

# SERVICES TO SUPPORT CHILDREN AND YOUNG PEOPLE'S EMOTIONAL HEALTH AND WELL-BEING



## Getting Advice

**Many children, young people and families just need advice and support to improve self-care during the current pandemic.**

**The website [Howareyoufeeling.org.uk](http://Howareyoufeeling.org.uk) has been developed in partnership with young people and parents as a trusted source of information and advice on emotional health and well-being.**

The website has sections for young people, for parents and for professionals working with children, young people and families. The site is regularly updated with useful tips on a range of topics e.g. managing stress and anxiety, improving sleep etc.

It also provides information on how to access a wide range of services who can support the emotional health and wellbeing of Children, Young People and Families should they need to in the future.

Click the logo to visit the website



**Hull Contact Point** is working alongside **Hull & East Yorkshire Mind** who are providing an Information and Advice Line.

If you or someone you know is feeling down, please remember that you are not alone and we are here for you 24 hours a day. We are here to provide information, advice or support to children, young people or their parent carers. If you would like more information please call 01482 240133, Freephone 0800 1380990, or text 07520633477. You can also email us on [info@heymind.org.uk](mailto:info@heymind.org.uk), or message us on Facebook @MindHEY.



Hull Contact Point continues to respond to all calls providing consultation and guidance to organisations working with children and young people and to triage referrals for CAMHS. 01482 303688 Monday to Friday excluding Bank Holidays 0900 1700hrs. Online consultation is also available.

[Please click here for the direct link to the on-line referral form.](#)

## Getting Help / Getting More Help

### HeadStart Hull

HeadStart Hull Early Help services for young people and parents are currently delivering adapted services online and by phone and text.

A contingency delivery plan has been shared with all schools and community partners.

They will resume face-to-face work when the situation progresses and the guidance allows. The majority of services continue to take referrals via the checklist however, potential referrers are encouraged to ring the service direct to discuss first. All services work with young people aged 10-16 except Mind Counselling which works with 10-19 and Kids parenting support which works with parents of 5-16 year olds with additional needs. HCC parenting also supports parents of children aged 5-16 as part of the wider early help offer.



[Contact details for services can be found here or by visiting www.howareyoufeeling.org.uk](http://www.howareyoufeeling.org.uk)

## Health Visiting and School Nursing



The Health visiting and School Nursing offer to the 5-19 population remains the same as pre -covid. Health visitors and school nurses are responding to all calls and referrals from service users and other agencies using the same process of triage and allocation for Health Needs Assessment. The work is being done remotely or, if essential, face to face. The service also offers virtual and face to face pop ins (as school allow).

01482 344301

[hull.cypcommunityservices@nhs.net](mailto:hull.cypcommunityservices@nhs.net)

[www.Chcpcic.org.uk/chcp-services/school-nurses](http://www.Chcpcic.org.uk/chcp-services/school-nurses)

## Hull City Psychological Service



Hull  
City Council

During this period we are offering emotional support through:-

**Psychological Consultation Meetings:** A time for SENCOs to meet with an Educational Psychologist to discuss their concerns regarding children and young people.

**Telephone helpline:** Providing a listening ear to school based staff who are stressed and/or anxious

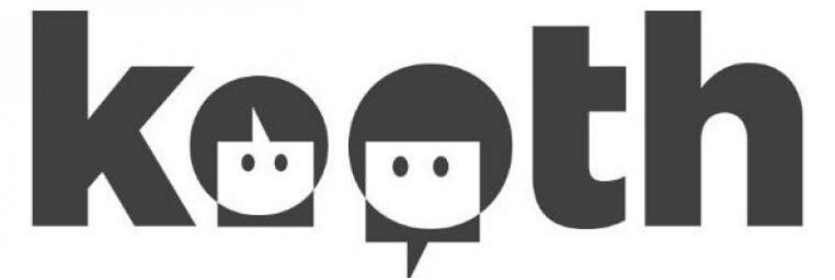
**Resources and guidance:** A range of guidance, resources and information has been developed to support schools during the COVID-19 pandemic and which are available upon request.

Contact details

Email: [city.psychologicalservice@hullcc.gov.uk](mailto:city.psychologicalservice@hullcc.gov.uk)

Tel: 614258

## Kooth



Kooth.com is an online counselling and support service, which is now available to all young people across Hull between 11-25 years old. It is a safe, confidential and anonymous way for young people to access emotional wellbeing and early intervention mental health support.

Fully trained and qualified counsellors and emotional wellbeing practitioners are available until 10pm each night, 365 days per year, providing a much-needed out of hours service for emotional support in an accessible way.

[www.kooth.com](http://www.kooth.com)

## Camhs



The Camhs service to the 5-18 population continues to deliver services using online and phone support with some face to face work where essential.

[Please click here for the direct link to the on-line referral form or visit camhs.humber.nhs.uk/professionals/#2](https://camhs.humber.nhs.uk/professionals/#2)

# Managing Risk Support

## CAMHS Crisis Team

Our Child Adolescent Mental Health Service (CAMHS) crisis team covers Hull and the East Riding and operates 24 hours a day, 7 days a week. This service is for young people (under 18) who are experiencing emotional distress and are struggling to cope.

Telephone 01482 301701 (option 2)

