



Emotional Help and Well-Being
Contact details for further information, advice and support:

ISL Health & Wellbeing Team

WORCESTERSHIRE
CHILDREN FIRST



We are a team dedicated to the health, emotional wellbeing and mental health needs of looked after children from 0-18 years of age.



Tel: 01905 846 111

Email: Lbradshaw@worcschildrenfirst.org.uk

Website: <https://www.hacw.nhs.uk/isl/>

West Mercia Youth Justice Service



Youth offending teams work with young people that get into trouble with the law. We look into the background of a young person and try to help them stay away from crime.

Tel: 01905 732200

Email: keith.barham.wmyjs@westmercia.pnn.police.uk

Healthwatch Worcestershire



Giving the public, patients and users of health and social care services in Worcestershire a voice.

Tel: 01386 550264

Email: info@healthwatchworcestershire.co.uk

Website: <https://www.healthwatchworcestershire.co.uk/>

Kooth



Free, safe and anonymous online support for young people

www.kooth.com

Reach 4 Wellbeing

Reach4Wellbeing



Reach 4 Wellbeing promote and support emotional wellbeing for children and young people aged 5 – 18years, offering short term group support programmes for those experiencing mild to moderate emotional difficulties.

Tel: 01905 681599

Email: whcnhs.reach4wellbeing@nhs.net

Website: <https://www.hacw.nhs.uk/reach4wellbeing>



Worcestershire
Health and Care
NHS Trust

CAMHS CAST – Consultation, Advice, Supervision and Training

CAMHS CAST works directly with professionals who are working with young people experiencing or at risk of mental health difficulties.

Tel: 01562 514573/ 01562 514549

Email: whcnhs.camhscast@nhs.net

Website: <https://www.hacw.nhs.uk/cast>



Action4Children

The Blues programme, funded by Royal Mail, is a “blues busting” course for teenagers 13-19 which aims to reduce the signs of adolescent low mood and negativethoughts and promote prevention.

Tel: 01905 767107

Email: stuart.Stokes@actionforchildren.org.uk

Website: <https://services.actionforchildren.org.uk/>

PAPYRUS



PAPYRUS provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

Tel: 0121 437 0411

Email: westmidlands@papyrus-uk.org

Website: <https://papyrus-uk.org/>

Cranstoun



The Drive project aims to reduce the number of child and adult victims of domestic abuse by deterring perpetrator behaviour. Drive provides a case manager who acts as a single point of contact for perpetrators.

Tel: 01905 721 020

Email: driveadmin@cranstoun.org.uk

Website: <https://www.cranstoun.org/>



Swanswell



Swanswell is part of the Cranstoun_Group and is a charity empowering people to live healthy, safe and happy lives. They work with adults and young people to help them to change their alcohol and/or drug use.

Tel: 01905 721020

Email: worcsref@swanswell.org

Website: <https://www.cranstoun.org/swanswell>

BESTIE App



BESTIE is a new online resource and app designed to support children's mental health and wellbeing. It has been designed and developed by children and young people working in partnership with clinicians and IT developers and we believe will transform the way younger people get online help and support



Website: <https://www.camhsbestie.co.uk/>

School Health Nursing



The service offers a variety of support for Children and Young People. We provide support and guidance to schools regarding public health issues, brief interventions and health promotion such as smoking, emotional health and well-being needs



Website: <https://www.hacw.nhs.uk/services/service/school-health-nursing>

Health Visitors



Health Visitors are Specialist Community Public Health Nurses who alongside Community Nursery Nurses deliver the 0-5 Healthy Child Programme

Website: <https://www.hacw.nhs.uk/services/service/health-visitors-17/#service-about-the-service-tab>

Primrose Hospice



Primrose Hospice Children's Family Support Team are specially trained in listening to and supporting children who has lost a special person in their life.

Email: info@primrosehospice.org

Website: <https://www.hacw.nhs.uk/services/service/primrose-unit/>



Perinatal Mental Health Team

The Perinatal Mental Health Team is a specialist service focused on helping women at risk of developing, or experiencing moderate to severe mental health difficulties, during pregnancy and during the year following childbirth or require pre-conceptual counselling.



Worcestershire
Health and Care
NHS Trust

Tel: 01905 734531

Website: <https://www.hacw.nhs.uk/search/service/perinatal-mental-health-team/>

WEST MERCIA



WOMEN'S AID

West Mercia Women's Aid

Women's Aid is the national charity working to end domestic abuse against women and children

Tel: 0800 980 3331

Website: <http://www.westmerciawomensaid.org/services>



Worcestershire
Health and Care
NHS Trust

Mental Health Social Work Students Community Assessment and Recovery Service (CARS)

The Community Assessment and Recovery Service (CARS) provides a multi-disciplinary service to adults living in the community experiencing serious mental illness. We are student social workers from the CARS team here to tell you about the role of social workers within CARS and what to expect if you have a parent working with us

Tel: 01527 488440/ 01905 734559

Website: <http://www.medicinesmanagement-hw.nhs.uk/community-assessment-recovery-service/>