



Healthy
Minds

Bradford District and Craven
Health and Care Partnership



Bradford District and Craven

Directory of Children and Young People's Mental Wellbeing Services

To find the latest version of this directory,
please visit healthyminds.services

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An Introduction to Mental Wellbeing Support in Bradford District and Craven

Mental health problems are now thought to affect around one in six children and young people (NHS Digital, 2020).

They include depression, anxiety, self-harm and eating disorders and can often be a direct response to things that have or are happening in their lives. Often children and young people can be supported by their parents, carers, extended families, friends and through support available within schools. However, sometimes children and young people may benefit from additional support and advice around their mental health and emotional wellbeing.

This booklet is intended to provide a summary of the different types of mental wellbeing support for children and young people which are available in Bradford District and Craven. Descriptions of each service, who they can support and how you can contact them have been included to support children, young people, parents, carers and professionals to make an informed decision about what support may be useful.

The THRIVE Framework

The THRIVE framework is an integrated, person centred and needs led approach to supporting mental health and emotional wellbeing for children, young people and their families.

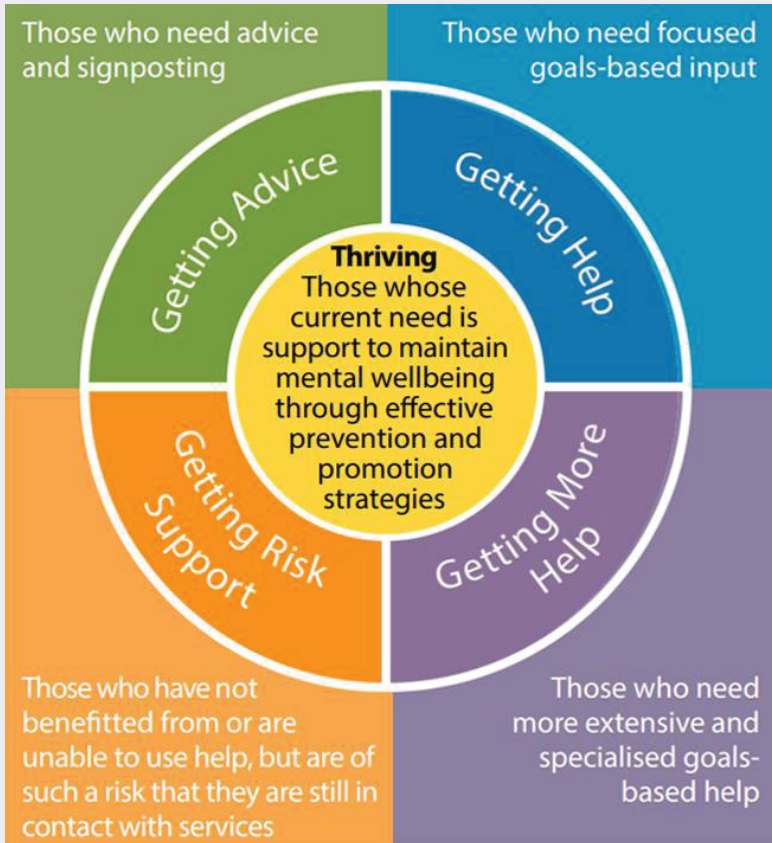
The THRIVE Framework thinks about the mental health and wellbeing needs of children, young people and families through five different needs based groupings: Thriving Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support. It is hoped that considering services across the Thrive Framework can enable children and young people to access the most appropriate service to meet their needs.

For more information on the Thrive Framework please visit the Anna Freud website:

www.annafreud.org/mental-health-professionals/thrive-framework

The THRIVE Framework

In Bradford District and Craven we are moving towards considering each of our mental health and wellbeing services within the Thrive Framework. Therefore the information contained within this booklet is structured around each of the five needs based groupings as illustrated in the model below.



The THRIVE Framework

Key to Services

The key below has been designed to help you find support available to you in your area. Additional keys indicate if this support is for parents/carers or is available digitally.



Bradford District & Craven

This service is available across both the Bradford District and Craven.



Bradford District only

This service is available across the Bradford area.



Bradford (area specific)

These services are limited to certain postcodes within the Bradford area.



Craven only

This service is available within the Craven district.



Parents/carers

This service is available for parents/carers to utilise for support.



Digital offer

This is a digital service, which may include text-based and online advice and support.

When you see a piece of information with a [hyperlink like this](#), click the link and it will take you to where you need to go.



If you need urgent mental health support, call **First Response**:

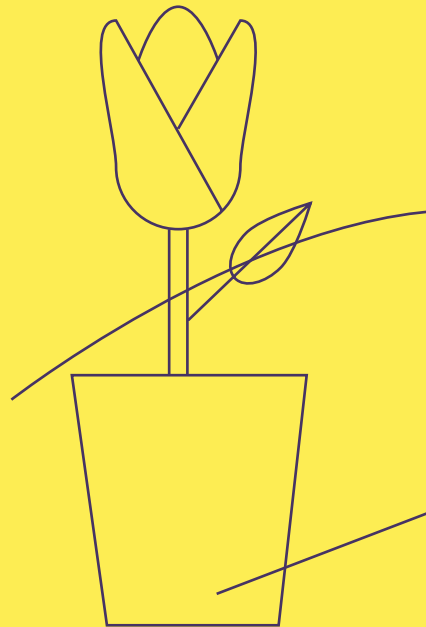
0800 952 1181

First Response offers support 24 hours a day, seven days a week to people of all ages living in Bradford District and Craven.

Thriving

Those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies

This section provides information on initiatives that aim to promote mental wellbeing and resilience. These are mainly provided within schools for children and young people who do not require individual support.



Bradford Healthy Minds Chartermark

Bradford Healthy Minds Chartermark provides an opportunity for schools to showcase the development of their whole school approach to emotional health and wellbeing. This includes developing an ethos and environment within school that promotes respect and values diversity; curriculum teaching and learning to promote resilience and support social and emotional wellbeing.

bso.bradford.gov.uk/content/bradford-healthy-minds-chartermark

Schools working towards the Healthy Minds Chartermark can expect to receive regular support from a named Educational Psychologist to guide them through the process and a peer support network.

School staff can find out more information by contacting the email below.

📧 EmotionalWellbeingChartermark@bradford.gov.uk

📍 bso.bradford.gov.uk/content/educational-psychology/healthy-minds/bradford-healthy-minds-chartermark

B

Bradford Mental Health Senior Leads Training

Bradford Mental Health Senior Leads Training is an introductory Department for Education approved training course available to senior leaders within local schools and colleges to support them to implement a whole school or college approach to mental health and wellbeing. The training aligns with the Department for Education's intention to develop a senior lead for mental health in every school and college, aiming to develop the knowledge and skills required to implement an effective whole school approach to mental health and wellbeing.

Schools can find out more information by contacting the email or visiting the website below.

@ BradfordSeniorMentalHealthLeads@bradford.gov.uk

📍 bso.bradford.gov.uk/news/20623-bradford-senior-mental-health-leads-training---dfe-grant-covers-the-cost

B

Healthy Minds Wellbeing Interventions

The Bradford Educational Psychology Team can provide training for up to two members of school staff to assist in the implementation of interventions relating to mental health and emotional wellbeing. Training packages currently on offer include: Emotion Coaching, Zones of Regulation, Mindfulness, Restorative Practice, Cognitive Behavioural Therapy (CBT) - based approaches, the 'Think Good Feel Good' intervention and resilience-based interventions.

This offer is open to schools participating in Mental Health Champions Plus, Bradford Healthy Minds Chartermark, and Bradford DfE Senior Mental Health Leads.

Schools can find out more information by visiting the website below.

📍 bso.bradford.gov.uk/content/educational-psychology/healthy-minds/healthy-minds-wellbeing-intervention-training/3609

B

Kindness, Compassion and Understanding Campaign

Healthy Minds young apprentices have created an award winning campaign, titled Kindness, Compassion and Understanding (KCU) which aims to inspire people to make a conscious effort to promote kindness and empathy to friends, family, peers and people within their community – in short, an anti-bullying campaign with a difference, created by young people for young people! Delivered in schools by the apprentice team as an interactive 40-minute workshop, with a variety of music and media resources, suitable for early years, Key Stages 1, 2, 3 and 4.

Schools can find out more information by contacting the emails below.

@ Michael@
healthyminds.services

BC

Know Your Mind - Mental Health Awareness Sessions and Training

Know Your Mind deliver free mental health awareness assemblies and talks to children and young people in schools, clubs and other groups. They also provide free mental health awareness training to individuals who work with children and young people.

☎ 01274 730 815

@ knowyourmind@mindinbradford.org.uk

📍 mindinbradford.org.uk/support-for-you/know-your-mind

B*

YiM Live - Mental Health and Wellbeing Webinars

YiM Live is a free offer to primary and secondary schools in the Bradford District and Craven. These webinars provide pupils with information on issues relating to their mental health and emotional wellbeing in an interactive, safe and engaging way. YiM Live is streamed directly into the classroom or assembly space, the pupils connect to an interactive session that supports them to explore and discuss the episode content with the YIM live team.

Schools can find out more information by contacting the emails below.



01274 897 714



yimlive@mymup.org

BC



Getting Advice

Those who need advice and signposting

This section details services that can provide information, advice and self-management resources to children, young people and families. This includes telephone, digital and parenting support.




Compass Phoenix BUZZ US

BUZZ US is a confidential text messaging service available across North Yorkshire for young people aged 11-18 who have emotional wellbeing and mental health worries, such as low mood, stress, self-harm, anxiety or self-esteem issues.

The service is open Monday to Thursday 9.00am-5.00pm and Friday 9.00am-4.30pm (excluding Bank Holidays).

 [07520 631 168](tel:07520631168)

 [compass-uk.org/
buzz-us](https://compass-uk.org/buzz-us)




Guide-Line

Guide-Line is a free, confidential telephone and live chat helpline providing mental health and emotional support, guidance and information to people of all ages living in Bradford District and Craven.

Guide-Line is open 8.00am to 12.00am (midnight) every day of the year.

 08001 884 884

 [mindinbradford.org.uk/
support-for-you/
guide-line/](https://mindinbradford.org.uk/support-for-you/guide-line/)

BC

“

I feel better for getting things out my head.

”


Kooth

Kooth is an online mental health and emotional wellbeing service available to children and young people (aged 10-18).

Kooth offers a free, safe, anonymous online emotional wellbeing community that is accessible 24/7, 365 days of the year, providing discussion forums, resources and access to chat sessions with accredited counsellors and qualified emotional wellbeing practitioners. All chat sessions are text-based conversations that take place on the Kooth website and can last up to an hour.

Chat is available from 12.00pm – 10.00pm Monday to Friday, and 6.00pm – 10.00pm on Saturday and Sunday.

Kooth is accessible from any device that can access wifi, allowing young people to seek help and support at a time and location that is suitable for them. Children and young people can anonymously register on Kooth.

 [kooth.com](https://www.kooth.com)



Mental Health Champions in Schools Project

Mental Health Champions in Schools Project provides information and guidance to a member of school staff to enable them and the wider school workforce to support children and young people with mild to moderate mental health or emotional wellbeing difficulties in the school environment.

Our aim is for every school in Bradford to sign up to the Mental Health Champions project, which communicates key information regarding offers of support, advice and news from health care providers, Public Health services and the voluntary sectors to schools and colleges in the district.

Mental Health Champions Plus can access further training and guidance via the Mental Health Champions Plus offer – an enhanced level of support and training. This service also holds online workshops for parents/carers.

Schools and parents/carers can find out more information by contacting the email provided on the following page.

Mental Health Champions in Schools Project (continued)

@ mhchampions@bradford.gov.uk

📍 Mental Health Champions Core: [bso.bradford.gov.uk/content/educational-psychology/healthy-minds/mental-health-champions-\(mhc-core\)](https://bso.bradford.gov.uk/content/educational-psychology/healthy-minds/mental-health-champions-(mhc-core))

📍 Mental Health Champions PLUS: bso.bradford.gov.uk/content/educational-psychology/healthy-minds/mental-health-champions-plus



Incredible Years® Programme

The Incredible Years programme has been created for parents of children in primary schools and up to year 8. This programme focuses on promoting positive behaviours, reducing difficult or challenging behaviours and building social skills and effective praise. The programme is delivered by the Mental Health Support Teams and provides parents with an opportunity to come together and learn from each other.

The course is 12 weeks long and runs within school settings a limited number of times a year.

To find out more, please contact the email below.

@ mhst@bdct.nhs.uk



Parent Support Group

Parent Support Groups are facilitated by Mental Health Practitioners. Parent Support Groups are a safe space for parents to get together, share their experiences and build positive relationships.

The sessions starts with a presentation on a topic chosen by parents and carers, such as helping your child with exam stress, setting boundaries and supporting low mood. Parents and carers then have the opportunity to discuss the topic and offer peer support to each other.

To find out more, please contact the email below.

@ mhstparentsupport@bdct.onmicrosoft.com



Qwell

Qwell is a free, safe, anonymous online emotional wellbeing service that is accessible 24/7, 365 days of the year for adults (aged 18+). Qwell provides access to chat sessions with accredited counsellors and qualified emotional wellbeing practitioners. All chat sessions are text-based conversations that take place on the Qwell website and can last up to an hour. In addition to chat, the website provides discussion forums, personal development tools and resources to support emotional wellbeing.

Chat is available from 12.00pm – 10.00pm Monday to Friday, and 6.00pm – 10.00pm on Saturday and Sunday.

 qwell.io



SELFA

SELFA provide health and wellbeing programmes, peer support groups, targeted holiday workshops and trips for families and their children aged 4 to 19 years in North Yorkshire who are experiencing vulnerabilities. Referrals can be made via a professional working with the family or self referral by parents, carers or young people via the website.



01756 533 110



admin@selfa.org.uk



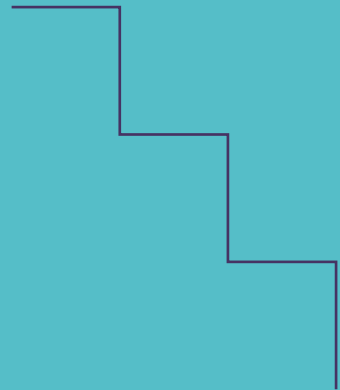
selfa.org.uk



Getting Help

Those who need focused goals-based input



This section details services that can provide one to one or group based support to children, young people and families. This support is based around the needs of the child or young person and the mental health and wellbeing goals and outcomes they want to achieve.



Bevan House

Bevan House provides a range of health and wellbeing activities for children, young people and their families; providing services for highly vulnerable groups who face complex economic and social barriers in their lives e.g. refugees and asylum seeker groups. The service works with existing local partnerships to create cross-community support and opportunities for children and young people. This service is currently open to those registered at Bevan House.

For more information on the services Bevan provide, please visit the website below.



 [01274 322 400](tel:01274322400)
 wearebevan.co.uk

B

Bradford Counselling Services - now Trust Therapy (part of The Cellar Trust)

Trust Therapy deliver short-term counselling to all ages from 13 upwards who are experiencing a range of issues including: relationship difficulties, bullying, stress, anxiety, low self-esteem, anger, loss, abuse and trauma. The service offers up to 12 sessions of free counselling.

To find out more, please use the contact details below. To self-refer, please visit the website.


 [01274 586 474](tel:01274586474)
 [thecellartrust.org/
home/whatwedo/
trust-therapies](http://thecellartrust.org/home/whatwedo/trust-therapies)

BC


The BREW Project

The BREW Project aims to give a child or young person (aged 5 to 17) access to a confidential and non-judgemental one-to-one support session via telephone, video call, walk and talk session and face to face. The service is designed to offer quick and effective support to help children and young people find solutions to problems, concerns and issues they are experiencing in life and with their mental health or emotional wellbeing.

To find out more, please use the contact details below. The service welcomes referrals from professionals and self-referrals via the website.

 [01422 730 015](tel:01422730015)

 support@invictuswellbeing.com

 [invictuswellbeing.com/brewproject](https://www.invictuswellbeing.com/brewproject)


BC

CAMHS Primary Mental Health Worker Team (PMHWs)

PMHWs work jointly with universal services in attempting to identify and manage emotional difficulties and mental distress at their lowest level. They offer consultation, advice and signposting, and where needed, direct support to young people (up to 18 years) and their families.

Referrals are welcomed from professionals working with the child or young person. This includes GPs, Teachers, Social Workers and School Nurses.

 [01274 723 241](tel:01274723241)

 bdct.nhs.uk/services/child-adolescent-mental-health-camhs

BC

Compass Phoenix

Compass Phoenix provide support for children and young people aged 9 to 19 (up to 25 for those with special educational needs) who live in North Yorkshire who have mild to moderate emotional wellbeing and mental health difficulties. Support is structured, and primarily delivered through group work, with one to one support where appropriate.

The service also delivers free emotional wellbeing and mental health training in schools and colleges across North Yorkshire.

Referrals can be made via a professional working with the young person or self-referral by parents, carers or young people.



01904 661 916



[compass-uk.org/
services/compass-
phoenix](https://compass-uk.org/services/compass-phoenix)

C

Education based Emotional Wellbeing Practitioners (EEWP) Team

The Education Emotional Wellbeing Team is part of the Educational Psychology Team and works with children and young people experiencing mild to moderate emotional and wellbeing concerns.

The offer includes, one to one or small-group support, for example using Cognitive Behavioural Therapy (CBT) or Therapeutic Story Writing. Education based Emotional Wellbeing Practitioners can also facilitate workshops around topics common in primary and secondary schools, delivered to a whole class or a small group. The focus includes coping strategies based upon evidence-based practice.

This service can be accessed by those schools who do not have a Mental Health Support Team.

Please visit the website below for more information on how to make a referral.

@ [EdEmotional Wellbeing@bradford.gov.uk](mailto:EdEmotionalWellbeing@bradford.gov.uk)

[bso.bradford.gov.uk/content/education-based-emotional-wellbeing-practitioners-\(eewp\)-team](https://bso.bradford.gov.uk/content/education-based-emotional-wellbeing-practitioners-(eewp)-team)

B

“

Thank you for speaking to me today it has really helped

”

Early Help North Yorkshire County Council

North Yorkshire County Council Early Help provides support when a need is identified at any point in a child's life (0-19 years). The purpose of Early Help is to enable families to build on strengths and promote resilience to sustain positive changes. It includes universal and targeted services that are designed to prevent and reduce problems from escalating.

For more information please visit the website below.

☎ [01609 534 842](tel:01609534842)

@ EarlyHelpWest@northyorks.gov.uk

📍 safeguardingchildren.co.uk/professionals/early-help

C

Early Help Bradford Metropolitan District Council

Early Help is the support provided for children, young people and their families to respond when difficulties emerge or to stop problems developing in the future. This support can be provided at any point in a child's life to stop small problems getting bigger.

For more information please visit the website below.



0800 953 0966



bradford.gov.uk/children-young-people-and-families/early-help/what-is-early-help/

B

Girlington Centre

The Girlington Centre offers a range of support activities, these include: one to one support; wellbeing groups including art and craft based sessions; walk and talk sessions; yoga, mind body and soul workshops; peer support; be-friending support and counselling. The service also offers focussed support groups for: Autism, Dementia, the Roma community and the refugee community.

The centre can offer free legal advice in welfare benefits / immigration as well as food parcels and fuel top ups.

Weekday activities focus on adults. Weekend and school holiday activities focus on children and families.

The service accepts professional and self-referrals across Bradford District.



01274 542 454



info@Girlington.org.uk

B



HALE Young People's Social Prescribing

HALE's Young People's Social Prescribing Service supports young people aged 9-19 years, who live in or access a GP or education setting in BD1, 2, 3, 5, 7, 8 or 9 via one to one sessions in the community or at school, group work sessions and support in accessing activities and hobbies that interest them. The service also provides activities to improve health and well-being.

The service accepts professional and self-referrals.

☎ 07508 820 689

@ rebecca.mcdonnell@haleproject.org.uk

📍 haleproject.org.uk/young-peoples-services/hales-young-peoples-social-prescribing-service

B*

IDAS: The Respect Programme

The Respect Programme is a specially developed programme available for families across North Yorkshire.

It supports families where children or young people have started to display abusive or aggressive behaviours towards their parents or carers. It is a voluntary programme for families who would like to work to gain positive change within the family.

For more information, please visit the website.

@ info@idas.org.uk

📍 idas.org.uk/our-services/respect-programme/

C

Yorkshire MESMAC

MESMAC provide individual support to young people around LGBT+ mental health issues, for example anxieties around coming out. Support can be provided over the phone, online and in person.

MESMAC can provide 6-8 sessions of counselling to some LGBT+ young people.

Self-referrals or professional referrals are accepted. Some support and training is available to organisations working with young LGBT+ people.

 [07407 761 569](tel:07407761569)

 [01274 395 815](tel:01274395815)

 [mesmac.co.uk/
our-services/bradford](https://mesmac.co.uk/our-services/bradford)

BC


Mind in Bradford - Enhanced Access

Mind in Bradford provide one to one support on an evening for young people and adults aged 11 and over.

You can have up to 3 sessions with a Wellbeing Practitioner over the phone to discuss your or a family members mental health and emotional wellbeing, get advice, support and helpful information.

Call your GP practice and ask to book an appointment with a Mind Wellbeing Practitioner as part of the Enhanced Access service.

For more information on which GP practices this offer includes please visit the website below.

 [mindinbradford.org.uk/
support-for-you/
1-to-1-support/](https://mindinbradford.org.uk/support-for-you/1-to-1-support/)

BC

Mental Health Support Teams

The Mental Health Support Teams offers low Intensity Cognitive Behavioural Therapy (CBT), one to one and group work with children and young people at primary and secondary school who experience worry, low mood, separation anxiety, panic and general anxiety in schools. The team also offers support to parents and teachers, they can signpost to other services and share useful information and resources.

Please note, the MHST offer is not available in all schools currently. To find out more please contact your school's support team.

@ mhst@bdct.nhs.uk
📍 healthyminds.services/content-article/mental-health-support-teams

BC

Neurodevelopment Team CAMHS

The Neurodevelopment Team in CAMHS provides a diagnostic service for those aged 7 up to 18 years in relation to diagnosing Autism Spectrum Disorder and/or Attention-Deficit / Hyperactivity Disorder (ADHD). The team actively supports the initiation of ADHD medication, which is followed by consistent monitoring and reviewing of a child or young person's progress throughout.

Referrals are welcomed from professionals working with the child or young person. This includes GPs, Teachers, Social Workers and School Nurses.

☎ 01274 723 241
@ bdct.nhs.uk/services/child-adolescent-mental-health-camhs

BC

Relate Bradford and Leeds

Relate Bradford & Leeds, provide systematic, short-term counselling across a range of service areas, for young people (aged 11 and above) and families. Relate Bradford & Leeds also deliver psycho-education within primary and secondary schools.

Referrals are welcomed from parents/carers and health and social care professionals as well as self-referrals.

To make a referral to the service, please contact the service via the telephone number or email provided below.

 01274 726 096
 information@relatebradford.com
 relatebradford.org

BC

Relate Cross Pennine

Relate Cross Pennine's Time to Talk service provides confidential counselling for young people aged 11-24 who may be having difficulties in their home, school or personal lives.

The service covers the Airedale, Wharfedale and Craven areas or postcodes BD16 to BD24 and LS29.

To self-refer, please telephone the service. If you are a professional, you can complete the interagency referral form on the website.

Referrals are welcomed from parents/carers and health and social care professionals as well as self-referrals.

 01535 605 047
 info@relatecp.org.uk
 relatecrosspennine.org.uk

B* C

Roshni Ghar (Keighley)

Roshni Ghar supports South Asian women from 13 to 18 years (up to 25 for those with learning difficulties), dealing with a range of mental health issues. This support includes: 6-week face to face one to one sessions, wellbeing checks and culturally sensitive counselling.

Referrals can be made by any health or social care professional.

@ info@roshnighar.org.uk
[roshnighar.org.uk/
referrals](http://roshnighar.org.uk/referrals)

B*

“

I have learnt how to express what's good and bad, and I enjoy attending the group and seeing everyone

”

Step 2

Step 2 offers counselling across the Bradford District for children and young people 5-18 years. These sessions can help with issues such as stress, anxiety and family difficulties. For those aged 16-25, this service may be accessed through some health centres. Please contact the service to find out more about this offer.

Referrals for counselling can be made by parents, professionals, and young people via the website.


☎ [01274 720 185](tel:01274720185)
@ [counselling@
step2.org.uk](mailto:counselling@step2.org.uk)
📍 step2.org.uk

B


Wharfedale, Airedale, Craven Alliance (WACA) Social Prescribing Service

This service supports young people (5-18) with their health and wellbeing, working one to one to establish any unmet needs, connecting young people and their families to a range of community services and promoting physical activity. Appointments can take place at home, school or GP Practice.

To find out more about which GP practices offer this service and to self-refer, please visit the website below.

 [07725 878 549](tel:07725878549)

 david.pugh5@nhs.net

 [wacalliance.co.uk/
our-projects/social-
prescribing-service](http://wacalliance.co.uk/our-projects/social-prescribing-service)




Young Carers – Carers' Resource


The Young Carers Service provide support to young carers who are helping to look after someone because they have an illness or a disability, they experience poor mental health or they misuse alcohol or drugs.

Carers' Resource supports young carers aged 18 and under in Bradford and Craven, offering one to one mentoring, youth clubs, trips and activities. The service also provides training regarding young carers to schools and other professionals.

Referrals from professionals and parents and carers are welcome.

 [08085 015 939](tel:08085015939)

 [info@carersresource
.org](mailto:info@carersresource.org)

 [carersresource.org/
young-carers](http://carersresource.org/young-carers)



Youth in Mind | Mind in Bradford

Youth in Mind is a partnership of mental health and emotional wellbeing organisations supporting children, young people and their families from age 5 to age 25, across Bradford District and Craven.

All Youth in Mind Services can be referred into on the website mindinbradford.org.uk/support-for-you/youth-in-mind or via GP assist.

Please ensure if you are referring someone else that you have their permission.

The following services are part of the Youth in Mind Partnership.

“

I don't want these sessions to end. They have helped me make friends and helped me with my confidence.

”

Barnardo's - WRAP

Barnardo's WRAP is a child centred, self-care focussed 10-week Wellness Recovery Action Plan (WRAP) programme for young people aged 8-19 in Bradford District and Craven, who are experiencing difficulties with their emotional and mental wellbeing.

You can refer to this service via the Youth in Mind website or contact the service direct for more information.

☎ [01274 513 300](tel:01274513300)

@ admin.listerhills@barnardos.org.uk

📍 mindinbradford.org.uk/support-for-you/youth-in-mind



Bradford Youth Service - Buddies

Bradford Youth Service Buddies offer virtual, community and school-based support to young people aged 11-19 or up to 25 (with Specialist Educational Needs and Disabilities) who are experiencing difficulties with their emotional and mental wellbeing through a mix of one to one support for up to 12 weeks and peer support groups.

You can refer to this service via the Youth in Mind website or contact the service direct for more information.

☎ 01274 437 959

✉ youth.service@bradford.gov.uk

📍 mindinbradford.org.uk/support-for-you/youth-in-mind

B

Brathay Trust - M.A.G.I.C

Brathay Trust M.A.G.I.C service offers support to children aged 5-10 across Bradford District. The service provides a safe environment at a setting of the child or family's choosing, alongside time and structured conversations to enable the child to process and externally vocalise their thoughts in one to one sessions with trained counsellors and youth workers.

You can refer to this service via the Youth in Mind website or contact the service direct for more information.

✉ counselling@brathay.org.uk

📍 mindinbradford.org.uk/support-for-you/youth-in-mind

B

“

It really helped me control my emotions a lot and it's much easier now, thank you a lot

”

Inspired Young & Healthy People


Inspired Neighbourhoods Young and Healthy People service provides support for 9-13 year-olds, with mild to moderate social, emotional and mental health issues. The programme provides 8 group sessions, and 8 one to one sessions for those who want support individually. This service is available to children, young people and families who live in, are registered at a GP or attend school, in one of the following postcodes: BD1, BD2, BD3, BD5, BD7, BD8 or BD9.


The service takes referrals from schools, parents, professionals and self-referrals.

You can refer to this service via the Youth in Mind website or contact the service direct for more information.

 [01274 665 598](tel:01274665598)

 g.zito@incic.co.uk

 inspiredneighbourhoods.co.uk

 mindinbradford.org.uk/support-for-you/youth-in-mind


B*


Know Your Mind (Mind in Bradford)

Know Your Mind (Mind in Bradford) offers a range of activities to help children and young people improve their wellbeing, providing one to one and group support for up to 8 weeks. Sessions can be tailored to suit the individual; either in person or via telephone, using a goals-based approach. Know Your Mind supports children and young people aged 8-19 (or up to 25 for those with special educational needs) who live, go to school, or attend a GP in BD1, 2, 3, 5, 7, 8, or 9.

You can refer to this service via the Youth in Mind website or contact the service direct for more information.

 [01274 730 815](tel:01274730815)


 knowyourmind@mindinbradford.org.uk

 mindinbradford.org.uk/support-for-you/know-your-mind

B*

SELFA - Mighty Minds

SELFA provide support to young people aged 5-19 or up to 25 (with Specialist Educational Needs and Disabilities) who are experiencing difficulties with their emotional and mental wellbeing through a mix of 1-1 and group support.

 [01756 533 110](tel:01756533110)

 admin@selfa.org.uk



“

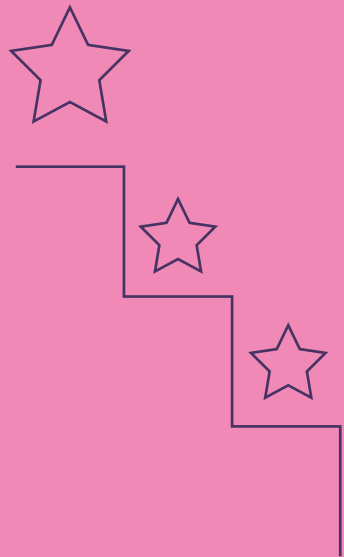
I like how I'm able to coordinate the session and what we work on

”

Getting More Help

Those who need more extensive and specialised goals based help

This section details services that can provide specialist support based on a child, young person's or family's needs, mental health concern or condition. Generally these services aim to provide support to those who are experiencing significant difficulties and presenting with severe or complex needs.



Early Intervention in Psychosis Team (CAMHS)

The CAMHS Early Intervention in Psychosis team, supports young people aged 14-18 years-old, who are experiencing a first episode of psychosis. Young people may experience a number of symptoms of psychosis including seeing and hearing things others cannot and show a reduction in functioning (e.g. school work, socialising etc). The service offers support to carers and families of those young people with a diagnosis of psychosis. It also provides young people's assessment and treatment, care coordination, recovery coordination, individual therapy and family work. Families and health professionals can ring CAMHS Duty Team and ask for advice on referral or speak to their GP for referral.

Referrals are welcomed from professionals working with the child or young person. This includes GPs, Teachers, Social Workers and School Nurses.



01274 723 241



[bdct.nhs.uk/services/
child-adolescent-
mental-health-camhs](https://bdct.nhs.uk/services/child-adolescent-mental-health-camhs)

BC

Bradford Rape Crisis and Sexual Abuse Survivors Service

Bradford Rape Crisis and Sexual Abuse Survivors Service provides support for girls and young women 13 years and above, who live in the Bradford District and Keighley area and have been subjected to sexual violence at any time in their lives. This includes: flexible one to one support at our centre or in school; Young Women and Girls Independent Sexual Violence Advisor (ISVA); after school girls groups; counselling services and Jyoti - Black, Asian and Racially Minoritised women and girls services.

Self-referrals and referrals from family, friends and organisations can be made via the website.



0800 448 0710



[bradfordrapecrisis
.org.uk](https://bradfordrapecrisis.org.uk)

B

CAMHS (Core)

The Child and Adolescent Mental Health Service (CAMHS) helps children and young people in the local area who may be having problems. They may be very upset or very angry, they may be behaving in unusual ways, or their family or carers, friends or teachers may be very worried about them. CAMHS supports children and young people from pre-school years up to 16 years of age, (or up to 18 years of age if still in school) where there are severe and long standing concerns about emotional well-being and behaviours. The service also provides consultation, assessment and therapy for looked after and adopted children, and children on Special Guardianship Orders.

Referrals are welcomed from professionals working with the child or young person. This includes GPs, Teachers, Social Workers and School Nurses.

☎ [01274 723 241](tel:01274723241) Bradford

☎ [01535 661 531](tel:01535661531) Keighley

📍 bdct.nhs.uk/services/child-adolescent-mental-health-camhs

BC

Children's Trauma Therapy Service

This service provides specialist trauma and attachment focussed psychotherapy, counselling and therapeutic interventions for children and young people aged between 4-18 years (up to 25 years for those with additional needs). Specialist recovery-focussed therapy helps those aged 4-18 years who have experienced sexual abuse or a traumatic bereavement, and those aged 4-11 years who have experienced one or more Adverse Childhood Experiences (ACEs) and who are experiencing trauma symptoms and family difficulties.

Self-referrals from families and referrals from professionals are welcome.

☎ [01274 651 652](tel:01274651652)

@ CTTS@family-action.org.uk


📍 family-action.org.uk/what-we-do/children-families/bradford/childrens-trauma-therapy-service

BC


Eating Disorder Service (CAMHS)


The Eating Disorder Service provides assessment and treatment for young people (under 18 years) with eating disorders and their families. The service has specialist knowledge of eating disorders, with expertise in both individual and family therapy.

The service currently receives referrals from GPs, School Nurses and Paediatricians.

 [01274 723 241](tel:01274723241) Bradford

 [01535 661 531](tel:01535661531) Keighley

 bdct.nhs.uk/services/child-adolescent-mental-health-camhs

 bdct.nhs.uk/services/freedom-team


BC


Future Focus


Future Focus work with 14-35 year olds who may be assessed as at risk of developing psychosis due to past trauma, and/or adverse life events, or a family history of mental health difficulties. The service also offers support to close relatives of those with a diagnosis of psychosis. Future Focus is therapy led, but also offers Care Coordination/ Recovery Coordination, and Support Workers.

Please note, the family support part of the service, for those with a relative with a diagnosis of psychosis, is only available in certain postcodes within the Bradford area.

 [01274 221 021](tel:01274221021) Over 18

 [01274 723 241](tel:01274723241) Under 18

 futurefocus@bdct.nhs.uk

 bdct.nhs.uk/services/futurefocus

BC

Little Minds Matter

Little Minds Matter works with families and professionals with the aim of supporting the early relationships between babies and their carers, from pregnancy to a child's second birthday. The service offers training and consultation to professionals across the Bradford District as well as working directly with families and communities within the Bradford City area.

Referrals can be made by health and social care professionals.



[01274 228 300](tel:01274228300)



LittleMindsMatter@bdct.nhs.uk



bdct.nhs.uk/services/little-minds-matter

B*

Specialist Early Attachment & Development (SEAD) Service

The Specialist Early Attachment and Development Service acts to support and strengthen attachment relationships and child development through the early years (0-6). The team offers a thorough and comprehensive assessment, collaborative working and evidence-based therapies to support children and their parents who have experienced complex trauma and significant adversity.

Referrals are accepted from health professionals and Social Workers.



[01274 723 241](tel:01274723241)



seads.team@bdct.nhs.uk



bdct.nhs.uk/services/child-adolescent-mental-health-camhs

BC

Getting Risk Support

Those who have not benefitted from or are unable to use help, but are of such a risk that they are still in contact with services

This section details services that can respond to children and young people who may be experiencing a mental health crisis. This could be where there are urgent and significant concerns regarding a child or young person's mental wellbeing, including those who may present a risk to themselves or to others.



CAMHS Crisis Team

The CAMHS crisis service bridges the gap between Specialist CAMHS and inpatient services by providing support to young people experiencing mental health crises. This includes young people who:

- are at risk of immediate and significant self-harm
- are being considered for admission to a mental health inpatient unit
- are in acute psychological or emotional distress that is preventing them from going about their daily activities.


The Crisis Team is developing an intensive home treatment service for young people who need short term more intensive support in the community. Referrals come from CAMHS internally, A&E and Paediatric Wards.



First Response

The First Response crisis service offers support 24 hours a day, seven days a week to people of all ages living in Bradford District and Craven experiencing a mental health crisis.

Where possible the person who is experiencing the crisis should contact First Response, but we understand that this is not always possible and accept calls from others, concerned about the person's well-being. Once you call First Response a telecoach will answer and quickly assess your needs. They are experienced to talk to people in distress and provide guidance to help you manage the situation and your feelings.

 [0800 952 1181](tel:08009521181)

 bdct.nhs.uk/services/first-response




Night OWLS Helpline

Night OWLS (Overnight West Yorkshire Listening/Advice Service) is a confidential emotional support line for children, young people (up to 18, or 25 with additional needs, care leavers etc), their parents and carers who live in Bradford, Calderdale, Kirklees, Leeds and Wakefield. This service provides information, signposting, listening, advice and support to children and young people in crisis or where there are concerns about their emotional wellbeing. Open every day, 8pm–8am.

Support can be provided over the phone, via text or online.

 [0800 1488 244](tel:08001488244) Phone

 [07984 392 700](tel:07984392700) Text


 wynightowls.org.uk

BC

Safe Spaces Hubs

Safe Spaces is a confidential, non-clinical environment where children and young people can seek one-to-one support when they are experiencing emotional distress. Support can be provided over the telephone or in person at one of the two hubs. The Bradford Hub is based at Kenburgh House and operates from 12.00pm – 2:30am. The Keighley Hub is based at Central Hall, and operates from 5.00pm – 10.00pm. Safe Spaces operates 7 days a week, 365 days a year.

Referrals can be made via First Response on 0800 952 1181 or via Guideline on 08001 884 884. Alternatively any CAMHS worker can also refer a young person in for support.

 healthyminds.services/safe-spaces

BC

Safe Spaces Overnight Stay

Safe Spaces overnight service is based in the Bradford area and operates from 6.00pm – 10:00am on a Monday and Tuesday.

Safe Spaces overnight stay is a confidential, non-clinical, homely environment where children and young people (aged 7 up until their 18th birthday) can seek one-to-one support when they are experiencing emotional distress. Support stays at the overnight service are focused on de-escalating a mental health crisis and providing emotional support where needed.

Our Crisis Support Workers will also encourage onward referrals to other services if the young person feels they need more ongoing support.

Referrals can be made via First Response on 0800 952 1181 or via Guideline on 08001 884 884. Alternatively any CAMHS worker can also refer a young person in.



[healthyminds.services/
safe-spaces](https://healthyminds.services/safe-spaces)

BC

Useful Resources – Local

Healthy Minds


The Healthy Minds website provides mental health support information for people across Bradford District and Craven.

 healthyminds.services

BC

North Yorkshire SEND Local Offer


The local offer provides useful information for children and young people with special educational needs and disabilities (SEND) and their families.

 [northyorks.gov.uk/
send-local-offer](https://northyorks.gov.uk/send-local-offer)

C

Treacle


Treacle is a free and easy-to-use social prescribing directory. It gathers together information about small local groups, as well as national help and support, into one site.

 treacle.me

BC

The Go-To

The Go-To website contains information on what mental health support is available in North Yorkshire for children and young people.


 thegoto.org.uk

BC

Useful Resources – Local

Living Well Schools


Living Well Schools is designed to help staff improve the health and wellbeing of pupils in their care. It's a place to access relevant guidance, resources, services and training to help make this possible.

 [mylivingwell.co.uk/
schools](https://mylivingwell.co.uk/schools)

B

My Wellbeing IAPT Service

MyWellbeing IAPT Service is a free NHS service to help people manage everyday problems such as feeling low, having problems sleeping, feeling anxious and experiencing stress.

 [bmywellbeingiapt
.nhs.uk](https://bmywellbeingiapt.nhs.uk)

BC

Bradford Local Authority (LA) SEND Local Offer

The Local Offer is a new way of giving children and young people with special educational needs and disabilities (SEND) 0-25 and their parents or carers information about what activities, services and support is available.

 [localoffer.bradford.
gov.uk](https://localoffer.bradford.gov.uk)

B

Useful Resources – National

Young Minds

Young Minds provide young people with tools to look after their mental health. The website also provides advice to parents and adults who work with young people.

The Young Minds Crisis Messenger provides free crisis support every day of the week, at any time day or night. You just need to text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

 [youngminds.org.uk](https://www.youngminds.org.uk)


OCD UK

OCD-UK works for children and adults affected by Obsessive-Compulsive Disorder. They provide advice, information, and support services.

 [ocduk.org](https://www.ocduk.org)


Anna Freud: National Centre for Children and families

The Anna Freud website contains excellent mental health resources and training to support families, schools and professionals working with children and young people.

 [annafreud.org/
clinical-support-
and-services/
family-trauma](https://www.annafreud.org/clinical-support-and-services/family-trauma)

Beat: Eating Disorders


This website provides advice and information to support people with Eating Disorders. Helpline support and online support is available.

 [0808 801 0677](tel:08088010677)
 [beateatingdisorders
.org.uk](https://www.beateatingdisorders.org.uk)

Useful Resources – National


Self-harm

University of Oxford guide for parents and carers on supporting their child or young person in dealing with self-harm.

 psych.ox.ac.uk/news/new-guide-for-parents-who-are-coping-with-their-child2019s-self-harm-2018you-are-not-alone2019


Every Mind Matters

The Every Mind Matters website aims to support everyone, including children and young people, to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions. It has been adapted to include advice and support about mental health issues that may have arisen because of the pandemic.

 nhs.uk/every-mind-matters


Childhood Bereavement Network

The Childhood Bereavement Network has a range of resources to help schools to respond to a bereavement and to provide support to bereaved pupils and their families. It also includes signposting to local bereavement services.

 [childhood bereavement network.org.uk](https://childhoodbereavementnetwork.org.uk)

Papyrus - Prevention of Young Suicide


Papyrus (Prevention of Young Suicide) provides confidential advice and support for young people who feel suicidal and has published a guide for teachers and staff.

 papyrus-uk.org

Useful Resources – National


Zero Suicide Alliance

The Zero Suicide Alliance collaboration of National Health Service trusts, charities, businesses and individuals offers free suicide prevention training.

 zerosuicidealliance.com

SHOUT

SHOUT provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. You can text SHOUT to 85258. This service is free on all major mobile networks.

 giveusashout.org

Our Partners

Working Together to Support Children and Young People's Mental Wellbeing in Bradford District and Craven.



Our Partners



Notes

Notes

Notes



Bradford District and Craven
Health and Care Partnership



Produced by Bradford District and
Craven Health and Care Partnership

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most up to date version, please visit
www.healthyminds.services