

Service Contact Sheet

Service	Description	Referral (eg self-referral, professional referral etc)	Contact Number
School Nursing	<p>The school nursing service can provide support to children and young people on physical and mental health concerns.</p> <p>Duty Nurse team can help where a worker is unsure as to whether a referral would be appropriate.</p>	Referrals can be made via the Locala Website (see referral guide).	030 3330 9974 (School nurse Duty Team)
Branching Out	Branching Out supports young people who are at risk of or who are engaging with any level of drug use, including tobacco, alcohol and all other substances, legal or illegal. We are the commissioned service in Calderdale and work with young people up to the age of 21.	Anyone can refer to service via the single point of access (spoa) number.	01422 415550 (option 2)
Barnardos	Range of support offered for young people and parents / carers of LGBTQ children. Support for parents includes positive identities, and young people can access one to one support and a weekly youth group.	<p>Positive Identities; group meeting every 6 weeks to provide info, support and advice for parents and carers.</p> <p>Identity; Weekly youth group meeting in Calderdale focussed to 12-18yr olds.</p>	01422 371993
Sexual Health Service	Provides an integrated sexual health service including Contraception, STI testing and Treatment, Chlamydia Screening programme, Emergency Contraception.	Pupils can directly access the service via bookable appointments and queue and wait clinics.	01422 261370
Healthy Minds	Emotional well-being advice and support for 10-19 year olds.	Self-refer: www.timeoutcalderdale.co.uk	01422 345154

Time Out 10-19yrs	Creative and active groups across Calderdale – free/reduced fee	timeout@healthymindscalderdale.co.uk	
Young Carers	Calderdale young carers service provides support for children and young people aged 8 to 18years who provide care for a family member. Provision includes info and advice, group activities, social events, short projects and individual work to support their caring role.	Self- referrals or via early intervention panel.	01422 261207
Early Intervention in Psychosis (Insight)	Insight are able to work with children and young people where there are signs and symptoms of psychosis. Service provides a non-stigmatising, recovery focussed service for young people aged 14.	Referral through First Point of Contact (FPoC)	01924 316830
Kooth	Online counselling service accessible to anyone aged 11-25 years old who need to talk through worries or concerns. Service is confidential and available up to 10:00pm, 365 days per year.	Self-Referral. Any young person meeting the age criteria can contact Kooth online for counselling.	Kooth.com
Youth Works	Part of youth service, offering after school drop-ins, during the week, at the Orange Box .	Self-Referral.	01422 320033
Calderdale Staying Safe; Children and Domestic Abuse Support	Service offers confidential befriending and support to children and their non-abusing parent or carer.	A parent can self-refer if there is no other agency.	01422 323339

Helplines		
Childline	Confidential counselling for any child with a problem or concern. Can offer both on-line and phone based counselling. 24hour provision. https://www.childline.org.uk/	0800 1111 (Freephone)
The Mix	Support and information for under 25's on a range of different issues and topics from drugs/alcohol to housing. https://www.themix.org.uk/	0808 808 4994 (Freephone)
B-EAT Youth Helpline	Advice and support around eating disorders. Helpline available Monday to Friday 4:30 – 8:30pm, Saturday 1:00 – 4:30pm. https://www.beateatingdisorders.org.uk/support-services/helplines	0808 801 0711 (Freephone)
Hope Again (Formerly RD4U)	Youth support, information, advice and shared experiences via Cruse providing help and support to young children experiencing bereavement; http://hopeagain.org.uk/ Phone line staffed Monday to Friday 9:30 – 5:00pm	808 808 1677 (Freephone)
Papyrus	Information and advice for young people and parents around suicide in young people. Informative website and papyrus can be contacted via e-mail and phone.	0800 068 4141
FRANK	Website for information on alcohol and drugs, featuring Live Chat option (2:00 – 6:00pm). https://www.talktofrank.com/	0300 123 6600
Selfharm UK	Information and resources supporting those who experience self-harm, or are affected by it. www.selfharm.co.uk	
Self-injury support	Information and resources for those experiencing or are affected by self-harm. www.selfinjurysupport.org.uk	