

Directory of Support

Emotional & Mental Health
Provision for Children, Young
People and Families in Hull



July: 2024

Introduction

This guide has been developed by the key partners in Hull that provide support for children, young people, and families emotional health and wellbeing. This guide is intended to be used by anyone to find the help and support that Children and Young People may need.

Hull has adopted the Anna Freud Centre for Children and Families Thrive Framework which we have aligned our services to:

Those who need advice and signposting
Pages 9-18



Those who need focused goals-based input
Pages 19-27

Support for Parent/Carers Emotional Wellbeing & Mental Health
Pages 33-39

Those who have not benefited from or are unable to use help, but are of such a risk that they are still in contact with services
Pages 31-32

Those who need more extensive and specialised goals-based help
Pages 28-30

To access the support in the directory, please contact the service directly

Thriving: For those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies.

'Thriving' includes wellbeing promotion, universal prevention, and selective prevention.

Parents, carers, wider family members, and friends

Healthy relationships can be a significant protective factor when dealing with the adversity of life. In terms of mental health, strong relationships are one of the biggest predictors of happiness.

Research shows that the benefits of healthy relationships are profound and affect our lives in a myriad of ways. Healthy relationships can help protect us from the stresses of life.

5 Ways to Wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life:

- Connect with other people
- Be physically active
- Learn new skills
- Give to others
- Pay attention in the present moment (mindfulness)

Age: All

Setting: All

Contact Details:

www.nhs.uk



Schools and Colleges

Schools and Colleges have an important role to play in supporting the mental health and wellbeing of their pupils, by developing approaches tailored to the needs of their pupils.

The school role in supporting and promoting mental health and wellbeing can be summarised as:

- Prevention: creating a safe and calm environment where mental health problems are less likely, improving the mental health and wellbeing of the whole school population, and equipping pupils to be resilient so that they can manage the normal stress of life effectively. This will include teaching pupils about mental wellbeing through the curriculum and reinforcing this teaching through school activities and ethos.
- School's role also includes the identification / early support / access to specialist support .

Age: 5-19 years

Setting: Schools and Colleges

Contact Details:

www.gov.uk/guidance

Email:
thrivehull@hullcc.gov.uk

Senior Mental Health Leads in Schools / Colleges

These positions are charged with leading the school and partners to take a coordinated and evidence-informed approach to mental health and wellbeing. Grants and DfE approved training are available for school leaders. The role can lead to improved emotional health and wellbeing in children and young people, and greater readiness to learn. Schools and colleges can use the relational whole school approach this approach to improve attendance, attention, behaviour, and attainment.

Age: 5-19 years

Setting: Schools and Colleges

Contact Details:

www.gov.uk/guidance/senior-mental-health-lead-training

Email:
thrivehull@hullcc.gov.uk

Personal, Social, Health, Economic (PSHE) Education Curriculum

Most schools across the city are using the Jigsaw PSHE Education programme.

Relationships, Sex and Health Education (RSHE) is part of the Jigsaw programme, which is made up of six areas:

- Being Me in my World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships and Changing Me

The curriculum content is well structured, with age-appropriate content and cross-referenced against Ofsted criteria. Jigsaw contains all the content for schools to meet the DfE statutory guidance on Relationships, Sex and Health Education

www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe

0-19 years Healthy Child Programme:

What we do

The Hull 0-19 Service is delivered and lead through the Healthy Child

Programme. It offers a comprehensive programme of screening, developmental reviews, information, early intervention/prevention and health promotion guidance to support parenting and healthy choices which enhance a child or young person's life chances.

From the start pregnancy through to a child reaching 19 years (25 years if SEND) the team offers all families support and advice. The Service aims to empower families to make informed and positive decisions about health.

The Healthy Child Programme provides individual and tailored support to ensure that children receive appropriate referrals to specialist services and that families are signposted to wider support systems. The programme will ensure that each family receives support that is appropriate for their needs with the most vulnerable families receiving additional support in partnership with education and other agencies.

The Hull 0-19 service consists of specialist community public health nurses(health visitors and school nurses) who are supported by public health nurses, nursing associates, health and development practitioners, administration teams, specialist practitioners and infant feeding specialists.

The 0-19 service works closely with other services and settings, including community midwives, GPs, family hubs, early years' settings, schools, and higher education settings. We also work closely with other agencies for children with complex health needs or special educational needs and disabilities (SEND) to ensure they get the services and care they need.

Age: 0-19 years

Setting: Community

Contact Details:

Tel: 01482 259600

Email:
hull.cypcommunityservices
@nhs.net

0-5 years Health Visiting

Health visitors work with families from conception to five years and beyond.

The Hull 0-19 service offers 6 core contacts; Antenatal, Birth, 6-8 weeks, 3-4 months, 7-12 months and 2-2.5 years. In addition to this there are numerous universal drop in child health clinics across the city.

The 0-19 service can support with child health & development, adjusting to parenthood, infant feeding & breastfeeding, perinatal mental health, looking after a sick child, child safety, starting solids, sleep support and much more

- Getting advice – empowering parents to access services. Accessible service provision/child health clinics/universal contacts/accessing information as necessary/community engagement/building community capacity/health campaigns and promotions etc., Advice and support
- Getting help – More targeted intervention following holistic Health Needs assessment – goals led approach/listening contacts/problem solving/ referrals/self help/more targeted support – piece of work required to meet need – Health Development Practitioner intervention
- Getting more help – Liaison with partner agencies/TAF (Team Around Family) / Early help/referrals to more specialist interventions
- Getting risk support – partner agent in social care cases/work as part of multi agency support package for those families with high level concerns – safeguarding meetings – case conferences/core groups/strategy meetings

Age: 0-5 years

Setting: Community

Contact Details:

Tel: 01482 259600

Email:
hull.cypcommunityservices
@nhs.net

How to contact us

If you are making a referral, please use the referral form below and send to our email address as above.

<https://www.humber.nhs.uk/Hull%20and%20ER%20referral%20form.doc>

Parents/carers of 0-19 year olds can contact us directly to gain advice, support from our service.

They can also contact us via telephone or email and also via our text messaging number or use the QR code.



Age: 0-19 years

Setting: Community

Contact Details:

Tel: 01482 259600

Email:
hull.cypcommunityservices@nhs.net

Age: 0-19 years

Setting: Community

Contact Details:

Parentline Tel: 07312 263 206

5-19 years School Nursing

The school nurses help children and young people with physical, emotional and social wellbeing. They deliver services to all children and young people in Hull aged 5-19 in school, educated at home, educated in an alternative provision or not in education. They provide advice and support on issues such as body worries, alcohol, relationships, sexual health, bullying, drugs, smoking, stress, healthy eating and self-harm and many more.

Appointments can be made to see young people and their families at home, in school and also other locations around the city. Young people in secondary schools can access support directly with the school nurse, confidentially through a drop in service. "Drop ins" are also available at the local youth groups.

The 16-19 (25 where vulnerabilities) support has been developed significantly with more promotion of the service to FE/Six forms, apprenticeships and trainee providers as well as specialist teams working with this age range. Health promotion events and "drop ins" are also available in the six form colleges.

If you are making a referral, please use the referral form below and send to our email address

Parents/carers of 0-19 year olds can contact us directly to gain advice, support from our service. They can also contact us via telephone or email and also via our text messaging number Hull's 0-19 Parentline – 07312 263206 or use the QR code.



A young person, aged between 11-19, If you live in Hull or attend a Hull school you can text the school nurse 11-19 team for confidential advice and information. You can access support and information on a range of topics including your physical and mental health and wellbeing, relationships, exam stress, bullying, smoking, alcohol and drugs amongst other things. You can contact us directly via our confidential text service ChatHealth 07312 263 199 or use the QR code.



Family Hubs

Early Help Family Hubs are a core part of the Early Help Delivery Model across Hull, there are 12 Family Hubs across the city, 3 of which are the Early Help Locality Hubs. They offer a wide range of support for children, young people, and families in Hull from pregnancy through to a child reaching 19 years (25 years if SEND) to ensure families receive support if needed, support includes:

- Support in the first 1001 days from pregnancy to the age of two with parent infant relationship and perinatal mental health and emotional wellbeing support.
- Parenting sessions
- Play and learning sessions
- Infant massage classes
- Healthy Lifestyles support
- SEND family Support
- Midwifery clinics / Child health clinics
- Home safety checks
- A place to meet other parents and carers, build up friendships and support networks

Acorns Family Hub 01482 708 953
 Lemon Tree Family Hub 01482 828901
 Mersey Family Hub 01482 705333
 Marfleet Family Hub 01482 705333
 Parks Family Hub 01482 803978
 Rainbow Family Hub 01482 502466

Fenchurch Family Hub 01482 587550
 Little Stars Family Hub 01482 790277
 Octagon Family Hub 01482 587550
 McMillan Family Hub 01482 850200
 Priory Family Hub 01482 305770
 Longhill Family Hub 01482 689238

Age: 0-11 years

Setting: Community

Contact Details:

To make an early help referral, use the online form:
www.familyhubshull.org.uk

Request for Early Help Support
 (hullcc.gov.uk)

North Locality Hub
 Tel: 01482 828 901

East Locality Hub
 Tel: 01482 708 953

West Locality Hub
 Tel: 01482 305 770

Hull Youth Service

The Service works with young people aged 10-19 and up to 24 yrs for those with disabilities and / or learning needs:

- The Service engages with young people through their voluntary participation in universal and targeted youth work
- Enables their personal and social development and their ability to make positive relationships with others
- Responds to identified issues and interests and involves them directly in decision making through Voice and Influence
- Enables them to make informed lifestyle and health choices
- Provides a flexible approach and response to meet the needs and issues as they arise
- Supports young people to make a positive contribution to the wider community

The Youth Service offers support through one to one work / small group work / large group work / outreach work / The Hull Young Carers Project / LGBTQ+

Age: 10-19 years
 (up to 24 with SEND)

Setting: Community

Contact Details:

Kingston Youth Centre HU3 1YE
 Tel: 01482 331238

Ainthorpe Youth Centre HU5 5EB
 Tel: 01482 306741

Route One Youth Centre HU6 8PP
 Tel: 01482 491960

Astra Youth Centre HU7 4HQ
 Tel: 01482 310925

Andrew Marvell
 Youth Centre HU9 4EE
 Tel: 01482 791226

Youth Clubs and Groups

The Warren

47-48 Queens Dock Avenue, Hull, HU1 3DR -
Tel 01482 218 115

www.thewarren.org
jjtatten@thewarren.org

Goodwin Development Trust

Walker Street, HU3 2HA - Tel 01482 328 413/587 550

www.goodwintrust.org
info@goodwintrust.org

Hessle Road Network

1 Massey Street, HU3 2LA - Tel 01482 606 077

www.hesslerdnetwork.org
info@hesslerdnetwork.karoo.co.uk

St Michael's Youth Project

Orchard Park Road, HU6 PBX - Tel 01482 806 015
admin@stmichaelsnorthhull.org.uk

Bridges Project

Bridges, Pennine Way, HU7 5EF - Tel 01482 820 454
admin@bridgeshull.org
www.bridgeshull.org

The Vulcan Centre

42 Heron Street, HU3 3PF - Tel 01482 229 230
info@vulcancentre.co.uk
www.vulcancentre.co.uk

The Hut Child Dynamix

187 Preston Road, HU9 5UY - Tel 01482 781 121
www.childdynamix.co.uk

Cornerhouse

29 Percy Street, HU2 8HL - Tel 01482 327 044
www.wearecornerhouse.org

Hull's Healthy Holidays Programme

Universal offer across the city provided over Easter/Summer/Christmas holidays; open to all though targeted at children in receipt of free school meals. There is also a specific SEND offer.

The whole of the programme contributes greatly to improved emotional wellbeing and mental health by providing access to enriching, fun, social activities, reaching some of our most vulnerable children.

Age: 4-16 years (18 years SEND)

Setting: Community

Contact Details:
www.healthyholidayshull.org

Generation Hull

Generation Hull is the city's Local Cultural Education Partnership (LCEP) and recognises the value of the arts in supporting young people's emotional health and wellbeing. It brings together educational and cultural organisations in the city to ensure that all children and young people from Hull's diverse communities are able to benefit from the amazing creative and cultural offer across Hull. Young people led - Generation Hull is based on collaboration, co-production and active listening to our communities and to one another.

Age: 0-25 years

Setting: Community, Schools and Arts Organisations

Contact Details:

Tel: 01482 791226

www.generationhull.com

hello@generationhull.com

Twitter: @GenerationHull

Instagram: @generationhull

Getting Advice: Those who need advice and signposting

Within this grouping are children, young people, and families adjusting to life circumstances, with mild or temporary difficulties, where the best intervention is within the community with the possible addition of self-support.

This group may also include, however, those with chronic, fluctuating, or ongoing severe difficulties, for which they are choosing to manage their own health and/or are on the road to recovery.



How are you feeling website

The How Are You Feeling website has been designed by young people in Hull to act as a one stop shop for all information and resources available in Hull to support children and young people's positive emotional and mental health.



www.howareyoufeeling.org.uk



Hull & East Yorkshire Mind information line

Information and advice for children, young people, parent and carers and professionals

If you or someone you know is feeling overwhelmed, please remember that support is available. We are here to provide you with information and advice on a range of different topics. You might be feeling unsure about what's going on, or you might just need someone to talk to, no problem is too small for us.

Age: All

Setting: Digital / Phone

Contact Details: 01482 240133

Mon-Fri: 9am - 5pm

Text: 07520 633477

Email: info@heymind.org.uk

Message on Facebook
@MindHEY

Young Minds Website and 24/7 text line

Young Minds provide young people with tools to look after their mental health. The website is full of advice and information on what to do if you're struggling with how you feel. Support is also available for parents and adults who work with young people, to be the best support they can be to the young people in their lives.

Young Minds Textline:

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Age: Young People

Setting: Digital / Text

Contact Details:

www.youngminds.org.uk

Young Minds Textline:
Text YM to 85258

Papyrus

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

www.papyrus-uk.org 0800 0684141 07860039967 Pat@papyrus-uk.org

Age: Young People

Setting: Digital / Text

Contact Details:

www.papyrus-uk.org

Pat@papyrus-uk.org

Tel: 0800 068 41 41
Text: 88247

Childline Website / Phone / Email / Counselling support

If you're under 19 you can confidentially call, chat online or email about any problem big or small.

Sign up for a free Childline locker (real name or email address not needed) to use the free 1-2-1 counsellor chat and email support service. Childline can provide a British Sign Language (BSL) interpreter if you are deaf or hearing-impaired.

Hosts online message boards where you can share your experiences, have fun and get support from other young people in similar situations.

Age: U19 years

Setting: Digital / Phone

Contact Details:

Opening times: 24/7

Tel: 0800 11 11

www.childline.org.uk

Turn 2 Us Youth Workers

Turn 2 Us is a weekly lunch time drop in available in every Secondary school in Hull during term time and during the holiday periods as Turn 2 Us outreach in open spaces within local communities.



Age: 11-16 years

Setting: School / Community

Contact Details:

Young people can contact their local youth centre to book a Turn 2 Us appointment without referral.

East - Andrew Marvell Youth Centre
Tel: 01482 791226

North - Astra Youth Centre
Tel: 01482 310925

Route One Youth Centre
Tel: 01482 491960

West - Kingston Youth Centre
Tel: 01482 331238

Ainthorpe Youth Centre
Tel: 01482 306471

Connexions

Connexions are an information, advice and guidance service for 13 to 19 year olds.

They provide specialist information, advice, and guidance on education, training, and employment opportunities available in the local area.

If you are over 18 and you have an Education Health and Care Plan, then we may still be able to support you or refer you to an appropriate agency.

They offer -

- Intensive support during transition from year 11 into post 16 education and training.
- Supporting young people who unfortunately find themselves not in employment education and training (NEET).
- Make you aware of College/Training Open Events, new Opportunities and Apprenticeship vacancies.
- Listen to your needs and ideas, to help you make a plan to achieve your career goals.
- Provide independent, Information, Advice and Guidance on all your career options and the different learning routes available.
- Provide benefit advice for your individual circumstances or signpost you to who you need to speak with.
- Offer advice and support with completing CVs, covering letters, application forms for training, education or employment.
- Support in preparing for interviews.
- Work in partnership with other agencies, to help you overcome any barriers, which may be stopping you from moving forward with your career option for example, mental health, money worries, homelessness, teenage parent, substance misuse.

Age: 13-19 years (25 years SEND)

Setting: Community

Contact Details:

Connexions | Hull

If you would like to meet with one of our advisors, please contact us on 01482 615 223 or 07925 371 905 or 07925 371 906 to book an appointment



Home Start Hull

Home-Start is a voluntary organisation committed to promoting the welfare of families with at least one child under five years of age.

Home-Start Hull offers befriending support along with practical and emotional advice in the homes of families who are having difficulties managing parenting for a variety of different reasons.

Home-Start's volunteers work alongside families to give compassionate and confidential support.

They help people to regain the confidence to be the parents they want to be. The support Home-Start volunteers give is non-judgemental, compassionate and confidential.

Our Parent Infant Well-Being peer support project aims to support parents with children aged 0-2 to overcome any barriers to their relationship with their baby.

Parent Infant Well Being peer support (Start for Life).

Age: Families with children under 5 years

Setting: Community

Contact Details:

Tel: 01482 324063

Email: admin@homestarthull.org.uk

www.homestarthull.org.uk

0-19 Healthy Child Programme: Health Visitors & School Nursing

See page 5 for the 0-19 Healthy Child Programme

Age: 0-19 years

Setting: School / Community

Contact Details:

Tel: 01482 259600

Email: hull.cypcommunityservices@nhs.net



Early Help

There will be times when families need support. There are a group of services in Hull collectively known as Early Help who can support families at these times and make problems easier to understand and quicker to solve.

Families can seek support from a professional who is currently known to the family, for example a Health Professional or a member of staff at your child's school or can make a self-referral.

- Acorns Family Hub 01482 708 953
- Lemon Tree Family Hub 01482 828901
- Mersey Family Hub 01482 705333
- Marfleet Family Hub 01482 705333
- Parks Family Hub 01482 803978
- Rainbow Family Hub 01482 502466
- Fenchurch Family Hub 01482 587550
- Little Stars Family Hub 01482 790277
- Octagon Family Hub 01482 587550
- McMillan Family Hub 01482 850200
- Priory Family Hub 01482 305770
- Longhill Family Hub 01482 689238

Age: 0-19 years
(25 years with SEND)

Contact Details:

North Locality Hub
Tel: 01482 828 901

East Locality Hub
Tel: 01482 708 953

West Locality Hub
Tel: 01482 305 770

Referral form:
Request for Early Help
<https://childrensportallive.hullcc.gov.uk/web/portal/pages/home>





Hull Special Educational Needs and Disabilities Information Advice and Support Service (SENDIASS)

SENDIASS is provided by KIDS in Hull and is a free, confidential, and impartial service for parents and carers, children and young people providing advice / information and support (up to 25 years).

The service is for parents who have a child/children, up to the age of 19, that has/have Special Educational Needs.

Young people's SENDIASS is for young People aged 16 – 25 who have special educational needs or a disability.

Age: Up to 25 with SEND

Setting: Community

Contact Details: 01482 467541

www.kids.org.uk/hull-sendiaass

Email: sendiassduty@kids.org.uk

The Warren Youth Project: Range of support opportunities

Creative Therapies

Forged@ The Warren Youth Project – runs free opportunities for young people to experience all things creative. Trips to the theatre, art workshops, music lessons, using writing to find your own voice, learning art focused digital skills to name a few. We use a creative committee of young people to decide what sessions we run, ensuring that what we develop is relevant to the young people in our city. These vary from one off workshops and trips to more structured projects.

Three Minute Monologues – a spoken word and mental-health initiative which involves the same principles as Three Minute Heroes except in this project the final art-form which is theatre, film and spoken word.

Warren Records – Need rehearsal space to smash the life out of a drum kit for your mental health? Got music ideas bouncing around in your head but need help getting them out? Want to learn how to produce; DJ; mic up a drum kit? Or pick up a guitar for the first time? Do you just want to record yourself screaming and banging pans together? Neighbours don't appreciate how amazing your music is?! Or do you just want to get involved in putting on events?

Age: 16-25 years
(in age-appropriate groups)

Setting: Community

Contact Details: 01482 218116
(ext 3)

Email: elle@thewarren.org

Age: 16-25 years

Email: scott@thewarren.org

Tel: 01482 218115

[www.thewarren.org/
warrenrecords](http://www.thewarren.org/warrenrecords)

Complementary Therapies

A holistic approach to supporting young people, which encompasses relaxation and mindfulness techniques, massage therapy, Reiki, Reflexology and more recently, Sound Bathing using Tibetan Singing bowls.

Age: 14-25 years

Contact Details:

Email: maggie@thewarren.org

[www.thewarren.org/
mindfulnessandmeditation](http://www.thewarren.org/mindfulnessandmeditation)

LGBTQ+ Support

The Warren offers two separate confidential Youth Groups for young people identifying as Lesbian, Gay, Bisexual, Transgender and Queer or Questioning. We keep our membership confidential to protect your privacy, as not all of our group members are "out" to their families and peers.

2 youth groups:

- Step out: Age 11-17 (Corner House and Warren Partnership)
- Shout Group: Age 16-25

Age: 11-25 years
(in age-appropriate groups)

Contact Details:

Step Out contact:
emma@thewarren.org

Shout Group contact:
shout@thewarren.org

www.thewarren.org/lgbtq

Work It Out

An activity-based project ranging from gym sessions and simple walking-routes around the city to kayaking and wilding-education (woodland camping skills) that helps young people reconnect with nature and the outdoors and build relationships while doing so.

Age: 11-25 years
(in age-appropriate groups)

Contact Details:

Email: gemma@thewarren.org

Tel: 01482 218115

SCRAN!

A food & nutrition project that brings young people together around fun cooking sessions.

Age: 16-25 years

Contact Details:

Email: carrie@thewarren.org

Tel: 01482 218115

www.thewarren.org/scan

Achieve

The Achieve project is an Employability and skills initiative supporting vulnerable young people who struggle to secure and/or maintain employment due to adverse circumstances. They offer help with CV writing, interview skills, free and funded courses to build skills, information and guidance and a whole host of fun, exciting team-building activities, depending on what young people would like to do.

Age: 15-29 years

Contact Details:

Email: achieve@thewarren.org

Tel: 01482 218115

Young Carers' Group

A weekly support group for young people who are helping to provide care for a family member.

Age: 16-25 years

Contact Details:

Email: janet@thewarren.org

Tel: 01482 218115

SEN Support – We offer one to one support, group work, and activities to young people who are neurodiverse or have a learning disability. We provide support, and information, and raise awareness about equal opportunities and equal rights for all young people living with disabilities.

Age: 16-25 years

Contact Details:

Email: katiemurphy@thewarren.org

Tel: 01482 218115

Cornerhouse: Range of support opportunities for LGBTQ+

Step Out

We offer a support group for LGBTQ+ young people aged 11-17, who want to socialise with other young people experiencing similar things to them as well as taking part in a range of activities. This is a weekly session held at a city centre venue. For confidentiality and safety reasons please contact us to arrange a first meeting with a member of the group staff who can have a chat about it with you and give you more information. The group is run in partnership with The Warren and we have an experienced counsellor on our team that young people can access through the group.

Age: 11-17 years

Setting: School/ Community

Contact Details:

Email:
admin@wearecornerhouse.org



Getting Help: Those who need focused goals-based input

This section supports those children, young people and families who would benefit from focused, evidence -based help and support, with clear aims, and criteria for assessing whether these aims have been achieved.

Interventions are characterised by an explicit shared understanding from the outset of:

- **What a successful outcome would look like**
- **How likely this is to occur by a specific date**
- **What would happen if this was not achieved**

Mental Health Support Teams (MHSTs)

The MHSTs work across education, health and care and, in collaboration with existing early intervention provision (e.g. Thrive Hull), will provide consultation to support schools and colleges to identify and manage issues relating to mental health and wellbeing, as well as delivering high quality evidence based interventions for children, young people and families who experience mild and moderate needs, and requesting specialist support as necessary. The MHSTs support local education settings with mild to moderate mental health issues for children and young people and their families through a team of Education Mental Health Practitioners (EMHPs).

Parent-led Cognitive Behaviour Therapy (CBT)

Parents and carers play the most important part in helping children to overcome difficulties with anxiety. This offer is a brief parent-only intervention to support you in managing your worries and anxieties, and provide you with tools to support your child or young person.

Age: 5-19 years

Setting: Currently in 35 education settings in Hull

Contact Details:

Speak to Senior Mental Health Lead within the school/college that has a MHST.

www.humber.nhs.uk/Services/hull-mental-health-support-teams.htm

Cornerhouse: Support for LGBTQ+

1:1 Support For young people 11-17 re: LGBTQ+ - The worker can support individuals in school/other venues who identify as LGBTQ+

Age: 11-17 years

Setting: School/Community

Contact Details:

Email: admin@wearecornerhouse.org

Tel: 01482 327 044

Early Help

There will be times when families need support. There are a group of services in Hull collectively known as Early Help who can support families at these times and make problems easier to understand and quicker to solve. Families can seek support from a professional who is currently known to the family, for example a Health Professional or a member of staff at your child's school or can make a self-referral. The model of support reduces demand on specialist and acute service by using a joined up and evidence-based approach to Early Help, resulting in improved outcomes and life chances for families through their needs being met earlier.

Services/professionals include:

- Targeted Youth Support
- Targeted Pregnancy Support
- Early Help Social Workers
- Refresh
- Family Group Conferencing
- Early Help Support Workers

Age: 0-19 years
(25 years with SEND)

Setting: Community

Contact Details:

North Locality Hub:
01482 828 901

East Locality Hub:
01482 708 953

West Locality Hub:
01482 305 770

Parent led Cognitive Behavioural Therapy (CBT)

Parent led Cognitive Behavioural Therapy (CBT) for anxiety is an intervention for children between the ages of 5-12 that are struggling with anxiety. Children that struggle with anxiety at this age often struggle with some of the concepts required to be treated effectively in one to one therapy. In Parent-led CBT children are treated indirectly through the everyday contacts and patterns of behaviour that parents have with their children with interventions and techniques that are taught to parents in groups. Parents benefit from peer group support from other parents and develop intervention skills together learning from each other's experiences over the course of the 6 weeks.

Age: Parents of 5-12 yr olds

Setting: Community

Contact Details: HEY mind:

www.heymin.org.uk

Tel: 01482 240200

Email: info@heymin.org.uk

The Warren: Counselling

The Warren Counselling Service is an open-access person-centred provision supporting young people with mental-health issues relating to self-harming, eating disorders, depression, homelessness, sexual abuse, physical abuse, substance-abuse, bullying, neglect, domestic violence, relationship breakdown, learning difficulties, racism, homophobia, and loneliness to name just a few. They understand that lack of power is a contributing factor to psychological distress and therefore believe in a person-centred approach that enables young people to have control and autonomy over their therapy.

Age: 14-25 years

Setting: Community

Contact Details:

Email: counselling@thewarren.org

Tel: 01482 221 416

www.thewarren.org/counselling

Emotional Literacy Support Assistant Training (ELSA)

The Hull City Psychological Service (HCPS) makes a unique contribution by providing a psychological perspective on the education and welfare of children and young people who reside in the city. We offer high quality ELSA training. We are a recognised and registered training provider with the national ELSA network.

ELSAs help pupils with social and emotional difficulties to recognise, understand and manage their emotions, to increase their wellbeing and as a result, their progress in school. ELSAs offer proactive interventions to pupils. ELSAs plan and deliver individual (and small group) support programmes.

Age: 5-16

Setting: School

Contact Details:

Email: city.
psychologicalservice@hullcc.
gov.uk

Tel: 01482 614 258

To see which schools have a trained ELSA or to find more about the HCPS

City psychological service
www.hull.gov.uk/schools-education

Hull and East Yorkshire MIND Counselling for Children and Young People

We know that getting help when you are struggling is important, that's where our counselling service can help.

When you are struggling with your feelings, counselling can help you to process what's going on in a safe environment. In counselling, a trained therapist or counsellor will listen to your problems and help support you understand what is causing these problems by supporting you to look at solutions to help you overcome them.

Our counselling service is free for young people. Referrals can be made by parents, professionals can also self-refer. Young people 16+ years can also self-refer.

Age: 10-19 years

Setting: School / Community

Contact Details:

Tel: 01482 755 601
Monday - Friday 9am - 5pm

Email: therapyservices@heymind.org.uk

www.heymind.org.uk/counselling-youngpeople

Turn 2 Us

Turn 2 Us for young people aged 11-16yrs (secondary school age) offering young people the opportunity to have a chat with a youth worker who can provide information, advice, guidance and support with low level emotional well-being issues.

Turn 2 Us is also available as 1 to 1 bookable chats (up to 5 sessions) with a youth worker in local youth centres and in some secondary schools.

Young people can contact their local youth centre to book a Turn 2 Us appointment without referral.

Age: 11-16 years

Setting: School/Community

Contact Details:

East - Andrew Marvell Youth Centre
Tel: 01482 791 226

North - Astra Youth Centre
Tel: 01482 310 925

Route One Youth Centre
Tel: 01482 491 960

West - Kingston Youth Centre
Tel: 01482 331 238

Ainthorpe Youth Centre
Tel: 01482 306 471

Emotional Resilience Coaches

Emotional Resilience Coaches (ERCs) provide an 8-10 session intervention available for young people aged 10-16 years (school years 6-11). The coaches help young people who are struggling to cope with a range of emotional wellbeing issues. They help a young person to talk through and understand their issues and create a plan to help build their confidence and develop coping skills.

City wide Emotional Resilience Coaches 16+ offer short term interventions to help young people aged 16-24 years whose emotional well-being / mental health issues are a barrier to achieving a positive transition to adulthood. Targeting vulnerable / at risk young people e.g. care leavers; young people in the youth justice system; NEETs; and those at risk of NEET. Using a tailored and flexible approach to support individual needs and issues.

Flexible approach - the young person can choose when, how and where they would like to receive this support.

Age: 10-16 years (Y 6-11)
16-24 years

Setting: School, Community, Youth Centre

Contact Details:

Referral or self-referral using the Early Help portal or young person contacting 01482 331 238 to self refer

SMILE Community based group work

SMILE community-based group work for young people aged 10 – 16 yrs. (school years 6-11). A 12-week group work intervention (1 x weekly session) delivered in local Hull City Council youth centres (tea-time / early evening). SMILE is delivered by youth workers and offers a mix of activities to help young people understand their feelings, gain confidence, and build positive relationships in a supportive environment with peers who have experienced similar issues.

Age: 10-16 years, Yr 6-11

Setting: Community – Locality based youth centres

Contact Details:

Referrals via the Early Help portal or the Smile inbox using the Hull Emotional Wellbeing Checklist

Email: smile@hullcc.gov.uk



Children's Wellbeing Practitioners (CWP's)

Children and Young People's Wellbeing Practitioners provide 1 to 1 support face to face or online.

Hull has a team of 8 CWP's who are specially trained children's practitioners who work with children and young people between the ages of 10-18yrs who may struggle to cope with feelings of mild to moderate anxiety and low mood. They provide short term focused interventions across 6-8 sessions. Therapy is low intensity and can be delivered face to face, via telephone, online or in the form of self-help materials.

CWP's work in local community settings, with children and young people 10+ years with mild to moderate anxiety and low mood. Children under the age of 10 may benefit from Parent Led CBT sessions.

Age: 10-18 years

Setting: Community

Contact Details:

Hull Contact Point
Tel: 01482 303688

Referral form:
www.humber.nhs.uk/Services/contact-point.htm

Hull City Council Parenting Team: group work sessions, digital offer and 1-2-1 support

Hull City Council Parenting team offer a range of needs led parenting support mainly to work with parents/carers in managing children's behaviour using positive strategies which can help to improve family relationships, and family routines.

- Solihull Online offers various online parenting courses:
- Understanding Your Pregnancy
- Understanding Your Baby
- Understanding Your Child
- Understanding Your Teenagers Brain
- Understanding Your Brain (Teenagers Only!)
- Understanding Your Child with Additional Needs.

For a FREE code to access for Hull residents see:

Or if more support is required, please make an Early Help referral.

Age: Parents

Setting: Community / Digital

Contact Details:

www.familyhubshull.org.uk

<https://childrensportallive.hullcc.gov.uk/web/portal/pages/home>

Family support – Hull

North Locality Hub
Tel: 01482 828 901

East Locality Hub
Tel: 01482 708 953

West Locality Hub
Tel: 01482 305 770



Seed Eating Disorder Service Recovery after Recovery

Seed Eating Disorder Service Recovery after Recovery

Seed offer a range of workshops linked to those young people who have or are recovering from an eating disorder.

The Recovery after the Recovery programme is aimed at Young People in Hull and East Riding who do not meet specialist eating disorder services to provide support, 1 to 1 and group sessions through a range of workshops.

Walking on Egg shells: Is a workshop for parent/carers to understand their child's eating disorder and how to support them. The programme also provides peer support to parent/carers.

Age: 11-25 years

Setting: Community

Contact Details:

Email: ratr@seed.charity
or visit www.seed.charity
for a referral form

Tel: 01482 421 525

0-19 Healthy Child Programme: Health Visitors & School Nursing

Pages 5 & 6 for further information



Age: 0-19 years

Setting: School / Community

Contact Details:

Tel: 01482 259 600

Email: hull.cypcommunityservices@nhs.net

Dove House : Grief and Bereavement Services

Children and young people often struggle with grief, and may need extra support when someone they love has died. If you think Dove House can help, contact the Child Bereavement Co-ordinators who will be able to give you information about our Children's Bereavement Groups.

The Family Support Team has lots of experience in helping people to talk through their grief, and the many thoughts and emotions that come and go during this time. The team can also help with practical advice and support and have links with lots of other organisations who can offer support to you and your family.

Age: Under 18

Setting: Community

Contact Details:

Tel: 01482 784 343

www.dovehouse.org.uk

Fit Mums: Together in Grief

Together in Grief – The Forest Project is a free programme which supports children and young people who have experienced the death of someone close. It uses outdoor forest activities and bereavement support to help participants explore, understand, and express their grief.

- Children and young people who take part will:
- Benefit from having a safe space to explore and express their grief
- Find comfort in being with others who understand bereavement
- Create beneficial connections with other participants
- Learn ways of coping
- Learn new skills
- Gain confidence to try new activities develop a sense of adventure and achievement
- Experience better mental and physical wellbeing

Age: 6 - 17 years

Setting: Community

Contact Details:

Email: heather@fitmums.org.uk

Website and Referral Form:

<https://fitmums.org.uk/support/together-in-grief-the-forest-project>

Cornerhouse: Range of support available

TENDER

The project, Tender Healthy Relationships, is a 10-hour project which works with one class of students in either Year 8, 9 or 10. Our aim is to help students develop skills for building healthy and respectful relationships. We achieve this through open, creative workshops that explore the healthy and unhealthy aspects of relationships, empowering students to consider their attitudes and behaviour in an age appropriate way.

Flipside

This is a partnership service delivered with The Warren and aims to deliver a holistic model that will deliver a range of interventions to CYP to prevent them becoming first-time entrants to the criminal justice system. The model will implement a three stage strategy of identification, initial engagement, and holistic support and intervention. The service will be delivered using a trauma informed approach to ensure a focus on understanding need and behaviours based on a young person's story and what's happened to them. The partnership will identify those young people who are:

- At risk of /being exploited including those who may be involved in county lines
- Young people who are frequently missing
- Looked after children
- Young people who identify as neuro-diverse
- Those at risk of becoming perpetrators of domestic abuse or peer-to-peer exploitation

Age: 11-18 years

Setting: School / Community

Contact Details:

Tel: 01482 327 044

www.wearecornerhouse.org

Email: manager@wearecornerhouse.org

Youth Recovery and Wellbeing College

A community for young people aged 11-18 that live within Hull and East Riding.

- Face to face and virtual sessions
- Fun, creative and inclusive
- Friendly and safe environment
- Explore new experiences and gain new skills
- Feel empowered and listened to
- Personal growth

We are a young person led service, exploring creative and empowering ways to improve your wellbeing. Be part of a young person community and celebrate your individuality. We provide different experiences for different needs. Pick and choose what suits you. Informal face to face creative experiences or virtual social groups and meetings.

Age: 11-18 years

Setting: Community

Contact Details:

www.youth.humberrecoverycollege.nhs.uk/

Tel: 0800 9177752

Email: Hnf-tr.youthrecoverycollege@nhs.net

Families Together Service Home from Hospital

When a parent or carer is diagnosed with Cancer or another life-limiting illness it can be a very challenging time for all members of a family. Families Together are a small team that aims to provide a flexible support service to parents, carers and children aged 0-18. We offer an opportunity to talk, share and plan. We aim to work alongside families in a way which helps them to maintain their resilience and usual routines.

Age: 0 - 18 years

Setting: Community

Contact Details:

Email: administrator@hchfh.org

www.hchfh.org.uk

Tel: 01482 447 673

Facebook: www.facebook.com/homefromhospital

Lindsey Place, Hull, HU4 6BS



Early Help & Safeguarding Hub

Early Help & Safeguarding Hub (EHASH) - This is a centralised service for all concerns regarding children and young people. EHASH provides professionals and members of the public with advice, information and support about services for children and young people who are vulnerable and at risk.

Dedicated qualified telephone operators will take referrals or, where appropriate, will offer to other agencies in helping children, young people and their families -

- support
- advice
- information

Any request for a new service must be made via the EHASH. Families already receiving services can contact their locality directly.

If you are worried that a child or young person under the age of 18 is at risk of harm or needs help and support, it is important that you share this with us. If you believe a child or young person is at immediate risk you should contact the police on 999.

Age: Under 18

Setting: Community

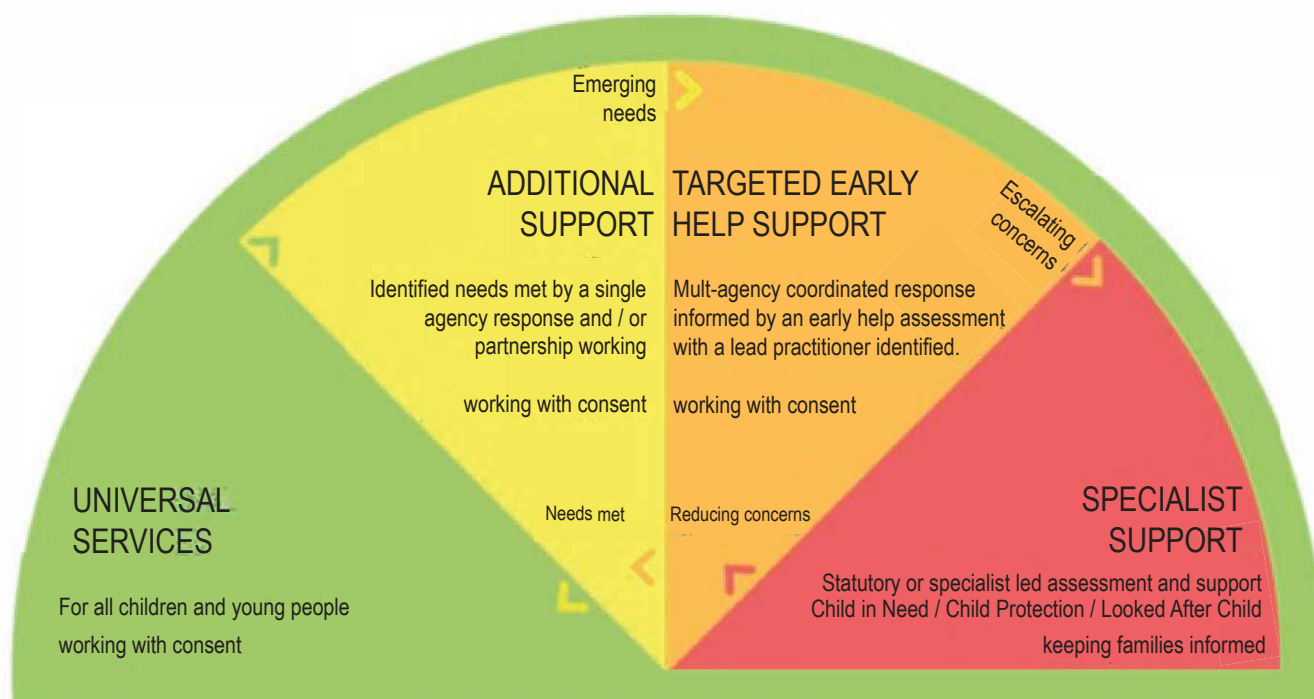
Contact Details:

Tel: 01482 448 879 option 4

www.hull.gov.uk/children/children-need/2

Out of Hours: 01482 300 304

Email: ehash@hullcc.gov.uk



Getting More Help: Those who need more extensive and specialised goals-based help

This section supports those children, young people and families who would benefit from focused, evidence-based interventions, with clear aims, and criteria for assessing whether these aims have been achieved.

There are no hard and fast rules as to who needs 'More Help' but the following are frequent indicators:

- **The child or young person is completely unable to participate age appropriately in daily activities in at least one context (eg. schools, home, with peers)**
- **They may even be unable to function in all domains (eg. Staying at home or in bed all day without taking part in social activities)**
- **They need constant supervision (due to their level of difficulties they are no longer managing self-care) and experience distress on a daily basis**

Solace - Children & Families Project

Do you have refugee students who have arrived through the UK Resettlement Programme who are struggling emotionally, or to settle in? Are you working with parents who have concerns about how their children are settling in at school, or a particular child's behaviour?

Solace Provides:

- Free specialist child and family therapy to refugee children and families who arrived as part of the UK Global Resettlement programmes. This includes individual, family and group work.
- Training for staff at schools and colleges and for case workers and other professionals in working effectively with trauma and the impact of forced migration.
- Consultation and support to develop strategies with families and in the classroom, as part of a wider network of support
- All work will be either face to face or by audio or video link as appropriate.
- All work will be either face to face or by audio or video link as appropriate.

Age: 5 - 19 years

Setting: Community / Schools

How to access:

www.solace-uk.org.uk/projects-and-partners/children-and-families-wellbeing-project

Contact: Gayle Clark;
gayle@solace-uk.org.uk

Psypher (Early Onset Psychosis Service)

The team work with people aged between 14 and 65, who are experiencing their first episode of psychosis or might be at risk of developing psychosis.

This guide from Re-Think provides more information about what to expect from an Early Intervention Service: www.rethink.org/diagnosis-treatment/treatment-and-support/early-intervention-teams

Age: 14 years+

Setting: Community

Contact Details:

Via a GP referral or telephone
01482 336786

Contact Point Specialist NHS CYP Mental Health Services (CAMHS)

Contact Point provides a single point of access to Children and Adolescent Mental Health Services (CAMHS). It is staffed by clinicians and has been designed to make it easier for young people and their families to access services.

Specialist NHS Children and Young People Mental Health Services (Children and Adolescent Mental Health Services)

Provide assessment and intervention and support children and young people and their families/ carers. Some of the issues supported includes: Moderate/ Severe Anxiety, Depression, Eating disorders, Psychosis, PTSD, Self-harm and other complex psychological difficulties. CAMHS deliver support through a range of specialist therapeutic and pharmacological interventions.

Provide assessment and intervention and support CYP and their families/ carers. Some of the issues supported includes:

Moderate/Severe Anxiety, Depression, Eating disorders, Psychosis, PTSD, Self-harm and other complex psychological difficulties. CAMHS deliver support through a range of specialist therapeutic and pharmacological interventions.

Age: Up to 18 years

Setting: Community

Contact Details:

Contact Point teams can be contacted between 9am and 5pm weekdays excluding bank holidays.

Hull Contact Point
Tel: 01482 303 688

www.humber.nhs.uk/services/contact-point

Out of office hours: through to the Crisis Team on 01482 301 701 option 2.

If there is an immediate threat to life call 999

Community Eating Disorder Service (CEDS)

The Hull and East Riding Community CAMHS Eating Disorder Service (CEDS) offers assessment, intervention and support to young people (up to the age of 18 years) and their families with a suspected or confirmed eating disorder.

The service provides community evidence-based interventions in accordance with National Institute of Clinical Excellence (NICE, 2017) for children and young people with eating disorders and the NHS England Access and Waiting Time Standard for Children and Young People with an Eating Disorder. The team offer a family-based approach.

The team has specialist knowledge in working with children and young people with an eating disorder and works closely with other services and agencies.

Age: CYP up to 18 years

Setting: Community

Contact Details:

Young People, Parent/Carers and Professionals can call the team for advice
Tel: 01482 347886

www.humber.nhs.uk/Services/contact-point.htm

Early Help & Safeguarding Hub

If you are worried that a child or young person under the age of 18 is at risk of harm or needs help and support, it is important that you share this with us.

If you believe a child or young person is at immediate risk you should contact the police on 999.

In an emergency or for urgent advice, please contact the Early Help and Safeguarding Hub (EHASH)

Age: Under 18

Setting: Community

Contact Details:

Tel: 01482 448 879 option 4

Out of Hours: 01482 300304

Email: ehash@hullcc.gov.uk

ReFresh Hull

Refresh are a confidential support service for under 19's in Hull who work with young people and/or families around drugs and alcohol. We also provide stop smoking support for under 16's.

Staff at ReFresh will do their best to work with you in a place where you feel comfortable whether that's online, over the phone or face to face. We are friendly and non-judgemental and there is no such thing as a stupid question, use the advice and questionnaires to find out how best we can help.

Age: Under 19

Setting: Community

Contact Details:

Tel: 01482 331059

Email: refresh@hullcc.gov.uk

www.refreshhull.org.uk

Getting Risk Support: Those who have not benefited from or are unable to use help, but are of such risk that they are still in contact with services

This section supports those children, young people and families who are currently unable to benefit from evidence-based treatment but remain a significant concern and risk.

Children or young people in this grouping may have some or many of the difficulties in Getting Help or Getting More Help but, despite extensive input, they or their family are currently unable to make use of help, more help or advice AND they remain a risk to self or others.

Crisis Service

Age: Up to 18 years

Contact Details:

Tel: 01482 301 701
option 2 for CYP

The 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 in crisis experiencing emotional distress and are struggling to cope.

The Anlaby Suite

The Anlaby Suite is a place to come if you have been raped or sexually assaulted. We see children and young people when they have been sexually abused or people are worried they may have been sexually abused. We are here to listen and want to ensure you are happy, healthy and safe. Even if the rape or sexual assault happened a long time ago, we could help you in other ways. The specialist doctor will give you a full health check, could undertake screening for sexual infections and look at other health and wellbeing needs. They would listen to you if you are in pain, sore, or maybe have negative thoughts or feelings. We could offer you help and support.

Age: 0-16 years
(plus some 17 and 18 year olds)

Setting: Healthcare
(based at Hull Royal Infirmary)

Contact Details:

Contact details - Speak to a wellbeing lead within school/ college, or via children's social care - <https://www.hey.nhs.uk/anlabysuite/>

Tel: 01482 311 086

Intensive Home Treatment Team

Children's and Young Peoples crisis offer which includes a 24/7 mental health crisis provision for children and young people that combines crisis assessment, brief response and intensive home treatment functions.

The team provide short to medium-term intensive community support to young people that are hard to engage, require assertive engagement and who require a significant number of interventions each week to prevent potential crisis / in-patient admissions.

Age: Up to 18 years

Setting: Community

Contact Details:

Tel: 01482 301701
option 2 for CYP

Children and Young People's SafeSpace

A safe space for young people aged 14-18 years in emotional distress, open 7 days a week 8pm to 9am. The service is a collaboration between CAMHS and Hull and East Yorkshire Mind.

Age: 14-18 years

Setting: Hull and East Yorkshire Mind, Beverley Road

Contact Details:

Operational times 8pm-9am
7 days per week

Referral route is via CAMHS
Referral into Crisis or Home based Treatment pathways.

Tel: 01482 301701
option 2 for CYP



Support for Parent/Carers Emotional Wellbeing and Mental Health

We recognise that it is important that parents and carers have good mental health to be able to support their children and young people. Please see below a snapshot of some local opportunities and services to promote good mental health, aimed at parents and carers.

NHS Hull Talking Therapies

Contact Details:

www.letstalkhull.co.uk/

Tel: 01482 247 111

NHS Hull Talking Therapies is a service for adults who are worried, stressed, anxious, low in confidence and emotional. There are many types of mental health problems and they can affect different people in different ways. Let's Talk can help you understand how you are feeling and help you get the support that you need.

Healthy Lifestyles Team

The Healthy Lifestyles Team work from the Hull Family Hubs.

The team offer a range of healthy lifestyle support to children, young people and their families, focusing on families with children aged under 5 as well as pregnant women and their partners.

Sessions include:

- Health and wellbeing sessions for pregnant women and those with babies (Us Mums).
- Play and baby bonding sessions
- Healthy cooking
- Healthy Lifestyles parenting programme

Setting: Family Hubs, outreach venues and home

Contact Details:

www.facebook.com/usmumshull

Email: healthylifestyleteam@hullcc.gov.uk

Hull and East Yorkshire MIND Weekly Peer Support Group

At Hull and East Yorkshire MIND we can help. We use tried and tested methods to provide a personalised plan to improve your mental health. The groups will allow you to meet others experiencing the same problems, at the same time as learning skills that will help you to cope and improve your mental wellbeing.

Our peer support sessions are designed to improve your mental health and wellbeing to provide you with the tools you need to help keep you well. You will create your own action plan and identify your own personal goals using an evidence based system. We will help you to keep track of the positive changes you make. Each session includes time to discuss interesting topics and also time to make friends over a cuppa and a biscuit.

Age: 18+

Setting: Wellington House,
Hull, HU3 1YA

Contact Details:

Between 9 – 5pm Mon – Fri
Tel: 01482 240 133

Email: info@heywind.org.uk

www.heywind.org.uk

House of Light

Who we help: All parents. If you have a mum or dad present who is struggling with their mental health, House of Light can help. If you have an adult who is struggling to become a parent or has suffered baby/infant loss, House of Light can help.

We also support parents who have found themselves with their poorly baby in Hull Women's and Children's Neonatal Intensive Care Unit. We attend NICU on Tuesdays and Thursdays every week. This is to offer support, resources and to signpost to other available services in our local area.

Age: Under 19

Setting: Community

Contact Details:

Tel: 01482 580 499

Freephone: 0800 043 2031

Email:
help@houseoflight.org.uk

www.houseoflight.org.uk



Carers Information and Support Service (CISS)

The Carers' Information and Support Service (CISS) is a service dedicated to **supporting carers**, i.e. a person who looks after another adult or child with a chronic long-term illness or disability. The disability may be mental, physical or both.

You are a carer if you are spending a regular amount of time looking after or supporting someone. This could be a relative, partner or friend who without your support or the help of other carers would be unable to live independently.

CISS recognise the vital importance of carers and the support they provide, both the practical and the emotional. Without carers, many people would not only struggle to stay independent but would become isolated, lonely and depressed. However, caring can be really tough and demanding and we want to give carers the best support we can.

Contact Details:

Tel: 01482 222 220

www.chcpcic.org.uk/chcp-services/carers

Perinatal Mental Health Service

The Perinatal Mental Health Service is open to women who are registered with a GP practice in the Hull and East Riding who are in the perinatal period (during pregnancy and up to 12 months post- delivery).

The service is available to women who require specialist assessment and interventions for a moderate to severe mental health problem.

These include:

- Moderate to severe post-natal depression
- Anxiety disorders including obsessive compulsive disorder and panic disorder
- Eating disorders
- Post-traumatic stress disorder
- Severe mental illnesses including schizophrenia, schizoaffective disorder and bipolar affective disorder
- Postpartum psychosis
- Severe self-harm
- Suicidal thoughts

Contact Details:

This referral is for professionals only. If you are struggling or need support with your mental health please speak to your GP, Midwife or Health Visitor who will make the appropriate referral.



Enhanced Family Pathway

This pathway offers an additional early intervention enhanced home visiting programme for women assessed as being vulnerable in their antenatal period.

The programme is designed to support families through pregnancy, transition to parenthood and for the child's first three and half years of life through targeted intervention and aims to improve parental confidence, to build parent/child relationships and to develop readiness for school.

Pregnant women are included on the pathway if they fulfil the eligibility inclusion criteria and are referred in on receipt of the antenatal notification form or at any time during the antenatal period if assessed as being eligible for the pathway.

Eligibility for the pathway will cease on receipt of notification of birth. Discharge from the program will be for the mother: following the 7-9 month visit and for the child: following a 3-3.5-year developmental review.

Outcomes for mother and child will be assessed using nationally recognised tools and practitioner evaluation of client focused goals.

A client focused tool, 'Goals for me and my Child' will be used with parents to plan and evaluated their chosen goals, which will enable them to work towards the objectives of the pathway, which are:

- Preparation for transition to parenthood
- Building parental confidence and skills
- Building parent-child relationships
- Readiness to learn and readiness for school

Contact Details:

Tel: 01482 259600

Email: hull.
cypcommunityservices@nhs.
net

Kids Hull Befriending

Free emotional support for parents/carers who are adjusting to the news of their child's disability or who are experiencing feelings of isolation and loneliness. This service is delivered by a team of trained volunteer befrienders. Every befriender is a parent/carer too – someone whose own child has a disability. Parent/carers are matched with befrienders whose child has a similar disability. Befrienders are then able to understand and empathise because of their shared experience.

Setting: Community

Contact Details:

www.kids.org.uk

Email: hullbefriending@kids.org.uk

Tel: 01482 467 540

Support for Dads/Partners

Setting: Community

Contact Details:

Dads and partners:
www.familyhubshull.org.uk

Partners and Dads peer support: (Start for Life) | Home-Start Hull
homestarthull.org.uk

DadPad: www.thedadpad.co.uk

Andy's Man Club: Email: info@andysmanclub.co.uk

Andy's Man Club |
 #ITSOKAYTOTALK | Andy's Man Club
www.andysmanclub.co.uk

Humber Men In Sheds |
 Humber Men in Shed Alliance
www.meninshedshumber.co.uk

- Family Hubs – parenting advice and information for Dads and partners
- Home Start Hull City Council
 Our Partners and Dads peer support project is available for any new or expectant dad, step-dad or partner of a mum with a child aged 0-2.
- The DadPad
- Andy's Man Club
- Men in Sheds

Support for Military and Veterans - Hull4heroes

Setting: Community

Contact Details:

Tel: 01482 534 482

Hull4heroes:
www.hull4heroes.org.uk

Hull4heroes provides:

- A safe and confidential space to share and discuss mental health worries for serving and ex-armed forces personnel
- Buddy Calls - weekly social call for vulnerable veterans and their families
- Financial advice and debt assistance
- Housing advice
- Sign posting to appropriate emotional wellbeing and mental health services



Targeted Pregnancy Support

Targeted Pregnancy Support (TPS) is an Early Help service aimed at supporting vulnerable people/families during pregnancy. It works where possible to prevent families entering the social care system. TPS undertake a holistic assessment with families, providing and coordinating appropriate support/services to meet identified needs.

Setting: Family Hubs, outreach and home

Contact Details:
www.familyhubshull.org.uk

Fit Mums and Friends Together in Grief & LiLy Walks

Together in Grief is a free programme for anyone (aged 16+) who has experienced the death of someone close. It offers easy-paced walks and gentle yoga sessions with others who share the experience of bereavement. Sessions are safe, supportive and suitable for all – men and women and all abilities.

LiLY (Lives Lost Young) walks are for anyone (aged 16+) who has been affected by the death of a child or young person. Parents, siblings, other family members and friends are all welcome. Walks are free and take place monthly in Beverley.

Age: 16+

Setting: Community

Contact Details:

Email: Heather@fitmums.org.uk
www.fitmums.org.uk/support/together-in-grief

ReNew

ReNew provides adult drug and alcohol support services across Hull. They can look at supporting a person in a more holistic way where they look beyond the drug and/or alcohol use and see it through a more health and wellbeing focus and positive behaviour change to achieve the NHS, 5 ways to wellbeing which are:

- Connect
- Be active
- Take notice
- Keep learning
- Give

Contact Details:

www.changegrowlive.org/hull-renew

Tel: 01482 620 013

Email: earlyhelp.hull@cgl.org.uk



Notes

**To find out more
about Thrive Hull,
please visit:**

www.howareyoufeeling.org.uk

Follow us on social media

  **ThriveHull**

Contact us

 **thrivehull@hullcc.gov.uk**



For the latest version of this directory
please visit: www.howareyoufeeling.org.uk