



Signposting for Mental Health and Emotional Wellbeing



Hub of Hope- UK's leading mental health support database bringing all services and support together in one place. Search for nearby support available to you using your postcode. Also an app that can be downloaded on any device <https://hubofhope.co.uk/>

Young People's Support

Child and Adolescent Mental Health Service (CAMHS) - NHS service that assesses and treats young people with emotional, behavioural or mental health difficulties. Phone: 01977 735865 (Single point of access for advice and support) Monday- Friday 9.00am-5.00pm. ReACH team available for urgent support that cannot wait until the next day Monday-Sunday 9.00am-8.00pm

Papyrus- Charity devoted to prevention of young suicide
<https://www.papyrus-uk.org> HOPELINE 0800 068 4141 or text 07860039967 Monday to Friday 10am to 5pm and 7pm to 10pm and 2pm to 5pm on weekends

WF I Can – An online resource for children and young people in Wakefield
<https://wf-i-can.co.uk/>

Childline- Talking service. Open 24 hours a day, 7 days a week
<https://www.childline.org.uk> 0800 1111

NightOwls- Confidential support line for young people and parents/carers
Call 0800 1488244 or text 07984392700 8pm-8am every night

Compass Wakefield- Children and young people's emotional and health and wellbeing service. Text BUZZ to 85258 Open 24 hours a day, 7 days a week

The Mix- Support for under 25s. Monday-Friday 4pm-11pm.
0808 808 4994

Victim Support- Emotional and practical support to anyone under 18 who has been affected by a crime 0300 303 1971 <https://www.victimsupport.org.uk/help-and-support/young-victims-crime/support-children-and-young-people/>

Battle Scars- charity aiming to support people who self harm, their family, friends and carers, remove the stigma, run groups in Leeds <https://www.battle-scars-self-harm.org.uk/>

Helplines

Samaritans- Talking service. Open 24 hours a day, 7 days a week
116 123

SHOUT- Texting talking service. Open 24 hours a day, 7 days a week
Text SHOUT to 85258

24 hour Mental Health Helpline- confidential support for anyone struggling
0800183 0558

Anxiety UK- charity providing support for people diagnosed with an anxiety condition
03444 775 774 Monday-Friday 9.30am-5.30pm

Wakefield Safe Space- provides a safe place for people in crisis to go and to prevent avoidable attendances at A&E. Social space 8pm-midnight at Caduceus House Wakefield, WF1 4JZ. Or call or text 07776 962 815 after 6pm. 1 to 1 support are available between 7:30pm to 10:30pm (45-60mins each) <https://touchstonesupport.org.uk/intensive-community-support/wakefield-safe-space/>

Talking Therapies

Turning Point- Anyone ages 16 years or over. Also specialise in menopause help.
wakefield.talking@turning-point.co.uk 01924 234860

Well Women- charity providing mental health, emotional and practical support in a women only space 01924 211 114 <https://wellwomenwakefield.org.uk/>

Andy's Man Club- Men's suicide prevention charity offering peer to peer support groups. <https://andysmanclub.co.uk/> info@andysmanclub.co.uk

Bereavement

Winston's Wish- Support for grieving children and their families.
08088 020021

Star Bereavement- Charity giving support to bereaved families.
<https://starbereavement.org.uk/contact/>

Childhood Bereavement Network- Advice and support for bereaved families
<https://childhoodbereavementnetwork.org.uk>

Cruse- Bereavement Support
<https://www.cruse.org.uk/> 0808 808 1677

Eating Disorders

BEAT- Support for anyone experiencing an eating disorder or carers who care for someone with an eating disorder

<https://www.beateatingdisorders.org.uk> 0808 801 0677

Domestic Abuse

Wakefield District Domestic Abuse

08009151561 8:30am – 5pm Monday – Thursday and 8:30am – 4:30pm Friday. If you are in immediate danger call 999 or call 101 to make a report

National Domestic Abuse Helpline

0808 2000247

Sexual Assault

Sexual Assault Referral Centre (SARC)- Specialist medical and forensic services for anyone who has been raped or sexually assaulted. Helpline 08088 010818 Text 07860022956 <https://www.thesurvivorstrust.org/sarc>

Financial Support

The Resource Food Bank- Christ Church South Ossett- Local food bank

Wakefield Council- Support and advice about money

<https://www.wakefield.gov.uk/cost-of-living-support/money/>

Useful Websites

NHS Every Mind Matters – advice and practical tips

<https://www.nhs.uk/mental-health/>

NSPCC Children's Mental Health- signs and early warning signs of emerging mental health issues

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

NHS Healthier Together- healthcare advice

<https://www.wyhealthiertogether.nhs.uk/>

Place2Be – children and young people’s mental health charity
<https://www.place2be.org.uk/>

Young Minds – mental Health charity for children, young people and parents
<https://www.youngminds.org.uk/>

Anna Freud National Centre for Children and Families- children's charity dedicated to providing training & support for child mental health services.
<https://www.annafreud.org/>

Wakefield Families Together – family support hub
<https://www.wakefieldfamielsttogether.co.uk/>

Relate- relationship support
<https://www.relate.org.uk/>

Nip in the Bud- to encourage awareness of mental health. Films accompanied and downloadable fact sheets
<https://nipinthebud.org/>

SEND Gateway- information for professionals, containing resources on responding appropriately to children and young people with SEND with emotional wellbeing needs
<https://www.wholeschoolsend.org.uk/>

Action for Children - mental health and wellbeing
www.actionforchildren.org.uk/

Action for Happiness- practical resources for wellbeing. Monthly happiness calendars.
<https://actionforhappiness.org/>

Education Hub-Mental health resources for children, students, parents, carers and school/college staff
<https://educationhub.blog.gov.uk/2021/09/03/mental-health-resources-for-children-parents-carers-and-school-staff/>

Educate Against Hate- a tool to support staff and parents to combat bullying, harassment and abuse of any kind.
<https://www.educateagainsthate.com/resources/respectful-school-communities-self-review-signposting-tool-2/>

Other Places Where Support is Available

- Health visitor (until the age of 5)
- School nurse
- GP

