

# Children & Young People's Mental Health Support





## 1. Signpost

- **SCVYS find activities**  
<https://staffscvys.org.uk/activities/>
- **Sports Clubs** <https://togetheractive.org/>
- **Libraries**

Public Library Reading Well offer for children. 2 collections of expert-endorsed books focussing on mental health for children can be found in libraries across Staffordshire.

<https://reading-well.org.uk/books/books-on-prescription/children-for-7-11yrs>

<https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health-for-13-18-yrs>



## 2. It's Good to Talk

- **0-19 service** (school nursing and health visitors)  
<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing>
- **GP**
- **Youth Worker** <https://staffscvys.org.uk/activities/>
- **Family and Friends**



## 3. Digital

- **Changes**  
<http://www.changesyp.org.uk/>
- **Action for Children**  
<https://www.staffordshire-ewb.actionforchildren.org.uk/>
- **Chat Health**  
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=KfMsVyKCoaA>
- **Health for Teens**  
<https://www.healthforteens.co.uk/staffordshireandstoke/>



## 4. Education

- **School Special Educational Needs and Disabilities (SEND) Local Offer and Graduated Response**  
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/localoffer.page?localofferchannel=0>  
[https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=J9rS4V94\\_r4](https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=J9rS4V94_r4)
- **Emotional health and wellbeing resources for children, parents and professionals**  
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=4Pf3vU6K9yM>



## 5. Mental Health Support Teams in Schools

- **Mental Health Support Teams in Schools**  
**Twitter: @MhstNorth**  
<https://combinedwellbeing.org.uk/our-services/>



## 6. Changes

- <http://www.changesyp.org.uk/>

We also have a digital platform where young people can access counselling and other resources.

This can be found at: [www.speakupspace.org.uk](http://www.speakupspace.org.uk)



## 7. Action for Children

- <https://www.staffordshire-ewb.actionforchildren.org.uk/>



## 8. Child and Adolescent Mental Health

- **NSCHCT**  
<https://www.combined.nhs.uk/our-services/children-and-young-people/>  
**Child focused / Therapies / Specialist Staff**



## 9. Access

- **NSCHCT**  
<https://www.combined.nhs.uk/our-services/children-and-young-people/>  
<https://combinedwellbeing.org.uk/>  
**Tel: 0300 123 0907**  
**Address:**  
**Crisis Care Centre, Harplands Hospital,**  
**Hilton Road, Stoke-on-Trent. ST4 6TH**



## 10. Crisis Care Centre

- **North Staffs Combined Healthcare NHS Trust (NSCHCT)**  
<https://www.combined.nhs.uk/our-services/adult-community/crisis-care-centre/>  
**Tel: 0300 123 0907**  
**24/7 service**



## 11. Hospital

- **UHNH**  
<https://www.uhnm.nhs.uk/>  
**A&E services 24/7**



## 12. Suicide Awareness

<https://healthwatchstaffordshire.co.uk/news/suicide-prevention-and-support-services/>

- **SHOUT – Text Shout to 85258 (24/7)**
- **Samaritans (Stafford) – Tel: 116 123 free from any phone. 0330 094 5717 local call charges apply**
- **NHS links to support:**  
<https://www.nhs.uk/conditions/suicide/>
- **PAPYRUS Prevention of Young Suicide**  
<https://www.papyrus-uk.org/hopelineuk/>  
**0800 068 41 41 (open 9am – 12 midnight)**



## 13. River

- **North Staffs Combined Healthcare NHS Trust (NSCHCT)**  
**0300 123 0907**  
**24/7 service**
- **First Response: Is there a serious concern about the safety of a child or young person?**  
**0800 131 3126 Mon-Thurs 8.30-5 & Fri 8.30-4.30**  
**0345 604 2886 Emergency Duty Team (outside of working hours, weekends/bank holidays)**
- **Emergency services**  
**999 or 101**



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**For more information relating to services in your area please refer to Staffordshire Connects;**  
**<https://www.staffordshireconnects.info/kb5/staffordshire/directory/home.page>**