

YMCA St Helens – Listening Service	Overview	Criteria	Self-referral and Professional referral
	The service aim is to listen and to empower young people to know how to improve their mental health and emotional wellbeing, including supporting them to reflect upon and become more aware of their thoughts, emotions, and behaviours, promoting wellbeing techniques whilst supporting the young people to gain a more positive mental wellbeing and emotional resilience. The one-to-one support is complimented by a weekly “peer support group” offering a chance for service users to come together with their peers	Young people aged 12 to 18	Please find referral and further information at: http://ymcasthelens.org.uk/the-listening-service/



Mental Health Support Teams	Overview	Criteria	Access
	This resource has two teams currently allocated to St Helens. The Mental Health Support Teams will provide mental health support in the school setting with specific training from Health Education England. They offer CBT and other talking therapies in one-to-one and group formats and work in tandem with the Resilience Teams Service.	All school age children and young people up to the age of 18 years within schools who have been part of the Mental Health Support Team roll out.	Available through each schools Mental Health Lead. Email: mcn-tr.mhst-sthelens@nhs.net

PATHS	Overview	Criteria	Access
	The PATHS® Programme for Schools (UK version) is a universal programme for educators, designed to facilitate the development of emotional awareness, relationship skills, self-control, and problem-solving skills. The programme consists of a variety of developmentally appropriate SEL lessons, as well as additional resource materials. Schools enrolled on the programme benefit from a 4-year model of coached, face-to-face support provided by a Barnardos coordinator, which includes, support with lesson delivery, ongoing staff training and parental engagement, as well as support to embed and ensure sustainability to achieve the best outcomes for pupils' social and emotional development.	Children who attend a school enrolled in the programme	Primary schools can register interest to participate Register your interest here: PATHS® UK Programme How Can I Learn More? PATHS (pathseducation.co.uk) For more info contact lisa.best@barnardos.org.uk

Listening Ear	Overview	Criteria	Self-referral and Professional referral
	Accredited by the British Association of Counselling and Psychotherapy, LE provides one-to-one counselling in schools for CYP presenting with a range of issues e.g. domestic abuse, bereavement, divorce and separation. Children and young people supported by the service will also have access to an Emotional Youth Club which can be accessed by individuals during and after their treatment	Aged 17 and under (with the exception of those with SEND where the criteria will extend 0-25 years)	To make a new referral, complete a simple online form at: https://listening-ear.co.uk/refer/counselling To make a referral to Titanium Service please email Joanne.Scott@listening-ear.co.uk who will then advise you on the information required and the easiest way to provide it. For advice on making a referral, please email cypreferrals@listening-ear.co.uk

Barnardo's Resilience Service	Overview	Criteria	Self-referral and Professional referral
	The service provides wrap around emotional health and wellbeing support for all St Helens Secondary Schools and Primary Care Networks with a lead professional as a main contact for each. Children and young people can access school-based drop-in sessions, face to face or online evidence based therapeutic group work and 1:1 brief therapy. Parent support can be accessed through 1:1 consultation and live and/or recorded webinars. They also support and develop the whole school approach with training and consultations for educational staff. The aim is to strengthen prevention work, provide evidence based early interventions that build resilience and signpost to local provision ensuring timely access to specialist services where required.	All secondary school aged young people who either attend a St Helens secondary school and/or are registered with a St Helens GP.	Accept referrals by the young person, parent/carers or professionals. Online referral form can be found on the following webpage: www.barnardos.org.uk/what-we-do/services/barnardos-st-helens-resilienceservice Or through the school based drop-in service. Email: sthresilience@barnardos.org.uk Contact: 07783763382 Monday – Friday 9am-5pm

Barnardo's BOSS Service	Overview	Criteria	Professional referral
	Work with young people with emotional or mental health difficulties, and their families. Specialist therapies, consultations and sessions offered face to face, via telephone or virtually.	Children and young people up to the age of 18.	A shared referral form needs to be completed by a professional that knows the individual and referred into the single point of access – mcn-tr.camhsssthelensreferrals@nhs.net Contact the services on 01744 753328 if you need to discuss an individual already referred or which has an existing appointment with the service. Both services are available Monday-Friday 9am-5pm.