

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?

NHS
Greater Manchester
Integrated Care

**Hey,
how are you feeling?**

**Thriving
IN BURY**

I just feel so alone.

I really need some support now.

**We care,
and we are
listening...**

If you're feeling sad,
worried, lonely or upset


Scan the QR code above or visit the website below for confidential help, advice and support.
WE ARE HERE FOR YOU.
<https://padlet.com/ThriveinBury/YoungPeople>

Scared?

Sad?

Lonely

Anxious

The background features a light gray silhouette of two people in profile, facing each other as if in conversation. Above each person's head is a large, empty thought bubble, also in light gray. The text is centered over the middle of the image.

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

SCAN ME!



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



youngminds.org.uk

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



Add comment

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



nhs.uk



Add comment

I Need Someone to Talk to

Getting Help Line



earlybreak.co.uk

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



Add comment

Kooth



I Need More Help

Child and Adolescent Mental Health Service CAMHS



penninecare.nhs.uk

Specialist Mental Health Service for Children and Young People



Add comment

Bury Community Mental Health Service



penninecare.nhs.uk

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

I Need Urgent Help

Pennine Care 24/7 Crisis Mental Health Helpline



penninecare.nhs.uk

0800 014 9995 24/7 all age urgent mental health support



Add comment

Shining A Light On Suicide



shiningalightonsuicide.org.uk

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

LGBTQI+ Support

FROGS - Finally Realising Ourselves Growing Stronger



theproudsttrust.org

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.



Add comment

The Proud Trust



theproudsttrust.org

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

BAME Support

Black, Asian and Minority Ethnic students' mental health support



mind.org.uk

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



Add comment

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



“
I NEED
INFORMATION
”



“
I NEED TO TALK
TO SOMEONE
”



“
I NEED MORE
HELP
”



“
I NEED URGENT
HELP
”

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



QR code

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>