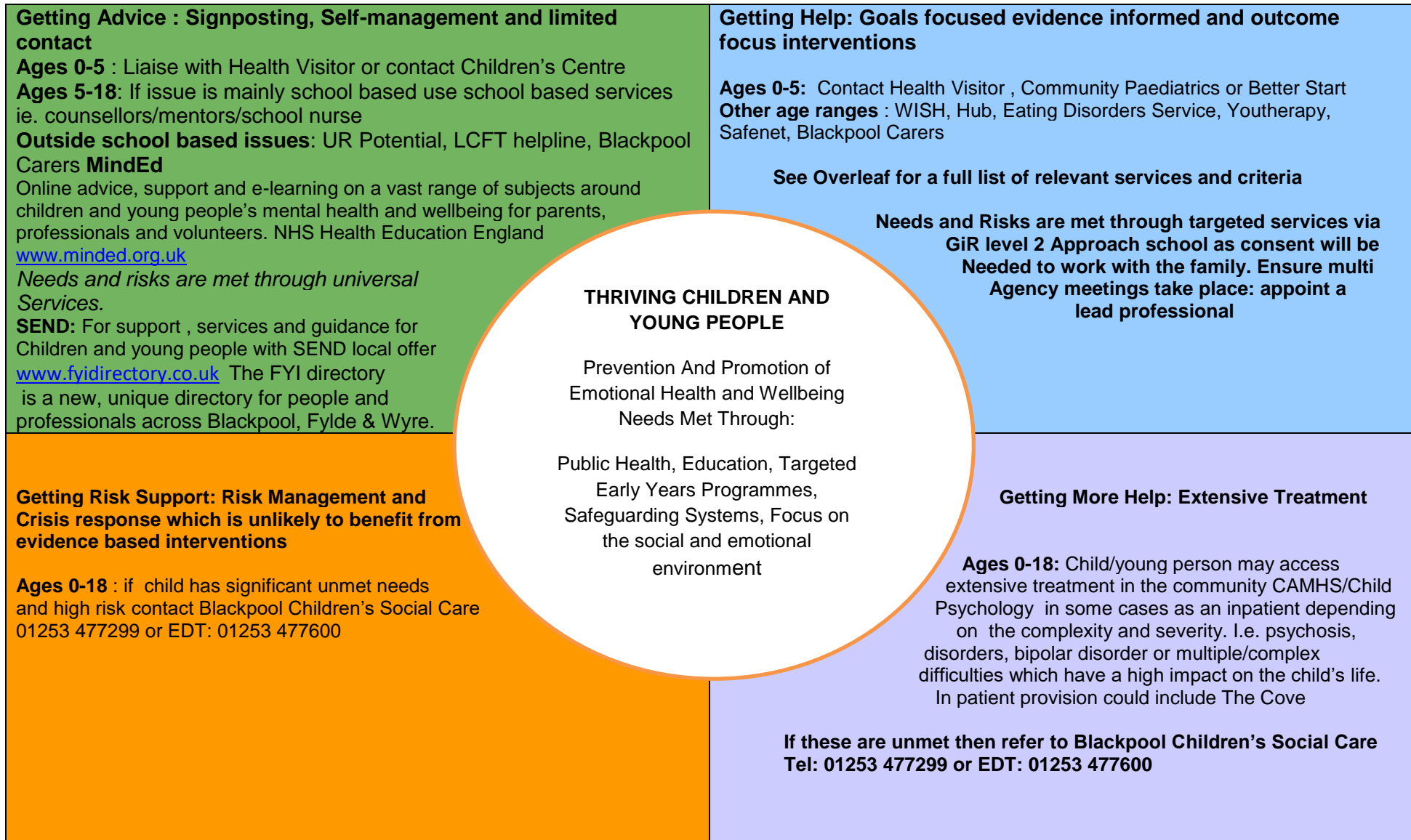


Children and Young People’s Emotional Health and Wellbeing Blackpool - Please note, the information provided in this document was correct at time of publication and is intended as advisory guidance only. For further advice and guidance on local services for those who do not meet the referral criteria for CAMHS or CPS please contact your local Primary Mental Health Worker on 01253 957160.



The FYI directory is a new, unique directory for people and professionals across Blackpool, Fylde and Wyre. It brings together information about a wide range of local health and council services, community clubs, social groups, wellbeing activities and events into one comprehensive source.

www.fyidirectory.co.uk

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Condition/ Issue	Getting Advice – Signposting, Self-management and limited contact	Getting Help – Goals focused, evidence informed, outcomes focused intervention	Getting More Help – Extensive treatment
ADHD	<p>Living with ADHD Useful resources, hints and tips for those living with ADHD, parents and professionals http://livingwithadhd.co.uk</p> <p>ADHD Foundation Support, advice and self-management of ADHD www.adhdfoundation.org.uk</p> <p>ADHD & YOU Information, support and resources for children, young people, parents, carers and professionals http://www.adhdandyou.co.uk/</p> <p>Primary Mental Health Workers Offer training and consultation to professionals working with children and young people Stephanie.rowe@bfwhospitals.nhs.uk 01253 957160</p>	<p>NICE Guideline 72 https://www.nice.org.uk/guidance/cg72</p> <p>Children's Psychological Services CPS can help children and young people to cope with developmental difficulties, such as ADHD. Blackpool CAMHS, Whitegate Drive Health Centre, Whitegate Drive, Blackpool, FY3 9ES Tel: 01253 957160</p> <p>Child and Adolescent Mental Health service (CAMHS) Specialist MDT providing assessment and a range of therapeutic interventions. Providing advice and consultation to other professionals.</p> <p>Blackpool CAMHS Whitegate Drive Blackpool 01253 957160</p>	<p>In some cases where the condition has associated issues which may lead to significant impairment; the child or young person may require extensive outpatient provision or inpatient care.</p>
Autistic Spectrum Disorder	<p>National Autistic Society Provides information, support and pioneering services, and campaign for a better world for autistic people. T: 0808 800 4104 http://www.nas.org.uk/</p> <p>Autism initiatives</p>	<p>NICE Guideline 170 https://www.nice.org.uk/guidance/cg170</p> <p>Early Bird and Cygnet Programme A support programme for parents and carers of children and young people with an autistic spectrum disorder.</p>	<p>In some cases where the condition has associated issues which may lead to significant impairment; the child or young person may require extensive outpatient provision or inpatient care.</p>

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Condition/ Issue	Getting Advice – Signposting, Self-management and limited contact	Getting Help – Goals focused, evidence informed, outcomes focused intervention	Getting More Help – Extensive treatment
	<p>Activities and support for children of all ages and adults with autism - education, residential houses, supported living and outreach services. 01253 503140 info@autisminitiatives.org http://www.autisminitiatives.org/</p> <p>Primary Mental Health Workers Offer training and consultation to professionals working with children and young people Stephanie.rowe@bfwhospitals.nhs.uk 01253 957160</p>	<p>The Early Bird and Cygnet Programme is for parents and carers of children and young people with an autistic spectrum condition. Cygnet has been developed by looking at what is done in existing parenting support programmes, examining research and findings.</p> <p>01253 476322</p> <p>Children's Psychological Services CPS can help children and young people cope with developmental difficulties, such as ASD. Blackpool CAMHS, Whitegate Drive Health Centre, Whitegate Drive, Blackpool, FY3 9ES Tel: 01253 957160</p> <p>Primary Mental Health Workers Offer training and consultation to professionals working with children and young people Stephanie.rowe@bfwhospitals.nhs.uk 01253 957160</p> <p>Child and Adolescent Mental Health service (CAMHS) Specialist MDT providing assessment and a range of therapeutic interventions. Providing advice and consultation to other professionals. Blackpool CAMHS Whitegate Drive Blackpool 01253 957160</p>	

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Condition/ Issue	Getting Advice – Signposting, Self-management and limited contact	Getting Help – Goals focused, evidence informed, outcomes focused intervention	Getting More Help – Extensive treatment
Behavioural and/or Conduct Disorders	<p>Royal College of Psychiatrists Behavioural problems and conduct disorder: information for parents, carers and anyone who works with young people http://www.rcpsych.ac.uk/healthadvice/parentsandnyouthinfo/parentscarers/behaviouralproblems.aspx</p> <p>DDP Network Information about DDP therapy, online resources and links for parents/carers of children with emotional and behavioural difficulties http://ddpnetwork.org/about-ddp/meant-pace/</p> <p>Primary Mental Health Workers Offer training and consultation to professionals working with children and young people Stephanie.rowe@bfwhospitals.nhs.uk 01253 957160</p>	<p>NICE Guideline 158 https://www.nice.org.uk/guidance/cg158</p> <p>Child and Adolescent Mental Health service (CAMHS) Specialist MDT providing assessment and a range of therapeutic interventions. Providing advice and consultation to other professionals.</p> <p>Blackpool CAMHS Whitegate Drive Blackpool 01253 957160</p> <p>Primary Mental Health Workers Offer training and consultation to professionals working with children and young people Stephanie.rowe@bfwhospitals.nhs.uk</p> <p>Aspired Futures provide long-term, life-changing therapeutic services providing unique 'wrap around the child' solution focused approach that delivers tailored services to support each child or young person 01253 769755</p> <p>HeadStart Edge of Exclusion Project Supports children of school age 10-16 who are at risk of exclusion who are Looked After. Email</p>	<p>Blackpool Children's Social Care Front Door If you are worried about the welfare of a child, please ring 01253 477299 or email duty.assessment@blackpool.gov.uk Referral into Children's Social Care requires consent from the person who has parental responsibility of the child/young person for a Level 3 and above.</p>

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Condition/ Issue	Getting Advice – Signposting, Self-management and limited contact	Getting Help – Goals focused, evidence informed, outcomes focused intervention	Getting More Help – Extensive treatment
		headstart@blackpool.gov.uk for referral form	
Bereavement	<p>Winston's Wish A charity for bereaved children Freephone helpline 08088 020 021 Mon-Fri 9am and 5pm www.winstonswish.org.uk</p> <p>Child Bereavement UK Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. 0800 0288840 http://childbereavementuk.org/</p>	<p>Cascade Trinity Hospice, Linden Centre Support service for children facing bereavement. To contact the Linden Centre please call 01253 595552 or email linden.centre@trinityhospice.co.uk Online referral form and further information available at: - http://www.trinityhospice.co.uk/services/linden-centre/</p>	
Bipolar Disorder	<p>Bipolar UK Information, support and advice for parents/carers, children and young people 0333 323 3880 9am - 5pm Mon to Fri www.bipolaruk.org</p>	<p>NICE Guideline 185 https://www.nice.org.uk/guidance/cg185</p>	In some cases where the condition has associated issues which may lead to significant impairment; the child or young person may require extensive outpatient provision or inpatient care.
Bullying/ Child Abuse	<p>ChildLine Emotional support for children and young people on issues relating to child abuse, bullying etc. Freephone helpline 0800 1111 If a child or young person rings ChildLine, there is the option to cascade the issue to the</p>	<p>Connect Counselling Service/Youtherapy Offer counselling to young people aged 11-25. Provide drop-in sessions every Monday (excluding bank holidays) 1.30pm - 3.30pm and Group Therapy every Thursday 1.30pm-4pm at Connect, Talbot Road, Blackpool, FY1 1LF. For all enquiries please call: -</p>	<p>Blackpool Children's Social Care Front Door If you are worried about the welfare of a child, please ring 01253 477299 or email duty.assessment@blackpo</p>

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	<p>Lancashire Talk Zone helpline to allow for local support provision. www.childline.org.uk</p> <p>'For Me' is the new app that puts ChildLine in your pocket. It's free, it's secure and it's designed by young people for young people. www.childline.org.uk/toolbox/for-me</p>	<p>(01253) 955858</p>	<p>ol.gov.uk Referral into Children's Social Care requires consent from the person who has parental responsibility of the child/young person for a Level 3 and above.</p>
<p>Depression</p>	<p>LCFT Mental Health Helpline Provides listening support, information and signposting support for people of all ages Service directory - 700 agencies across Lancashire Freephone helpline 0800 915 4640 available between 7pm and 11pm (Mon– Fri) and from 12 noon to 12 midnight on Saturdays and Sundays http://www.lancs-mentalhealthhelpline.nhs.uk/</p> <p>Calm – Campaign Against Living Miserably Targeted at young men aged 15-35 set up in response to the high suicide rate among young men. Freephone helpline 0800 585858 available 5pm – 12pm www.thecalmzone.net</p> <p>Depression in teenagers An interactive site with resources for young people with depression using self-help ideas</p>	<p>NICE Guideline 28 https://www.nice.org.uk/guidance/cq28</p> <p>Connect Counselling Service/Youtherapy Offer counselling to young people aged 11-25. Provide drop-in sessions every Monday (excluding bank holidays) 1.30pm - 3.30pm and Group Therapy every Thursday 1.30pm-4pm at Connect, Talbot Road, Blackpool, FY1 1LF. For all enquiries please call: - (01253) 955858</p> <p>Primary Mental Health Workers Offer training and consultation to professionals working with children and young people Stephanie.rowe@bfwhospitals.nhs.uk 01253 957160</p> <p>Supporting Minds</p>	<p>In some cases where the condition has associated issues which may lead to significant impairment; the child or young person may require extensive outpatient provision or inpatient care.</p>

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Condition/ Issue	Getting Advice – Signposting, Self-management and limited contact	Getting Help – Goals focused, evidence informed, outcomes focused intervention	Getting More Help – Extensive treatment
	<p>and relaxation techniques. http://www.depressioninteenagers.co.uk/</p> <p>Primary Mental Health Workers Offer training and consultation to professionals working with children and young people Stephanie.rowe@bfwhospitals.nhs.uk</p> <p>01253 957160</p>	<p>Blackpool Teaching Hospitals NHS Foundation Trust (Improving Access to Psychological Therapies) 16 + (no upper age limit) Brief evidence based psychological interventions for mild – moderate anxiety disorders and depression, including Step 2 brief interventions based on CBT approach such as behavioural activation, problem solving, graded exposure, guided self-help etc., provided by PWP's. Step 3 interventions provided by CBT therapists and counsellors: CBT, EMDR, Counselling for Depression, Brief Psychodynamic counselling. Mild to moderate anxiety disorders and depression. Team Manager contact details: 01253 955623 07887 803341</p> <p>Referral route is self-referral. Self-referral line: 01253 955700</p>	
Domestic Abuse	<p>Women's Aid National Domestic Violence helpline</p> <p>24hr Freephone confidential National Domestic Violence Helpline for women, children, professionals and concerned adults. Freephone helpline 0808 2000 247 available 24 hours a day, 7 days a week. https://www.womensaid.org.uk/information-support/helpline/#1447935544860-6dfd7582-</p>	<p>Fylde Coast Women's Aid Connect with Respect</p> <p>For young people aged 11-18 years It is available across Blackpool, Wyre and Fylde. Promotes positive messages for healthy relationships, raises children and young people's expectations so they can recognise harmful and risk taking behaviour and develop better strategies for coping.</p>	<p>SafeNet Domestic Abuse Services</p> <p>Blackpool's Commissioned service for high risk DA victims (IDVA) & children experiencing DA (CIDVA). Including activity</p>




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Condition/ Issue	Getting Advice – Signposting, Self-management and limited contact	Getting Help – Goals focused, evidence informed, outcomes focused intervention	Getting More Help – Extensive treatment
	<p>281e</p> <p>FCWA Aid Refuge Fylde Coast Helpline 01253 596699</p>	<p>Connect with Respect – Look Ahead Prevention strand of work for young people aged 11-16 years. Designed to empower young people to seek out advice if they are in danger and need support. Sessions are available to schools which can be delivered during flexible learning / health impact days when pupils are off their normal timetabled lessons; and to groups of young people in community and youth group settings. http://www.fcwa.co.uk/</p> <p>To obtain a referral form either email and request via cyp@fcwa.co.uk or office tel. no. 752014 (Prof. only)</p> <p>Fylde Coast Women’s Aid - The Links Project Supports young women aged 18-25 who have experienced an abusive, violent or unhealthy relationship.</p> <p>To obtain a referral form either email and request via cyp@fcwa.co.uk or office tel. no. 752014 (Prof. only)</p> <p>Fylde Coast Women’s Aid - Recovery Programme Explores self-esteem and confidence, coping</p>	<p>such as:-</p> <ul style="list-style-type: none"> • MARAC • urgent safety advice and support • safety planning • support through legal measures & criminal justice system • referrals to safe accommodation • therapeutic group work • CIDVA - 1-1 & where appropriate group work support to children experiencing domestic abuse • Support to Schools <p>If you need help talk to us in confidence on 07891 525316</p> <p>Tel: 01253 347119 (Monday – Saturday 9am–6pm)</p> <p>Email:</p>

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		<p>with consequences of abuse, improving wellbeing, learning to become more assertive; and being able to identify healthy and unhealthy relationships.</p> <p>To obtain a referral form either email and request via cyp@fcwa.co.uk or office tel. no. 752014 (Prof. only)</p> <p>Fylde Coast Helpline 01253 596699 – self referral</p> <p>Fylde Coast Women’s Aid - Community drop in sessions – offers immediate advice and support around safety, emotional support and practical help.</p> <p>Fylde Coast Helpline 01253 596699</p> <p>Fylde Coast Women’s Aid - Outreach Support – safety planning, legal advice, housing options and financial matters.</p> <p>Fylde Coast Helpline 01253 596699</p> <p>Empowerment – ‘The Den’ (children’s support) Professionals complete a referral form. Self-referral</p>	<p>BlackpoolIDVA@safenet.org.uk – this is for access to the high risk contract (IDVA)</p> <p>childrenidva@calico.org.uk – this links to the referral pathway doc you have a copy of (CIDVA)</p> <p>Telephone 07891525316 Email blackpoolIDVA@safenet.org.uk</p> <p>SafeNet Domestic Abuse Services - RAMP Programme (pilot)</p> <p>This is for complex DA victims who are in recovery or as part of their recovery (suffered any addiction). The pilot is for female victims only at this stage. The Safenet IDVA will refer when looking to step down level of</p>


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		<p>Email or telephone * Attached is a referral form & criteria as ref* All referrals should be sent through to: admin@empowermentcharity.org.uk</p> <p>Tel: 01253 477959.</p>  <p>Referral Form and Criteria (Updated).doc</p> <p>Safenet, FCWA & Empowerment ('The Den') Please find attached referral pathway for access to services for children experiencing domestic abuse residing in Blackpool.</p>  <p>Jan 2017 Final Childrens DV Services</p>  <p>June 1 V2 2018 Updated Childrens DV</p>	<p>intervention. The programme looks at recovery and motivation.</p> <p>SafeNet Domestic Abuse Services - Power to Change Programme</p> <p>This is where the victim has ended the relationship / no longer in the abusive relationship, and looking to move forward in their life. It looks at healthy relationships, self-esteem and confidence.</p> <p>The Safenet IDVA will refer when looking to step down level of intervention</p> <p>FCWA Aid Refuge Fylde Coast Helpline 01253 596699</p> <p>(Self-referral & Prof.)</p> <p>www.fcwa.co.uk</p>

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Condition/ Issue	Getting Advice – Signposting, Self-management and limited contact	Getting Help – Goals focused, evidence informed, outcomes focused intervention	Getting More Help – Extensive treatment
			<p>Staff accessible 9am – 9.30pm week days and 12 noon to 9pm weekends</p> <p>Fylde Coast Women’s Aid</p> <ul style="list-style-type: none"> ▪ Hospital based IDVA <p>Accessed via health on presentation within the hospital setting and also accessible for hospital staff.</p> <ul style="list-style-type: none"> ▪ BME IDVA ▪ Independent Stalking Advocacy Caseworker ▪ Male IDVA <p>Fylde Coast Helpline 01253 596699</p> <p>Fylde Coast Women’s Aid - SAFEHAVEN</p> <p>Supporting children and young people who have experienced or those who are still experiencing domestic abuse. Provides Domestic Abuse Early</p>

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			<p>Intervention Service for Children and Young People in Lancashire https://www.fcwa.co.uk/safehaven/</p> <p>To obtain a referral form either email and request via cyp@fcwa.co.uk or office tel. no. 752014 (Prof. only)</p>
<p>Eating Disorders</p>	<p>Beat (Beating Eating Disorders) Provides information on all aspects of eating disorders, including anorexia nervosa, bulimia nervosa and binge eating disorders. Youth line: 0345 634 7650 Concerned adults line: 0345 634 1414 https://www.b-eat.co.uk/</p>	<p>Community Eating Disorder Service Delivered via specialist interest Level 3 practitioners with higher level training. Referral via GP or social/health/education 01772 647004 or 01253 651640. Completed referral forms should be sent to EDS.Support@LancashireCare.nhs.uk</p> <p>Or by fax to 01282614989</p> <p> ED Referral form 2017 all age (3).doc</p>	<p>Community Eating Disorder Service Delivered via specialist interest Level 3 practitioners with higher level training. Referral via GP or social/health/education 01772 647004 or 01253 651640. Mobile: 07950840853</p> <p>EDS.Support@LancashireCare.nhs.uk</p>

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Condition/ Issue	Getting Advice – Signposting, Self-management and limited contact	Getting Help – Goals focused, evidence informed, outcomes focused intervention	Getting More Help – Extensive treatment
<p>Emotional Wellbeing Support: - Includes self-help guides relating to a number of conditions and issues</p> <p>Emotional Wellbeing Support: - Includes self-help guides relating to a number of conditions and issues</p>	<p>Blackpool Teaching Hospitals School Nurses Blackpool Sites and Contact Details Please contact the clinic closest to your school and ask to speak to a School Nurse: School Nurse Specialists (North) 01253 951739/ 951740/ 951741 Anchorsholme, Bispham Endowed, Clarendon, Holy Family, Langdale, Montgomery, Moor Park, Kinraig, Norbreck, St Bernadette's, St Teresa's, Unity College, Westcliff. School Nurse Specialists (Central) 01253 951980/ 951981/ 951983 Bispham High, Boundary, Christ the King, Collegiate, Devonshire, Layton, Mereside, Park, Revoe, Stanley, St Cuthbert's, St Mary's. School Nurse Specialists (South) 01253 955465 Baines Endowed, Haweside, Highfield, Marton, Our Lady, Palatine, Roseacre, St George's, St John's, St John Vianney, St Kentigern's, St Nicholas, Thames, Waterloo, Education Diversity – Athena, Pegasus, Oracle, Mountford, Chrysalis, Home & Hospital, Home Educated, Out of School Register & Park School School Nurse Specialists 01253 476598</p> <p>School nurses in each school provide: -</p> <ul style="list-style-type: none"> • Drop in sessions 	<p>Primary Mental Health Workers Offer training and consultation to professionals working with children and young people Stephanie.rowe@bfwhospitals.nhs.uk</p> <p>Child and Adolescent Mental Health service (CAMHS) Specialist MDT providing assessment and a range of therapeutic interventions. Providing advice and consultation to other professionals.</p> <p>Blackpool CAMHS Whitegate Drive Blackpool 01253 957160</p> <p>LCFT Mental Health Helpline Promotion of Wellbeing and Mental Health Helpline is on all LCFT Care Plans for 18+ Service Users (and to support discharge, de-escalation planning) http://www.lancs-mentalhealthhelpline.nhs.uk/ Helpline is available between 7.00pm and 11pm (Mon– Fri) and from 12 noon to 12 midnight on Saturdays and Sundays Freephone 0800 915 4640</p> <p>Connect Counselling Service/Youtherapy Offer counselling to young people aged 11-25. Provide drop-in sessions every Monday (excluding bank holidays) 1.30pm - 3.30pm and</p>	<p>Blackpool Children's Social Care Front Door If you are worried about the welfare of a child, please ring 01253 477299 or email duty.assessment@blackpool.gov.uk ol.gov.uk Referral into Children's Social Care requires consent from the person who has parental responsibility of the child/young person for a Level 3 and above.</p>

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Condition/ Issue	Getting Advice – Signposting, Self-management and limited contact	Getting Help – Goals focused, evidence informed, outcomes focused intervention	Getting More Help – Extensive treatment
<p>Emotional Wellbeing Support: - Includes self-help guides relating to a number of conditions and issues</p>	<ul style="list-style-type: none"> • Signposting • Helpline • Website Advice • Self-management • Referrals to local services for brief interventions <p>Primary Mental Health Workers Offer training and consultation to professionals working with children and young people Stephanie.rowe@bfwhospitals.nhs.uk</p> <p>Cascade Trinity Hospice, Linden Centre Support service for children facing bereavement/loss. To contact the Linden Centre please call 01253 595552 or email linden.centre@trinityhospice.co.uk Online referral form and further information available at: - http://www.trinityhospice.co.uk/services/linden-centre/</p> <p>New Start Therapeutic Advice *(Please note there is a charge for this service) All Offering Therapeutic Advice to Children Young people and Adults One to One Counselling Staff and head teacher support and mentoring</p>	<p>Group Therapy every Thursday 1.30pm-4pm at Connect, Talbot Road, Blackpool, FY1 1LF. For all enquiries please call: - (01253) 955858</p> <p>Aspired Futures Provide unique 'wrap around the child' solution focused approach delivers tailored services to support each child or young person in overcoming their personal challenges and empower them to experience and establish the skills they need to improve their own life-chances. Providing long-term, life-changing therapeutic services for the most 'hard to reach' vulnerable children and young people many of which are from chaotic family backgrounds where poor mental health, addiction, learning difficulties, domestic violence and poor parenting skills are the norm.</p> <p>Age 5-18 Years of age Tel 01253 769755</p> <p>Blackpool Young Carers Organise young carers help groups which may help with feelings of low self-esteem, anxiety or lack of confidence for those who have caring</p>	

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Condition/ Issue	Getting Advice – Signposting, Self-management and limited contact	Getting Help – Goals focused, evidence informed, outcomes focused intervention	Getting More Help – Extensive treatment
<p>Emotional Wellbeing Support: - Includes self-help guides relating to a number of conditions and issues</p>	<p>Bespoke group work for pupils Half and full day counselling placements Courses for pupils and staff Sarah Gioannoni 0778 8447077 sarah@newstartltd.co.uk</p> <p>LCFT Mental Health Helpline Provides listening support, information and signposting support for people of all ages Service directory (over 700 agencies across Lancashire) access via website or helpline Callers can be sent information (e.g. self-help resources, information leaflets etc.) through the post and by email http://www.lancs-mentalhealthhelpline.nhs.uk/ Helpline is available between 7.00pm and 11pm (Mon– Fri) and from 12 noon to 12 midnight on Saturdays and Sundays Freephone 0800 915 4640</p> <p>MindEd Online advice, support and e-learning on a vast range of subjects around children and young people’s mental health and wellbeing for parents, professionals and volunteers. Part of NHS Health Education England</p>	<p>responsibilities.</p> <p>Provide advice and support if you have any problems such as personal or health problems or bullying that you want to talk about in confidence.</p> <p>01253 393748 admin@blackpoolcarers.org</p> <p>HeadStart Edge of Exclusion Project Supports children of school age 10-16 who are at risk of exclusion who are Looked After. Email headstart@blackpool.gov.uk for a referral form</p>	

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Condition/ Issue	Getting Advice – Signposting, Self-management and limited contact	Getting Help – Goals focused, evidence informed, outcomes focused intervention	Getting More Help – Extensive treatment
<p>Emotional Wellbeing Support: - Includes self-help guides relating to a number of conditions and issues</p>	<p>http://minded.e-lfh.org.uk/families/index.html#/</p> <p>Young Minds A variety of self-help information packs on a range of topics http://www.youngminds.org.uk/whatsworryingyou</p> <p>Royal College of Psychiatrists An A-Z list of specifically tailored information for young people, parents, teachers and carers about mental health http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeopleinfo.aspx</p> <p>onyourmindglos An excellent self-help resource for all topics around emotional wellbeing https://www.onyourmindglos.nhs.uk/</p> <p>Hands On Scotland Resources for emotional wellbeing www.handsonscotland.co.uk</p> <p>moodjuice Fast direct access to self-help resources http://www.moodjuice.scot.nhs.uk/</p>		

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	<p>getselfhelp.co.uk CBT resources http://www.getselfhelp.co.uk/</p> <p>Apps for mobiles and tablets: -</p> <ul style="list-style-type: none"> • Wellmind • SelfHelp • Feely • Moodometer • Mindshift • SAM • Smiling Mind • Headspace • RCPsych • MOODS <p>ChildLine Emotional support for children and young people.</p> <p>1-2-1 Counsellor Chat Chat with a counsellor about anything. It's a 1-2-1 session - so it's just you and Childline. They can give you help and support with whatever's worrying you.</p> <p>Please remember you can call free on 0800 1111 at any time.</p> <p>www.childline.org.uk</p>		

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<p>Family/ Parenting Support</p>	<ul style="list-style-type: none"> •Expert advice, healthcare, parenting, family support and support for children with disabilities •Brushing up on your skills and learning new ones (including taking qualifications) •Breastfeeding Advice and support •Links to training and job opportunities •Advice on budgeting and finance •Parent and toddler groups, messy play sessions and much more •Family fun and making and meeting friends <p>For more information on your local children's centre call the Family Information Service on 0800 092 2332</p> <p>Baines Endowed Children's Centre Penrose Avenue, Blackpool, FY4 4DJ 01253 699085</p> <p>Claremont Children's Centre Westminster Road, Blackpool, FY1 2QF 01253 621703</p> <p>Grange Park Children's Centre 31 Dingle Avenue, Grange Park, Blackpool, FY3 7NX 01253 476480</p> <p>Kincraig Children's Centre Kincraig Road, Bispham, Blackpool, FY2 0HN 01253 354059</p> <p>Mereside Children's Centre Langdale Road, Mereside, Blackpool, FY4 4RR 01253 839739</p>		

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	<p>Revoe Children's Centre Grasmere Road, Blackpool, FY1 5HP 01253 798016</p> <p>St Cuthbert's Children's Centre Lightwood Avenue, Blackpool, FY4 2AU 01253 313201</p> <p>Talbot and Brunswick Children's Centre Gorton Street, Blackpool, FY1 3JW 01253 951190</p> <p>Thames Children's Centre Severn Road, Blackpool, FY4 1ED 01253 361981</p> <p>Unity Nursery Warbreck Hill Road, Blackpool, FY2 0TS 01253 478129</p> <p>Better Start Baby Buddy App, introduced in April 2014, is a free phone app for pregnant women and mothers of young babies packed full of help, support and information about pregnancy and early child development.</p>		
<p>Housing Advice and Support</p>	<p>Housing Options South King Street, Blackpool, FY1 4TR Telephone 01253 477760 Email housing.options@blackpool.gov.uk Outside of opening hours, out of hours service, for emergencies only telephone 01253 477600 For more information about your housing rights and council duties please visit Shelter's website</p> <p>Calico</p>	<p>Housing Options South King Street, Blackpool, FY1 4TR Telephone 01253 477760 Email housing.options@blackpool.gov.uk Outside of opening hours, out of hours service, for emergencies only telephone 01253 477600 For more information about your housing rights and council duties please visit Shelter's website</p>	<p>Blackpool Children's Social Care Front Door If you are worried about the welfare of a child, please ring 01253 477299 or email duty.assessment@blackpool.gov.uk Referral into Children's Social Care requires</p>

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	<p>Our service provides free support to anyone who needs help to live independently. We are here to listen, and our support will help guide you towards the reassurance you need.</p> <p>Queen Street Job Centre Queen Street Blackpool FY11HQ Every Tuesday 1pm-3pm (appointment only)</p> <p>Central Library Queen Street Blackpool FY11HQ Every Wednesday) 5pm-7pm Central Library Queen Street Blackpool FY11HQ Every Friday 10am-12pm</p>		<p>consent from the person who has parental responsibility of the child/young person for a Level 3 and above.</p>
OCD	<p>OCD UK Series of information guides for children, young people and parents.</p>	<p>NICE Guideline 31 https://www.nice.org.uk/guidance/cg31</p>	

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<p>Panic Disorder/ Generalised Anxiety Disorder</p>	<p>http://www.ocduk.org/young-peoples-ocd-guide</p> <p>Anxiety UK Charity formed 30 years ago by a sufferer of agoraphobia for those affected by anxiety disorders. Helpline: 08444 775 774 E: support@anxietyuk.org.uk https://www.anxietyuk.org.uk/</p> <p>No Panic National Organisation for Phobias, Anxiety, Neurosis, Information and Care. Support for sufferers of Panic Attacks, Phobias, Obsessive Compulsive Disorder and Generalised Anxiety Disorder. Helpline: 0844 967 4848; Youth Helpline: 01753 840393 (13 to 20 year olds); email: admin@nopanic.org.uk http://www.nopanic.org.uk/</p> <p>Young Minds Provides information around coping strategies and details of organisations that listen, plus online support. T: 0808 802 5544 http://www.youngminds.org.uk/for_children_young_people</p>	<p>NICE Guideline 113 https://www.nice.org.uk/guidance/cg113</p>	<p>In some cases where the condition has associated issues which may lead to significant impairment; the child or young person may require extensive outpatient provision or inpatient care.</p>
<p>LGBT Support</p>	<p>Health Visitor (age dependant) School Nurse or GP</p> <p>UR Potential Can offer support to LGB&T children and young people. Following referral and individual assessment, a youth worker can be allocated to</p>	<p>Health Visitor (age dependant) School Nurse or GP</p> <p>Lancashire LGBT All services in this section are currently for 18+</p> <ul style="list-style-type: none"> • Trans Residential weekend (annual) – 	

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<p>LGBT Support</p>	<p>provide targeted 1:1 support:</p> <p>LGBT Youth Worker (for ages 13-25 years) can provide:</p> <ul style="list-style-type: none"> • 1:1 intensive support to YP (around an identified action plan/ package of support) delivered in any identified community venue • Group work • Family Support via Family Support Group (monthly) <p>This support can be in school, with family, addressing bullying, joining our LGBT group, attending conferences and events. This year the LGBT group are holding a Northwest LGBT conference & developing an educational pack for schools and anyone who work with young people. Again this will be based on the referral and needs of the individual.</p> <p>Targeted 1:1 support via youth worker can be alongside allocation of a peer mentor and access to a variety of volunteering opportunities.</p> <p>For more information please contact the office: 01253 344398 lgbt@urpotential.co.uk</p> <p>Lancashire LGBT Provide a range of advice and support</p>	<p>offers the opportunity to meet and socialise with other trans people, take part in specialist workshops, learn and relax in a safe, private, confidential environment</p> <ul style="list-style-type: none"> • Trans Befriending Service (for Tran’s people who may be feeling socially isolated or requiring peer support. Befrienders are people who can regularly stay in touch via email or telephone) <p>UR Potential Can offer support to LGB&T children and young people. Following referral and individual assessment, a youth worker can be allocated to provide targeted 1:1 support:</p> <p>LGBT Youth Worker (for ages 13-25 years) can provide:</p> <ul style="list-style-type: none"> • 1:1 intensive support to YP (around an identified action plan/ package of support) delivered in any identified community venue • Group work • Family Support via Family Support Group (monthly) <p>This support can be in school, with family, addressing bullying, joining our LGBT group,</p>	

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<p>LGBT Support</p>	<p>including: Social and Peer Support Groups for LGBT/Trans/Family/Parents Trans Support Service (offers practical workshops, e.g. voice workshops, managing Mental Health, confidence building, mindfulness, how to navigate process of gender transition etc.) Referrals to Gender Identity Clinic (located in Leeds) LGB&T Trans Awareness training for CYP services including:-</p> <ul style="list-style-type: none"> • Trans/Gender Identity Awareness (CPD accredited) • LGB&T Awareness Training • Bespoke Training for school staff <p>LGB&T Practitioners Forum (held bi-monthly) for practitioners from other agencies who are running LGBT groups Lead on Lancashire LGBT Quality Mark Support agencies with self-assessment organisational audit, development of bespoke action planning and work closely to assist agencies in making changes identified in the action plan to achieve full accreditation status.</p> <p>Training and information leaflets available www.lancslgbt.org.uk Info and support helpline 01772 900260 (Mon – Weds 10am – 4pm) – 33% of calls are from professionals asking for advice/ consultation</p>	<p>attending conferences and events. This year the LGBT group are holding a Northwest LGBT conference & developing an educational pack for schools and anyone who work with young people. Again this will be based on the referral and needs of the individual. Targeted 1:1 support via youth worker can be alongside allocation of a peer mentor and access to a variety of volunteering opportunities. For more information please contact the office: 01253 344398 lgbt@urpotential.co.uk</p>	

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<p>Gender Variance</p>	<p>Mermaids Email: info@mermaidsuk.org.uk; Tel: Mon-Sat, 3-7pm, 020 8123 4819 www.mermaidsuk.org.uk Support for young people with gender identity issues, their families and carers, including resources for schools.</p> <p>GIRES Gender identity research and education society. Resources for schools. E learning - caring for non-gender conforming young people https://www.gires.org.uk/</p>	<p>Health Visitor (age dependant) School Nurse or GP</p> <p>Lancashire LGBT All services in this section are currently for 18+</p> <ul style="list-style-type: none"> • Trans Residential weekend (annual) – offers the opportunity to meet and socialise with other trans people, take part in specialist workshops, learn and relax in a safe, private, confidential environment • Trans Befriending Service (for Tran’s people who may be feeling socially isolated or requiring peer support. Befrienders are people who can regularly stay in touch via email or telephone) <p>UR Potential Can offer support to LGB&T children and young people. Following referral and individual assessment, a youth worker can be allocated to provide targeted 1:1 support:</p> <p>LGBT Youth Worker (for ages 13-25 years) can provide:</p> <ul style="list-style-type: none"> • 1:1 intensive support to YP (around an 	

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		<p>identified action plan/ package of support) delivered in any identified community venue</p> <ul style="list-style-type: none"> • Group work • Family Support via Family Support Group (monthly) <p>This support can be in school, with family, addressing bullying, joining our LGBT group, attending conferences and events. This year the LGBT group are holding a Northwest LGBT conference & developing an educational pack for schools and anyone who work with young people. Again this will be based on the referral and needs of the individual.</p> <p>Targeted 1:1 support via youth worker can be alongside allocation of a peer mentor and access to a variety of volunteering opportunities.</p> <p>For more information please contact the office: 01253 344398 lgbt@urpotential.co.uk</p>	
Psychosis	<p>Rethink Mental Illness A charity that works to help everyone affected by severe mental illness recover a better quality of life National Advice Service 0300 5000 927 (open 10am to 1pm Mon-Fri)</p>	<p>Early Intervention Service (EIS) The quality standard (80) is that all suspected first episode psychosis (FEP) for 14 – 65 year old will be assessed and if accepted receives a NICE recommended package of care within 14 days of referral. The model of Early</p>	<p>NICE Guideline 155 and/or 185 https://www.nice.org.uk/guidance/cg155 https://www.nice.org.uk/guidance/cg185</p>

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	www.rethink.org	<p>Intervention Service is based on the early detection of psychosis and evidence based interventions aimed at ameliorating the onset of significant mental illness. Early Intervention Services (EIS) comprises of two functions: First Episode Psychosis (FEP) and those “At Risk” at risk of developing psychosis. First Episode Psychosis (FEP) and those “At Risk” at risk of developing psychosis.</p> <p>If accepted following assessment, EIS will provide Care Coordination under the CPA process and consider a range of evidence based therapeutic interventions including CBT for Psychosis, Family Intervention, Psycho social interventions, Medication and Recovery focused support work. Ideally, EIS will work with the individual and their family until the person is fully recovered with the aim of the service user not requiring mental health services over time. 01253 957470 Lancashire care NHS Foundation Trust</p>	<p>The child or young person may require extensive outpatient provision or inpatient care.</p>
PTSD	<p>Royal College of Psychiatrists Traumatic stress in children: information for parents, carers and anyone who works with young people http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentscarers/traumaticstressinchildren.aspx</p>	<p>NICE Guideline 26 https://www.nice.org.uk/guidance/cg26</p> <p>Connect Counselling Service/Youtherapy Offer counselling to young people aged 11-25. Provide drop-in sessions every Monday (excluding bank holidays) 1.30pm - 3.30pm and Group Therapy every Thursday 1.30pm-4pm at Connect, Talbot Road, Blackpool, FY1 1LF.</p>	<p>In some cases where the condition has associated issues which may lead to significant impairment; the child or young person may require extensive outpatient provision or inpatient care.</p>

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		For all enquiries please call: - (01253) 955858	
Self-harm	<p>Walk and Talk Counsellors (HeadStart) – Connect Counselling Services/Youtherapy For all enquiries please call: - for young people age 10-16 years having thoughts of self-harm. Self-refer or parents/carer/professional can refer with young persons consent (01253) 955858</p> <p>Blackpool Teaching Hospitals – School Nurses Self-Harm Pathway and Assessment Tool</p> <p>Selfharm.co.uk Project to support young people impacted by self-harm, providing a safe space to talk, ask questions and also provides useful resources. www.selfharm.co.uk</p> <p>National Self Harm Network Forum provides crisis support, information, resources, advice, discussions and distractions. http://www.nshn.co.uk/index.html</p>	<p>NICE Guideline 16 and/or 133 https://www.nice.org.uk/guidance/cg16 https://www.nice.org.uk/guidance/cg133</p> <p>CASHER Team (A&E Blackpool Victoria Hospital) Two staff members see children and young people at A&E and do joint risk assessment. Will refer onto:</p> <ul style="list-style-type: none"> • HeadStart Resilience Coaches for up to 8 weeks if appropriate • Connect/Youtherapy (Talbot Road) who offer 'Walk & Talk' counselling alongside a Drop In/CBT/Counselling • CAMHS Blackpool and Fylde & Wyre • UR Potential (numerous support groups) • Any other relevant service (all staff have access to a Universal Services Matrix) <p>Connect Counselling Service/Youtherapy Offer counselling to young people aged 11-25. Provide drop-in sessions every Monday (excluding bank holidays) 1.30pm - 3.30pm and Group Therapy every Thursday 1.30pm-4pm at Connect, Talbot Road, Blackpool, FY1 1LF.</p>	In some cases where the condition has associated issues which may lead to significant impairment; the child or young person may require extensive outpatient provision or inpatient care.

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		For all enquiries please call: - (01253) 955858	
<p>Sexual Abuse/ Child Sexual Exploitation</p> <p>Sex/ Sexual Abuse/ Child Sexual Exploitation</p>	<p>Connect Young People's Centre Contraception, Stop Smoking and GUM Sexual Health Clinics. 01253 751047</p> <p>WISH The wish team offer 1-1 and group support to young people under 18 regarding sexual health and relationship issues. The team offer sexual health and relationships education in schools and training to professionals on how to support young people who engage in risk taking behaviours.</p> <p>Tel 01253 476010 Email wishteam@blackpool.gov.uk</p> <p>NSPCC Information about how to protect children from sexual abuse. Worried about a child? Contact NSPCC trained helpline counsellors for 24/7 help, advice and support. help@nspcc.org.uk https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/child-sexual-</p>	<p>Connect Young People's Centre Contraception, Stop Smoking and GUM Sexual Health Clinics. 01253 751047</p> <p>WISH The wish team offer 1-1 and group support to young people under 18 regarding sexual health and relationship issues. The team offer sexual health and relationships education in schools and training to professionals on how to support young people who engage in risk taking behaviours.</p> <p>Tel 01253 476010 Email wishteam@blackpool.gov.uk</p> <p>Awaken A multi-agency child sexual exploitation operating protocol and a joint protocol for CYP who run away or go missing from home or care. Key objectives include the identification and protection of those who are at most risk of being vulnerable, exploited, missing or trafficked and the sharing of information and</p>	<p>Blackpool Children's Social Care Front Door If you are worried about the welfare of a child, please ring 01253 477299 or email duty.assessment@blackpool.gov.uk Referral into Children's Social Care requires consent from the person who has parental responsibility of the child/young person for a Level 3 and above.</p>

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<p>Sexual Abuse/ Child Sexual Exploitation</p>	<p>abuse/ 0808 800 5000</p>	<p>intelligence in respect of adults who may pose a risk to children. For help in Blackpool please contact: 01253 607063 awaken@lancashire.pnn.police.uk</p> <p>Enlighten The project will also deliver a bespoke therapeutic assessment and treatment service to young people exhibiting such behaviours. This will be based on the 4 stage model developed by Finkelhor which is the most effective harm reduction and behaviour management model used in this sphere of work</p> <p>Trust House Lancashire Provides free specialist counselling to men, women and children aged 4+ who are resident in the Lancashire area and have been affected any form of sexual violation at any time of their lives. Counsellors are qualified and experienced person centred counsellors, psychotherapists or play therapists. All are BACP registered. For younger children counselling is age and developmentally appropriate.</p> <p>The Children's Society (Child Sexual Exploitation/Missing from Home) Street Safe project to reduce the risk of CSE by developing a better response and support.</p>	

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		<p>Activities include: 1-1 direct support and advocacy; Lancashire wide ages 8-18 (25 if LD). Working with those affected by child sexual exploitation and missing from home. Take referrals from young people, parents and professionals. Telephone to speak to a member of staff in confidence T: 01772 759 233 Freephone: 0800 0856 324 StreetSafe-Lancashire@childrenssociety.org.uk</p> <p>Trust House Lancashire Provides free specialist counselling to men, women and children aged 4+ who are resident in the Lancashire area and have been affected any form of sexual violation at any time of their lives. Counsellors are qualified and experienced person centred counsellors, psychotherapists or play therapists. All are BACP registered. For younger children counselling is age and developmentally appropriate. Also provide Independent Sexual Violence Advisors (ISVAs) who work with children, young people and adults from age 4 years. ISVAs are specialists in providing practical and emotional support for adults, children and young people who have experienced sexual abuse or sexual exploitation at any time and are involved with a criminal justice process. Support is also offered to parents and carers. No time limit on the length of intervention</p>	

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		<p>received. Offer counselling to non-abused family members.</p> <p>www.trustouselancs.org support@trustouselancs.org</p> <p>National helpline 08088 010818 – open Monday-Friday, 10am-4pm and 6pm-10pm. Out of hours there is an answering service.</p>	
Social Anxiety Disorder	<p>Royal College of Psychiatrists Information and advice for shyness and social phobia: http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/shynessandsocialphobia.aspx</p>		
Substance Misuse	<p>The hub A substance misuse service for Blackpool young people 24 years and under, their families, friends and professionals alike. Offering advice and information on all substances including alcohol, legal highs and solvents 01253 476010 thehub@blackpool.gov.uk</p>	<p>NICE Guideline PH4 https://www.nice.org.uk/guidance/ph4</p> <p>The hub A substance misuse service for Blackpool young people 24 years and under, their families, friends and professionals alike. Offering advice and information on all substances including alcohol, legal highs and solvents 01253 476010 thehub@blackpool.gov.uk</p>	
Suicide	<p>Samaritans 24 hour helpline offering emotional support for people who are experiencing feelings of distress or despair, or thinking about suicide. 116123</p>	<p>The NICE Quality Standard on depression in children and young people (QS48) includes two statements which require a thorough and timely assessment of suicide risk in order to be achieved.</p>	<p>The NICE Quality Standard on depression in children and young people (QS48) includes two statements which</p>

Children and Young People's Emotional Health and Wellbeing Blackpool - Please note, the information provided in this document was correct at time of publication and is intended as advisory guidance only. For further advice and guidance on local services for those who do not meet the referral criteria for CAMHS or CPS please contact your local Primary Mental Health Worker on 01253 957160.

Condition/ Issue	Getting Advice – Signposting, Self-management and limited contact	Getting Help – Goals focused, evidence informed, outcomes focused intervention	Getting More Help – Extensive treatment
	<p>http://www.samaritans.org/</p> <p>Papyrus - Prevention of young suicide HOPELineUK is a specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information to children and young people up to the age of 35 who are worried about how they are feeling. 0800 068 41 41 pat@papyrus-uk.org SMS: 07786 209697 www.papyrus.org.uk</p> <p>Calm – Campaign Against Living Miserably Targeted at young men aged 15-35 set up in response to the high suicide rate among young men. Freephone helpline 0800 585858 available 5pm – 12pm www.thecalmzone.net</p>	<p>Quality Statement Four states that children and young people with suspected severe depression but not at high risk of suicide are assessed by CAMHS (Child and Adolescent Mental Health Services) professionals within a maximum of 2 weeks of referral. Fylde & Wyre CAMHS, Whitegate Drive Health Centre, Whitegate Drive, Blackpool, FY3 9ES Tel: 01253 657166</p> <p>CASHER Team (A&E Blackpool Victoria Hospital) Two staff members see children and young people at A&E and do joint risk assessment. Will refer onto:</p> <ul style="list-style-type: none"> • Connect/Youtherapy (Talbot Road) who offer 'Walk & Talk' counselling alongside a Drop In/CBT/Counselling • CAMHS Blackpool and Fylde & Wyre • UR Potential (numerous support groups) • Any other relevant service 	<p>require a thorough and timely assessment of suicide risk in order to be achieved. Quality Statement Three states that children and young people with suspected severe depression and at high risk of suicide are assessed by CAMHS (Child and Adolescent Mental Health Services) professionals within a maximum of 24 hours of referral. Blackpool CAMHS, Whitegate Drive Health Centre, Whitegate Drive, Blackpool, FY3 9ES Tel: 01253 957166</p>
Young Carers Support	<p>Blackpool Young Carers (Carers Trust) Provide advice and support if you have any problems such as personal or health problems or bullying that you want to talk about in confidence 01253 393748 admin@blackpoolcarers.org</p>	<p>Blackpool Young Carers (Carers Trust) Provide advice and support if you have any problems such as personal or health problems or bullying that you want to talk about in confidence 01253 393748 admin@blackpoolcarers.org</p>	

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<p>Young People’s Services</p>	<p>Young people Service (Connexions) For information advice guidance for young people age 13-19 Tel 01253 754840</p> <p>UR Potential Provide the following services: -</p> <ul style="list-style-type: none"> • Website – signposting to all support on offer • Social media such as twitter, Facebook etc. • Delivering training (in partnership with Job Centre) in community centres. Includes Support with CV development and job applications. “Tweet for a Job” programme • “Reaching for Your Potential” course for women (aged 19yrs+) • Variety of training courses – accredited and non-accredited – see website • UK online training centre • Promotion and coordination of LBGT training (provided via Lancashire LGBT) <p>Tel 01253 344397</p>	<p>Young people Service (Connexions) For information advice guidance for young people age 13-19 Tel 01253 754840</p> <p>UR Potential Can offer support to Children and Young People as part of a step-down intervention following CAMHS support. For example, following referral and individual assessment, a youth worker can be allocated to provide targeted 1:1 support:</p> <p>Building Better Opportunities (BBO) – 16-25 years Youth Worker can provide 1:1 intense support (around an identified action plan/ package of support jointly developed with the young person for up to 12 months). This will be 1:1 support for at least 12 months in all areas of the young person life including socialising, training, seeking employment, managing money based on an agreed action plan. All work is needs led by the young person.</p> <p>Tel 01253 344397</p>	<p>Blackpool Children’s Social Care Front Door If you are worried about the welfare of a child, please ring 01253 477299 or email duty.assessment@blackpool.gov.uk Referral into Children’s Social Care requires consent from the person who has parental responsibility of the child/young person for a Level 3 and above.</p>

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<p>Young People’s Services</p>	<p>Family Information Service Website now called the FYI</p> <p>The FYI Service Directory gives you access to an online directory relating to all aspects of family life. Check out our new guide to What's On if you're looking for activities and events.</p> <p>Browse our directory to find childcare and services local to Blackpool, plus lots of advice and guidance information.</p> <p>www.fyidirectory.co.uk</p>		