and those who cannot access MNHES or transitioning to school.

Bradford / Local Services

Invictus Wellbeing support-

Website- <https://www.invictuswellbeing.com/brewbradford>

Youth in Mind (Bradford District & Craven)

Therapeutic and counselling support for children & young people aged 5–19 (up to 25 with additional needs).

Website: <https://www.invictuswellbeing.com/youth-in-mind>

Buddies (via Bradford Mind)

One-to-one and peer support for young people aged 11–19 / up to 25 with additional needs.

Website: [Buddies | Youth in Mind](#)

Hale Project

[Social Prescribing – HALE](#)

Mental Health Support Teams (MHST) in Bradford

Provide support in schools, early interventions for mild to moderate mental health issues.

Website: <https://www.bdct.nhs.uk/our-services/mental-health-services/mental-health-support-teams-mhst/>

Bradford District CAMHS

For children and young people with severe or long-standing emotional/behavioural needs.

Website: <https://www.bdct.nhs.uk/our-services/mental-health-services/child-and-adolescent-mental-health-service-camhs/>

First Response (Bradford)

24/7 crisis mental health support for all ages in Bradford District, Airedale, etc.

Website: <https://www.bdct.nhs.uk/our-services/mental-health-services/first-response/>

Call Guide-Line

[0800 188 4884](#)

8am – Midnight

[Safe Spaces - Crisis Support | Bradford District and Craven Mind](#)

Brathay

[Brathay – Healthy Minds](#)



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Step 2

Grassroots charity offering support in schools, outreach and community settings for children and young people.

Website: <https://www.step2.org.uk/>

Bradford Council – Urgent Mental Health / Crisis Support

Includes First Response number and local urgent help.

Website: <https://www.bradford.gov.uk/health/getting-help/mental-health/>

National / Wider Helplines & Support

Samaritans

Call 116 123 (free, 24/7) for emotional support, especially in distress or self-harm thoughts.

Website: <https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-you-want-self-harm/>

Shout

Text SHOUT to 85258 (24/7) for support in crisis/self-harm situations.

Website: <https://giveusashout.org/>

Papyrus HOPELINE247

Suicide prevention in young people (those under 35). Call 0800 068 4141.

Website: <https://www.papyrus-uk.org/self-harm/>

Self Injury Support

Confidential, non-judgmental support, information, resources for anyone affected by self-injury.

Website: <https://www.selfinjurysupport.org.uk/>

Harmless

National centre for self-harm and suicide prevention, with resources for individuals, families, professionals.

Website: <https://harmless.org.uk/>

NHS Self-harm help pages

Guidance on where to get help, how GPs can support, treatment options.

Website: <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/>

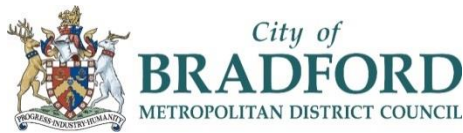
Mind (UK)

Treatment & support for self-harm, support groups, talking therapies.

Website: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/treatment-and-support-for-self-harm/>

Family Action Trauma Service- which is a specialist recovery-focussed therapy for children / young people (aged 4-18) who have experienced a traumatic bereavement, physical abuse or sexual abuse. Their offer of therapy usually includes work with the whole family. Just call 01274 651652 and ask for a member of the Children's Trauma Therapy Service or email

CTTS@family-action.org.uk



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The Brew Project - which offers free emotional wellbeing support to children and young people aged 5-17. Wellbeing practitioners offer non-judgemental, confidential support sessions via telephone, video call or walk and talk sessions within 48 hours of referral. You can self-refer to The Brew Project by calling on 01422 730015 or email support@invictuswellbeing.com

Enough is Enough- Enough is Enough is a Bradford and district programme for families where young people are abusive towards their parent/carer, i.e: hitting, extreme threatening behaviour, criminal damage in the home. We are an accredited programme that delivers skills and support for survivors, victims or those affected by Domestic Abuse, helping them live lives free from abuse and able to recover their independence. The 6 week course for both the parent and the young person run in parallel and focus on strategies for addressing behaviour and promoting positive relationships. Please contact 0800 069 9198 or email info@intuitivethinkingskills.com