

## **Emotional Wellbeing and Mental Health Support Information**

Below please find a list of EWB and Mental Health sources of advice and support for students and their parents and carers. This is a summary. Most of the general advice for parents, carers and young people can be found at

<https://cumbriasafeguardingchildren.co.uk/LSCB/CSCP/covid19informationforfamiliesandparents.asp>

The Young Minds Website has a Parents section as well as advice and moderated blogs for young people and a free telephone **Parents Helpline Tel 0808 802 5544**

<https://www.youngminds.org.uk>

<https://riseabove.org.uk/> - Health and Wellbeing website by Public Health England that covers everything including emotional wellbeing, friendships, self-care; also has games, videos etc.

### **Kooth.com - online support for young people**

**Kooth** is a web based confidential support service available to young people aged 11 to 18yrs, providing a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. It offers the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

Support can be gained through counselling and also articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated. To find out more visit [www.Kooth.com](http://www.Kooth.com) where young people can register and others can find out more about the service.

Laura Berry, Kooth Integration and Participation Worker for Cumbria can be contacted at [lberry@xenzone.com](mailto:lberry@xenzone.com) or by calling 07535 088117

### **My Time Cumbria (Barnardos) Primary Care Mental Health Service**

My Time has put in place a new model of working throughout Cumbria, to provide support during the COVID-19 Pandemic. All new referrals will have a Primary Assessment Meeting online, through an approved platform, or by telephone as part of a three stage process. The administration team will continue to allocate assessments as referrals are received. Those who are currently receiving a service will continue via telephone. Young people will be contacted and will continue their interventions with the practitioners allocated to them.

**To contact the service in the first instance** (as the office is temporarily closed) please email the My Time in-box at: [mytimecumbria@barnardos.org.uk](mailto:mytimecumbria@barnardos.org.uk)

PLEASE INCLUDE THE FOLLOWING INFORMATION – Name of school and contact details; whether you are requesting advice or making a referral; a time when you can be contacted by telephone; contact telephone number. The admin team monitor emails daily (Monday-Friday 9am-5pm) and will allocate your query to a practitioner who will then contact you.

My Time will continue to triage with CAMHS on a daily basis and will also support Early Help to ensure that young people referred to services access the correct service at the earliest opportunity. They will continue to offer online and telephone support to professionals across the County and support them with identifying suitable and relevant interventions that are available.

**CAMHS Support** (North Cumbria) Where CYP are experiencing serious mental health issues (currently as staffing allows) The West Team can be contacted on Workington 01900 603985. The East Team (includes Carlisle) can be contacted on Carlisle 01228 608870.

**SAFA Self Harm Awareness for All Support Service**

SAFA continues to work with self-harm clients and have moved from face to face counselling to virtual counselling. Office staff are working from home. All counsellors have been trained to deliver the service via on-line support. They are also able to support friends/family members that need support. SAFA can be contacted on 01229 832269 during normal business hours.

Referrals are accepted via their website at <https://safa-selfharm.com/referral-forms/>  
Until June SAFA will be working across the whole of Cumbria, after then they will switch to working only across South Cumbria.