

Are you worried about a child, young person their family? Updated July 2022

Here are some useful numbers and links for services that can provide support

24/7 Crisis line

For urgent calls for children and young people who are experiencing a mental health crisis contact the 24/7 Rise Crisis team on

Freephone 08081 966798
(select option 2)

Dimensions Tool

The Dimensions of Health and Wellbeing is a free online tool providing self-care information to support adults, children and young people in Coventry and Warwickshire. You can rate yourself or another person against a number of dimensions related to health and wellbeing. The Dimensions tool is available 24/7 and creates a Dimensions report which provides information about self-care, local services and support.

To access the Dimensions of Health and Wellbeing please go to
www.cwrise.com/dimensions-tool/

Coventry City Council Family Hubs

Children, young people, and families can access information, advice, guidance through a Family Hub in their local area. The Family Hub works with a range of multi-agency early help partners so children and young people can get the right help at the right time.

0800 887 0545
www.coventry.gov.uk/earlyhelp

Family Health and Lifestyles Service

Helping children and young people take responsibility for their own health and adopt a healthy lifestyle through: School Nurses, Health Visitors, Stop Smoking Services, the Be Active Be Healthy team, Infant Feeding Team Family Nurse Partnership and MAMTA. Please see the video below for an overview of the service.

There is also **ChatHealth**, a free confidential text service
07507 331 949 for 11-18-year-olds.

024 7518 9190
www.swft.nhs.uk/our-services/children-and-young-peoples-services/coventry-family-health-and-lifestyle-service-0-19-years

Kooth

New service: Kooth is an emotional wellbeing support offer that provides anonymised free online advice, support and guidance to young people aged 11 to 25 years. Kooth allows young

people to access a community whereby they can find support through magazine articles, peer to peer discussion forums, a self-help activity hub as well as online 1:1 counselling support. Please see the video below for an overview of the service.

Short video about Kooth:
vimeo.com/318731977
www.kooth.com

Positive Choices

A free confidential service for young people aged between 5 and 24 to talk about their own drug and alcohol use or if they are impacted by another's substance misuse, unhealthy partner relationships and sexual health. Support is flexible to suit the need of the young person. We offer face to face and online appointments and work one to one and in groups including at our Ecotherapy allotment project.

024 7655 3130
To make a referral or speak with a member of the team, please contact
coventryyp.info@cgl.org.uk
www.changegrowlive.org/positive-choices-coventry

Children and young people MH Service

If you would like to talk about a child or young person, you can have a consultation with a mental health clinician within the Navigation Hub. You can also talk to the Primary Mental Health Team, who can provide wider training for professionals around identifying and supporting mental health needs in children and young people.

Rise Navigation hub
0300 200 2021
www.cwrise.com
Primary Mental Health Team
024 7696 1476

Virtual School

Is the child a Looked after Child (LAC) or previously looked after (PLAC)? The virtual school can offer support and advice to schools, nurseries and colleges.

024 7697 5535
virtualschool@coventry.gov.uk
www.coventry.gov.uk/virtualschool

CAMHS Looked After Childrens (LAC) Services

Children Looked After service offers therapeutic interventions to children and young people aged

5-18, who are currently looked after by Coventry local authority and are living within a 20-mile radius of Coventry. Support includes Attachment difficulties, breakdown of relationships, Self-harm, early trauma, and behavioural difficulties Therapeutic parenting PACE, DDP. Referrals from Professionals sent to Rise Navigation hub on

0300 200 2021
www.cwrise.com

Coventry and Warwickshire Relate

We are part of the Reach service in Coventry providing counselling support for children and young people aged 5-18 years of age experiencing poor mental health, bereavement and loss and family change. We offer the Wish service supporting children and young people that have witnessed / experienced Domestic violence and abuse. All referrals to this project need to come via social care. Services are provided remotely and face to face.

024 7622 5863
Our office is open 9-9 Monday, 9-5 Tuesday, 9-7 Wednesdays, 9-5 Thursday and 9-4 Fridays, but the delivery of our appointments include evenings and Saturday mornings.
info@relatecoventry.org
www.relatecoventry.org

Coventry SEND Support Service

Coventry SEND Support Service continues to offer support to schools through their link SEND professionals. This includes work with families, children and young people and setting staff; this support is usually agreed through the setting SENCo or other members of the leadership team. In the event of 'critical incidents' including sudden or unexpected deaths, members of the school leadership team can contact the Educational Psychology Service to seek advice and support - please ring 024 7678 8400 and an EP will get back to you as soon as possible and where possible on the same day.

024 7678 8400
BSCLimbrickWoodCentre
[@coventry.gov.uk](https://twitter.com/coventry.gov.uk)
www.coventry.gov.uk/recoverycurriculum

NSPCC National Services

As part of the NSPCC's fight for every childhood, we work directly with children and families in our service centres across the UK and Channel Islands and give support to thousands of adults and young people in need through the NSPCC Helpline. We work with primary schools up and down

the country through our Speak Out Stay Safe programme, helping children to keep themselves safe.

Our projects such as Together for Childhood help children who've experienced abuse, support parents, and work to transform the way communities come together to prevent child cruelty. Do you know how to keep your kids safe online? In partnership, NSPCC and O2 have developed Net-Aware, a great guide to the latest and most popular social networks, apps and games kids are using.

www.net-aware.org.uk

0808 800 5000

Childline Tel: 0800 1111

● CW Mind – Reach Service

Coventry and Warwickshire Mind offer the Reach service for children and young people living in Coventry, aged 5-18, who are experiencing poor mental health, for example low self-esteem, anger or anxiety. Provision of support from this service includes both face-to-face and digital support.

To make a referral following the link

www.cwmind.org.uk/children-and-young-peoples-service/

024 7663 1835

Monday to Thursday from 9am until 4.30pm and Friday from 9am until 4.00pm.

Reach@cwmind.org.uk

www.cwmind.org.uk/reach/

● CW Mind – Community Children's Autism Support Service (CCASS)

Coventry and Warwickshire Mind offer the Community Autism Support Service to children and young people up to the age of 18 years, who have a diagnosis of autism or who are on the Neurodevelopmental Assessment waiting list for an autism diagnosis. We offer various support including 1:1 sessions and social groups with CYP, and training and toolboxes for parents/carers and professionals.

Referrals for CASS will be accepted from education provision (SENCo, Educational Psychology etc) and other professionals and can be made via our website.

autismsupport@cwmind.org.uk

www.cwmind.org.uk/autism-support-service

● CW Mind – 16 to 25 Peer Mentoring Service

The Peer Mentoring service aims to improve outcomes for children and young people (CYP) and their families, across Warwickshire and Coventry. It can be a difficult time when transitioning between child and adult mental health support services and many young adults fail to seek advice and support early enough. This is an early intervention/prevention service providing pastoral support and enabling a smoother transition into adult support or community services.

www.cwmind.org.uk/peer-mentoring

● Vibes (ASC) Youth Clubs

About us: The youth clubs are for young people that have a diagnosis of Autism Spectrum Condition (ASC), who live in Coventry and are aged between 7-18. The groups are split up by age as follows: Younger Group: 7-10 years, Middle Group: 11-15 years, Older Group: 16-18 years. The service is designed to meet the needs of young people who are able to independently participate in the activities. The clubs do not have the capacity to provide high level support.

024 7663 1835

vibes@cwmind.org.uk

www.cwmind.org.uk/asc-social-clubs/

● Young Black Men's Project

An early intervention and prevention mental health programme run by black men, for young black men. The service works to raise awareness of mental health and tackle stigma within the community.

024 7663 1835

ybm@cwmind.org.uk

www.cwmind.org.uk/young-black-men-2

● Positive Youth Foundation

The Positive Youth Foundation (PYF) is a registered charity that provides a wide range of high-quality programmes and opportunities for some of the most vulnerable young people in Coventry aged 8-25.

Our work can offer valuable support for children and young people, including newly arrived refugees and migrants, experiencing early signs of stress and anxiety.

info@positiveyouthfoundation.org

www.positiveyouthfoundation.org/our-work/

● Grapevine Coventry and Warwickshire

Teenvine Next Steps and Teenvine Plus are intensive programmes run by Grapevine, available for young people with SEND (diagnosed or undiagnosed) who are struggling with school/service engagement or need extra support accessing community and becoming more independent. Teenvine Next Steps offers 1:1 and small group support for 6-12 months. Teenvine Plus offers family, 1:1 and group opportunities for upto 12 months. Contact Sarah or Paul for more information and a link to the referral form. Young people can be self-referred, family referred or professional referred.

www.instagram.com/teenvineplus

www.facebook.com/teenvineplus

www.facebook.com/teenvinenextsteps

www.grapevinecovandwarks.org

● Contact:

Paul Kedwards (Teenvine Next Steps)

07942 266 545

pkedwards@grapevinecovandwarks.org

Sarah Grove (Teenvine Plus) 07846 956 603

sgrove@grapevinecovandwarks.org

Coventry Youth Activists (CYA) are a campaigns group changing young lives in Coventry. CYA members decide on the issues that matter to them and set about making positive change for themselves and others.

mgillespie@grapevinecovandwarks.org

candrew@grapevinecovandwarks.org

www.grapevinecovandwarks.org/what-we-do/shifting-power/

● Adult MH Support

A wide range of support including one-to-one, mental health courses to help people better understand and manage their own mental health.

www.cwmind.org.uk

● Pathfinder One-to-Ones

024 7622 9988

pathways@cwmind.org.uk

www.wbc.cwmind.org.uk/pathfinder

● Recovery Wellbeing Academy

www.recoveryandwellbeing.co.uk

● Community Support

024 7601 7226

www.cwmind.org.uk/

[community-support-service](http://www.cwmind.org.uk/community-support-service)

● Coventry Safe Haven

A drop-in available to anyone aged 18+ for out-of-hours mental health support. A welcoming, safe, comfortable, non-judgmental and non-clinical environment, that provides information and emotional support.

07921 876 065

coventryhaven.mhm@nhs.net

www.mhm.org.uk/coventry-safe-haven

● Improving Access to Psychological Therapy (IAPT)

Helping those aged 16+ with symptoms of anxiety or depression.

024 7667 1090

www.healthymindservice.com

● Other useful websites:

cwmind.org.uk/get-help/

www.cwmind.org.uk/resources-for-children-and-young-people/

www.coventry.gov.uk/adultmhs

www.coventry.gov.uk/sendiasmhw

www.coventry.gov.uk/info/38/family_support/2884/positive_parenting



www.coventry.gov.uk