Emotional Support for Children and Young People in Bury





Bury Youth Cabinet

The Thriving in Bury resources for children and young people and this presentation have been developed by Thriving in Bury in partnership with Bury Youth Cabinet



Are you feeling......

Stressed?

Upset?

Worried?











Get confidential advice and support from people who care and can help you with your mental health.



ThriveinBury + 1d



Thriving in Bury for Children and Young People

Resources for children and young people living in Bury who need support with their emotional health and well being

I Need Information



Young Minds provides mental health help and advice to children and young people

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Add comment

Mental health advice and support for students and young people with mental health problems.



nhs.uk

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Add comment

I Need Someone to Talk to



Free confidential helpline for people in Bury of all ages who are experiencing difficulties with their mental well-being

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Add comment



I Need More Help

Child and Adolescent



Bury Community Mental Health Service



We provide support for people aged 16 to 65, with severe and

I Need Urgent Help



Shining A Light On Suicide



Advice and support for anyone feeling suicidal or concerned someone else is

LGBTQI+ Support



A weekly group for LGBT+ young people and those questioning their gender or sexuality aged 13-19 (and up to 25 with additional needs) who live or spend time in Bury.

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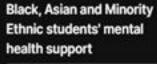
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The Proud Trust



Support for LGBT+ youth (Lesbian, Gay, Bisexual, Trans and other

BAME Support





Find information on some of the experiences that may impact the mental health of people from Black, Asian and Minority Ethnic (BAME) communities.



Keren Girls



What's on the website/app?

Some of the emotional problems we can help you with:

Loneliness

Anxiety

Bullying

Friendship and relationship difficulties

Exam and school work worries

Family problems

Bereavement

Health problems

Feeling down

Someone to talk to

Online advice and videos

Helplines

Youth groups

Emotional wellbeing activities

Digital Support

EMOTION SCALE



Use our emotion scale to help you rate how you are feeling and find the right support to help you.



Web links:

Thriving in Bury for Children and Young People:

https://padlet.com/ThriveinBury/YoungPeople

Thriving in Bury for Parent and Carers:

https://padlet.com/ThriveinBury/ParentandCarers

Thriving in Bury for Education:

https://padlet.com/ThriveinBury/Education