

<u>5-19 Service – School Health Nurses</u>	Overview	Criteria	Self-referral and Professional referral
	<p>Weekly confidential drop in at secondary schools and termly at primary schools. Support for initial concerns regarding low mood, thoughts of self-harm, concerns regarding bullying, weight issues.</p> <p>School nurse will devise a plan and or referrals made and ask to follow a young person up each week. During lockdown – school nurses have been telephoning young people. Referral from school - SN will arrange to see the young person</p>	<p>At secondary schools, drop is available for all school children. Primary school drop ins are for parents/ carers to access</p>	<p>Drop ins are advertised by the school for young people/ parents/ carers to attend</p> <p>Schools have School Nurse referral form if they require support from the school health service</p> <p>Mental Health Role- Education and support for 0-19 practitioners when working with children, YP and parents that with emotional/ mental health concerns. wchc.mentalhealthsth0-19@nhs.net</p> <p>BMH Role – Emotional resilience for children identified as needing additional support by school. wchc.mentalhealthsth0-19@nhs.net</p>



<u>St Helens Wellbeing Service</u>	Overview	
	<p>Provide advice in support for general wellbeing including the 5 Ways to Wellbeing which are 5 simple things that can help children and young people boost their wellbeing and feel good</p>	<p>Contact the team on 01744 371111, email chcp.sthelens@nhs.uk or go online to access their Kid Zone https://www.sthelenswellbeing.org.uk/services/kid-zone</p>

<u>Kooth - Online Counselling and Support</u>	Overview	Criteria	Self-referral
	<p>Kooth is an, online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop. This service is anonymous and free at the point of use.</p> <p>There is also a wealth of useful support and information, the ability to be creative and share your experiences and moderated forums to discuss with others who may be feeling the same.</p>	<p>Any Children and Young People aged 11-25 years.</p>	<p>You can access this online via the website at www.Kooth.com 24 hours a day, 365 days a year.</p> <p>Counsellors are available from:</p> <p>Midday to 10pm Monday to Friday</p> <p>6pm - 10pm at Weekends.</p>

<u>Worth It</u>	Overview	Criteria	Access
	<p>Enables schools to support pupils and students with wellbeing to raise resilience, help them flourish and protect against mental health problems now and later in life.</p> <p>Wellbeing toolkit, including online training, for all schools and colleges in St Helens</p>	<p>For all schools and colleges in St Helens</p>	<p>Contact Worth It on 0300 3233230</p>

<u>ADDvanced Solutions</u>	Overview	Criteria	Self-referral and professional referral
	<p>Community-based groups, programmes, and opportunities that raise awareness; develop skills; share learning experiences; and build confidence, we support children, young people, and families living with neurodevelopmental conditions, learning difficulties and associated mental health needs.</p>	<p>Children, young people, and families living with neurodevelopmental mental conditions</p>	<p>Open access community network group - If you have concerns about your child's behaviour or progress at school, our weekly community network groups offer support to help you learn, understand and meet the needs of your child and family.</p> <p>Family Learning Programmes and Workshops - Structured programmes and workshops that give parents, carers, and supporters the skills, knowledge and confidence to enable you to better recognise, understand and meet the needs of your family living with neurodevelopmental conditions, learning difficulties and associated mental health needs</p> <p>Contact 01744 582172 or email info@advancedsolutions.co.uk or visit https://www.advancedsolutions.co.uk/our-offers/our-offer-in-st-helens.html</p>

<u>Youth Mental Health Toolkit</u>	Overview	Criteria	Self-referral
	<p>Young people have helped to shape a new wellbeing support kit called #GrowYourHappy. The online kit is an easy to digest page filled with ideas for young people to embrace taking care of their mental health. It includes everything from playlist recommendations to links to resources to get specialised help. It takes a positive look at the things young people can do to take care and look after their mental wellbeing.</p> <p>The online space which is a pamphlet has been created by the Youth Council of St Helens and has been tailored by young people for young people including suggestions of how to be kind and positive messages to inspire your day.</p>	<p>Any young person looking for emotional wellbeing support created by other young people</p>	<p>You can see the work of the young people and join your messages and tips online at https://padlet.com/StHelensYC/growyourhappy</p>