



In Bury its our vision to develop a Children's mental health offer that is understood and easy to access. To support us in this we will begin to develop our Thrive model. As part of our combined endeavours to support the wider system as we move out of this lock down, we have mapped resources and support across the Thrive quadrants, these look like this

- *Thriving: support to maintain mental wellbeing*
- *Getting Advice: those who need advice and signposting*
- ***Getting Help: those who need focused goal-based input***
- *Getting More Help: those who need more extensive specialised goals-based help*
- *Getting Risk Support: those who have not benefitted from or are unable to use goals-based help but are of such a risk that they are still in contact with service*



## Getting Help



### Emotional Wellbeing

#### BURY Getting Help Line

All age free telephone service for residents of all ages in Bury who are experiencing difficulties with their wellbeing 0161 **464 3679**

**The Mix:** online emotional health and wellbeing support for under Free Helpline: 0808 808 4994 7 days a week from 4pm to 11pm Crisis Messenger: text THEMIX to 85258. [www.themix.org.uk](http://www.themix.org.uk)

**Shout:** 24/7 FREE text service, for anyone in crisis, if you're struggling to cope and you need immediate help. Text GMBURY to 85258 [www.giveusashout.org](http://www.giveusashout.org)

**Young Minds:** if you are experiencing a mental health crisis. Young Person Crisis messenger: **text YM to 85258 Service available 24/7** Parents Free Helpline: 0808 802 5544 (M-F; 9.30am- 4pm) [www.youngminds.org.uk](http://www.youngminds.org.uk)



## Getting Help



### Counselling

#### Kooth

An online counselling and emotional well-being platform for children and young people in Greater Manchester, accessible through mobile, tablet and desktop. <https://www.kooth.com/> Counselling chats and message function.

Counselling chats available 12pm – 10pm (Mon – Fri) or 6pm – 10pm (Sat & Sun)

Message function available 24/7 but responses will be provided within that counselling chat hours of operation

**Who is suitable for the service?** Any young person in Greater Manchester aged 11 to 18

#### Silvercloud

Offers online programmes for adults (aged 16 years+) to help ease your levels of stress, sleep better or to build resilience

<https://hub.gmhsc.org.uk/mental-health/silvercloud/>

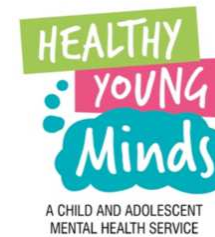
**St Mary's Sexual Assault Referral Centre (SARC)** provides a comprehensive forensic, counselling and aftercare service to men, women and children living in the Greater Manchester area who have experienced rape or sexual assault whether this happened recently or in the past. 24-hour helpline 0161 276 6515. Website: [www.stmaryscentre.org](http://www.stmaryscentre.org)

**Healthy Young Minds (HYM)** formerly known as CAMHS.

Offers a specialist mental health service to children and young people who are experiencing emotional and mental health difficulties. The service offer includes:



Getting Help



## Healthy Young Minds (HYM) formerly known as CAMHS.

**Healthy Young Minds (HYM)** formerly known as CAMHS.

Offers a specialist mental health service to children and young people who are experiencing emotional and mental health difficulties. The service offer includes:

- Duty/advice line.
- Link Worker service providing advice and consultation to local schools and services.

Any professional with concerns regarding a child's mental health/wellbeing can make a referral to Healthy Young Minds (HYM) Single Point of Entry (SPOE) using the HYM SPOE referral form for the following services:

- HYM
- Mindfulness and holistic at Early Break
- Streetwise Counselling (for ages 14-16)
- Loss and bereavement counselling at Early Break
- First Point Parenting/family support
- First Point post diagnostic workshops for diagnosed ADHD and ASC

Please note it is the referrer's responsibility to ensure the family are aware HYM offer a SPOE service and to advise the referral will be directed to the most appropriate service listed above or may advise the referrer about an external service if more appropriate.



## Getting Help



### Support for BAME communities

#### **BAME communities coronavirus support line**

Nestac, a charity specialised in providing cross-culture emotional support is providing a telephone support line to help BAME communities throughout Greater Manchester during the coronavirus outbreak. Nestac are registered mental health practitioners and psychotherapists. **Who can call the support line?** People from BAME communities within Greater Manchester who are:

- Recovering from coronavirus or are self-isolating
- Relatives and friends of clients suffering from coronavirus
- Bereaved relatives and friends of a person that has died of coronavirus
- BAME women and young girls that are victims of violence and abuse.

#### **What is available via the support line?**

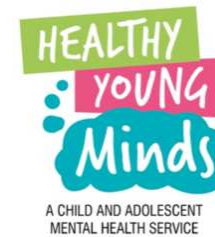
- Advice, guidance, and support provided in varied languages (including Somali, Kurdish, Swahili, Urdu, Arabic, French and more)
- Cross-culture emotional support
- Tailored psychosocial therapy for women and young girls that are victims of violence and abuse during the coronavirus outbreak.

Phone 07862 279289 or 07894 126157 You can also text the word 'HELP' and someone will get back to you . The phone line is open seven days a week from 10am to 6pm

**Keren** Charity working in Bury within the **Orthodox Jewish community** which aims to provide practical and emotional support to girls aged 12-24 from within the community. 0161 708 0700



## Getting Help



### Bereavement

#### **Early Break - Bereavement and Loss Service**

Service is intended for children and young people who have experienced loss

<https://earlybreak.co.uk/what-we-do/emotional-health-wellbeing-services/bereavement-and-loss-counselling-2-2/>

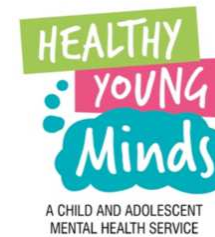
#### **Greater Manchester Bereavement Service**

Support is available to anyone within Greater Manchester, bereaved or affected by a death. No one needs to feel alone as they deal with their grief. If you've been bereaved and need support or advice, call the Greater Manchester Bereavement Service on 0161 983 0902.

<https://greater-manchester-bereavement-service.org.uk/>



## Getting Help



### Community Eating Disorders (CEDS)

The community eating disorder service provides dedicated care and support to children and young people with an eating disorder. They can also offer advice and support to families, carers and anyone who works with a child or young person. The service is available to those aged between 8-18 years old. For children under the age of 16 referrals are accepted by parents/carers, any health professional, any childcare/educational/local authority professionals. Self-referrals are also accepted for children aged 16-18. The referral form and further information can be found on their website: [www.healthyyoungmindspennine.nhs.uk/eatingdisorders](http://www.healthyyoungmindspennine.nhs.uk/eatingdisorders)

You can also email [Pennine.ED@nhs.net](mailto:Pennine.ED@nhs.net)



## Getting Help



### Forensic CAMHS

Work collaboratively with agencies across a variety of community and secure settings to ensure best practice in managing young people up to the age of 18 who present with complex needs and high-risk behaviours. These young people may or may not have had contact with the criminal justice system.

In particular they can offer the following:

- Risk management advice / Liaison/ Specialist assessment/ Complex cases formulation/ Intervention/ Case formulation/ Joint working
- Supervised practice/ Training/ Supervision/ Clinical consultation/ Specialist interventions

The community FCAMHS is a multidisciplinary service with a range of clinical expertise. They also have access to the services of a wider multidisciplinary team working in the young people's services at Greater Manchester Mental Health NHS Foundation Trust as required. Their referral criteria include young people where there may be a concern regarding mental health, including those with neurodevelopmental disorders such as learning disabilities or autism.

How to access

Please request a referral form by emailing: [gmmh-ft.fcamsnw@nhs.net](mailto:gmmh-ft.fcamsnw@nhs.net)

Prestwich Hospital, Bury New Road, Prestwich, Greater Manchester, M25 3BL





## Getting Help



### SEND

First Point Family Support Services – offers post diagnostic workshops for parents/carers, sibling support groups and general parenting support.

The Greater Manchester Autism Consortium Project - covers Bury and offers a parent workshop for parents of children with autism under 16 on managing anger. Full details can be found on their website: <https://www.autismgm.org.uk/about-the-project>

Andy Smith Inclusion Ambassador – has a family and school offer providing support on self-acceptance with neurodiversity, supporting children with understanding and having input on EHCP, 1.1 or group self-advocacy work and can attend CPD and assemblies.

Respect for All Counselling Service - for young people on the autistic spectrum or with a learning difficulty or a sibling of the afore mentioned or a young person with a parent with either autism /learning difficulty <https://www.respectforall.org.uk/counselling/>

(application of funding via bury CCG is required to access this service, please contact respect for all to discuss appropriateness of an application in the first instance).

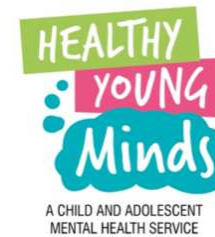
Together Trust's Bury Outreach service works with families who have a child/young people with Autism and challenging behaviour. They also provide support for children and young people aged 8-18 years old with severe disability access their community, leisure programmes, friendship groups and other interests. For more information about of Bury Outreach Service please contact us on 0161 283 4848 or email [ssc@togethertrust.org.uk](mailto:ssc@togethertrust.org.uk)

Together Trust Sleep Clinic - offers sleep clinics for parent and carers in the North West who have a child with autism or are in the process of getting a diagnosis. self-referrals can be made via their website: <https://www.togethertrust.org.uk/autism-sleep-clinic>

Cerebra Sleep service - can provide 1:1 telephone support to parents of children with a brain-related condition (like autism, Down Syndrome, ADHD, cerebral palsy, learning disability or epilepsy, but also those without a diagnosis who are waiting for an assessment) whose sleep routine is non-existent or not working.



## Getting Help



### Other support

**Support across Greater Manchester** and digital online: Mental Health Support in Greater Manchester for children and young people. Online counselling offer and support

<https://hub.gmhsc.org.uk/mental-health/wp-content/uploads/sites/6/2020/05/Mental-health-support-in-Greater-Manchester-for-children-and-young-people.pdf>

Find other local services here through NHS Service Search for Mental Health support for Young People

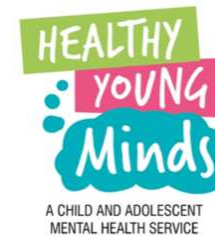
#### **LGBT Foundation**

Our new telephone befriending programme Rainbow Brew Buddies aims to reduce loneliness for LGBT people across Greater Manchester who may have reduced opportunities to make social connections due to the recent coronavirus outbreak or other circumstances in their life

18 plus (<http://www.lgbt.foundation/rainbowbrewbuddies>)



## Getting Help



### SERVICE DESCRIPTION

Streetwise@ Early Break supports young people who are experiencing difficulties with their emotional health and wellbeing by offering one to one support, group work and peer-led support programmes. Streetwise@ Early Break offers the emotional health and wellbeing service as part of the Healthy Young Minds Bury pathway and accept referrals for young people up to the age of 25. For further information on how to refer and access this service, then please contact the office on [0161 723 3880](tel:01617233880) or email [info@earlybreak.co.uk](mailto:info@earlybreak.co.uk) HELP AVAILABLE:

Advice; Advocacy; Consultation for professionals; Drop-in; Information; Signposting; Support (e.g. informal help)

**Psychosocial Service Work with children and young people who have a physical health condition** and may need additional support. This can involve:

- Finding ways to fit treatment into your life
- Learning the tricky words and names of your health condition
- Letting other people know how they can help you
- Not letting your health condition take control of your life

• Finding ways to enjoy your life despite having a health condition Further information can be found on their website:  
<https://mft.nhs.uk/rmch/services/camhs/young-people/paediatric-psychosocial-service/>