

# Children & Young People's Mental Health Support





### 1. Signpost

- SCVYS find activities <https://staffscvys.org.uk/activities/>
- Sports Clubs <https://togetheractive.org/>
- Libraries

Public Library Reading Well offer for children. 2 collections of expert-endorsed books focussing on mental health for children can be found in libraries across Staffordshire.

<https://reading-well.org.uk/books/books-on-prescription/children-for-7-11yrs>

<https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health-for-13-18-yrs>



### 2. It's Good to Talk

- 0-19 service (school nursing and health visitors) <https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing>
- GP
- Youth Worker <https://staffscvys.org.uk/activities/>
- Family and Friends



### 3. Digital

- Action for Children <https://www.staffordshire-ewb.actionforchildren.org.uk/>
- Chat Health <https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=KfMsVyKCooA>
- Health for Teens <https://www.healthforteens.co.uk/staffordshireandstoke/>



### 4. Education

- School Special Educational Needs and Disabilities (SEND) Local Offer and Graduated Response [https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=J9rS4V94\\_r4](https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=J9rS4V94_r4)
- Emotional health and wellbeing resources for children, parents and professionals <https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=4Pf3vU6K9yM>



### 5. Mental Health Support Teams in Schools

- Mental Health Support Teams in Schools <https://www.facebook.com/BurtonUttoxMHST/> [twitter.com/BurtonUttoxMHST](https://twitter.com/BurtonUttoxMHST)
- Open 9-5 Monday to Friday, based in Cross Street Clinic, Burton-on-Trent, DE14 1EG  
Contact number 01283 504487



### 6. Action for Children

- <https://www.staffordshire-ewb.actionforchildren.org.uk/>



### 7. Child and Adolescent Mental Health

- MPFT <https://camhs.mpft.nhs.uk/staffordshire>
- Child focused / Therapies / Specialist Staff



### 8. Access



- MPFT <https://camhs.mpft.nhs.uk/staffordshire> or via a professional.



### 9. Crisis Line Services

- MPFT  
Tel:0300 555 5001  
<https://www.mpft.nhs.uk/emergency-help>  
24/7 service, all age.  
Local and national helpline info:  
[https://www.mpft.nhs.uk/application/files/8615/8833/5275/Online\\_Resources\\_for\\_CAMHS.pdf](https://www.mpft.nhs.uk/application/files/8615/8833/5275/Online_Resources_for_CAMHS.pdf)



### 10. Hospital

- Your nearest A&E department  
A&E services 24/7



### 11. Suicide Awareness

<https://healthwatchstaffordshire.co.uk/news/suicide-prevention-and-support-services/>

- SHOUT – Text Shout to 85258 (24/7)
- Samaritans (Stafford) – Tel: 116 123 free from any phone. 0330 094 5717 local call charges apply
- NHS links to support: <https://www.nhs.uk/conditions/suicide/>
- PAPYRUS Prevention of Young Suicide <https://www.papyrus-uk.org/hopelineuk/> 0800 068 41 41 (open 9am – 12 midnight)



### 12. River

- Midlands Foundation Partnership Trust  
Tel:0300 555 5001  
<https://www.mpft.nhs.uk/emergency-help>  
24/7 service
- First Response: Is there a serious concern about the safety of a child or young person?  
0800 131 3126 Mon-Thurs 8.30-5 & Fri 8.30-4.30  
0345 604 2886 Emergency Duty Team (outside of working hours, weekends/bank holidays)
- Emergency services  
999 or 101



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For more information relating to services in your area please refer to Staffordshire Connects; <https://www.staffordshireconnects.info/kb5/staffordshire/directory/home.page>