Mental Health Support for Children under 18.

Kooth: is a provider of online mental health services for children, young people and adults. Kooth, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. Home - Kooth

CAMHS- The school nursing team are able to refer to CAMHS, when a young person is thought to have mental health concerns. However, prior to this a nursing tier 1 assessment, simple strategies/signposting and a range of support interventions (in collaboration) will need to have been tried before a referral is accepted. In more urgent cases, Parents/carers can also speak to their GP and request a CAMHS referral.

Step2 Counselling service is free to young people aged between 11 and 18 years. Sessions are held in the evenings between 3pm and 8pm and take place at a number of settings including Sunnybank Medical Centre in Wyke and our Step 2 premises in Tong Street.. We take referrals from young people directly, parents and any agencies that are involved in working with young people, for example GP surgeries, youth and community workers, social workers and school nurses. 01274 683118 Step 2: Supporting young people to be healthy in every way

ESCAYP – Emotional Support for Children And Young People. Counselling and therapeutic play for 3-21 year olds throughout West Yorkshire. 01274 878117 or make online referral at Escayp - Emotional Support for Children and Young People

This may help- Practical advice to support your child's mental health e.g.school avoidance, anxiety, self harm. Better sleep... https://thismayhelp.me/