

Mental Health & Emotional Wellbeing—Support & Help for Secondary School Age Children in Stockport

Where multiple services are listed, please use the additional information on the reverse of the sheet to help you choose the most appropriate service

CONCERNS

Drugs and Alcohol: young person's own misuse or concerns about a family member

Behaviour management and difficulties relating to school
Risk of exclusion
Referrals and assessment for diagnosis re ADHD/ASD/LD

Behaviour management and difficulties relating to home

Stress and Anxiety
Bereavement
Depression and low mood
Self-harm

Domestic abuse
Dating relationships
Concerns around vulnerability to sexual exploitation

Concerns around body image and diet
Eating disorders

SCHOOL

Mosaic school based service
School nurse drop in
Education Psychology

Behaviour Support
Education Psychology
Secondary Jigsaw

Behaviour Support
Education Psychology
Secondary Jigsaw

Beacon or other school counselling service
School nurse drop in
Behaviour Support
Education Psychology
Secondary Jigsaw

Beacon /other counselling
School nurse drop in
Behaviour Support
Education Psychology

Beacon/other counselling
School nurse drop in
Behaviour Support
Education Psychology
Secondary Jigsaw

COMMUNITY

Mosaic Treatment Team (for complex substance use needs)

Parenting Team
Paediatrician via GP
CAMHS assessment via referral from GP/School Nurse
Prevention Service—Youth
Offending Service

Central Youth
Kite / CAMHS
assessment via referral
Stockport Without Abuse

Central Youth
Stockport Without Abuse

ONLINE

www.secondaryjigsaw.org.uk

Stress-busters (computerised Cognitive Behaviour Therapy)

www.stockportwithoutabuse.org.uk
www.thehideout.org.uk

www.oakwoodhouse.co.uk

Mental Health & Emotional Wellbeing Services for Secondary Age Children in Stockport—Service Contact Details

- ◆ **Beacon Counselling** exists to improve the lives of adults, young people and children who experience mental and emotional distress. The service work in schools and from our community-based B2 service to offer 1-1 counselling, group programmes (covering resilience, managing anger and conflict, bereavement, exam stress and other issues), self-help information for children and young people and support for school development around emotional well-being and mental health. Call **0161 440 0055** or visit www.beacon-counselling.org.uk
- ◆ **Behaviour Support Service (BSS)** is part of Stockport's provision for children with social, emotional and behavioural difficulties and works with schools, teachers and parents / carers as well as young people. Call **0161 437 4956 Opt.2**.
- ◆ **CAMHS (Child & Adolescent Mental Health Services)** provide a range of services to support children and young people who may be experiencing mental health difficulties. There is a single point of referral to meet Tier 2 (lower level) and Tier 3 (higher level) need. Call **0161 419 2050**.
Community Outreach Team is an outreach service supporting children and families who are having problems that are impacting on home life. Call **0161 494 6463**.
Kite provides a Tier 2 service to meet the mental health needs of Children in Need and Looked After Children aged 0-18. Call **0161 480 5939**.
- ◆ **Central Youth** offers advice, information and sexual health services. An open access counselling for young people aged 11-25 is available Wed and Thurs. Call **0161 426 9696 or 426 9683** (voicemail on non counselling days)
- ◆ **The Education Psychology Team** helps young people with emotional or behavioural issues in school, within the Youth Offending Service and in Social Care settings. Referrals should be made by the school, calling **0161 474 3870**.
- ◆ **MOSAIC** provide information, support and advice to young people (aged up to 25) around drugs and alcohol in schools and in the community. They also offer counselling to their clients. Call **0161 480 5939**.
- ◆ **The Parenting Team** provide professional and specialist group or one to one parenting support. Call **0161 426 5554**.
- ◆ **Relate** provide children and young people's counselling on any issue plus family counselling for those experiencing difficulties with family life. Call **0161 872 0303** or visit www.relategms.co.uk.
- ◆ **Secondary Jigsaw** is a multi-agency mental health team working with children, in mainstream Stockport secondary schools, with a range of social & emotional difficulties – with a focus on mental health. The service is part of the Pendlebury Centre PRU. Visit www.secondaryjigsaw.org.uk or call **0161 428 9305**.
- ◆ **Stockport Without Abuse** provide 1 to 1 therapeutic support to children and young people who: a) are or have been in unhealthy dating or intimate relationships; b) are currently or have recently been affected by domestic abuse within their family or c) are identified as being at risk of sexual exploitation. Call **0161 477 4271**
- ◆ **Stress-busters** is a computerised Cognitive Behavioural Therapy programme for 10-18 year olds with mild to moderate depression. Visit www.selfhelpservices.org.uk or call **07867 455 913**
- ◆ **The Youth Offending Service & Early Intervention Team** works with young people who are, or are at risk of, offending, to support them and their families and try to prevent further offending. Call **0161 476 2876**.