

Mental Health Champions Pathways Guidance Document

Supporting the positive mental health and wellbeing of
our children and young people

Guidance for schools and partner agency professionals



This guidance document was co-produced by members of the Lancaster and Morecambe Mental Health Champions Network and should be used alongside the support of the network.

If you are not already a member of this network please email the PMHW team who facilitate the Mental Health Champions Network to join the mailing list

PMHWLancasterandMorecambe@lscft.nhs.uk

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Vision for the guidance document and the Mental Health

Champion role

Our mission statement

Our aim 5 years ago was to build a peer supported network of informed, empowered and knowledgeable local professionals who support the mental health and wellbeing of the children and young people in our area and we have achieved just that.

'The network confirms it takes a 'whole community' to bring up a child and it is all our responsibility – communication is key and the network is a massive positive '

MH Champion comment from the One Year On event March 2018

'The network has been brilliant at helping us as a school to signpost and find information really quickly.

Such a vital part of our practice'

MH comment from 2021 MH champions survey

'Mental Health Champions is a really important network to me and has supported my professional development. I've been helped in making contacts in the local area with professionals involved with Mental Health intervention which have enabled my practice to grow and helped me deliver effective support to young people'

MH comment from 2021 MH champions survey



The MH champion role should compliment your role within your team and promote positive mental health of young people and staff and promote mental health awareness within your organisation.

This guidance document is intended to support professionals in general practice and not in crisis situations. It should help you to run through options of support and point professionals, parents and children/young people towards appropriate support both in the local area and online.

The role of the mental health champion is as a point of contact in a team to access a network of support, advice, guidance and local resources. A champion should know how to access an up to date version of this guidance document and support us to keep the information within it up to date and relevant for use.

The network meets three times per year - face to face where we can in the local area or virtually via MS Teams. These dates are sent out via email to the network.

Youth Mental Health First Aid Training is also available free to Mental Health Champions as well as other relevant workshops and learning opportunities to support them as champions in the community.

What is this guidance for?	
	
Support, advice and guidance	A diagnostic tool
A toolkit to be used to inform practice after safeguarding/emergency needs have been met	A definitive or tick box style pathway of access to support for every child, young person, family or agency
Linked to a network of support via Primary Mental Health Workers and other Mental Health Champions	Override safeguarding policy or professional judgement

Using this document and its resources

If you have been in the network for a while you will notice some big changes have happened between version 3 of this document and this version (version 4—current document in use)

Changes you will find on the following pages

- More information about assessing wellbeing
- Less individual pathways (the main aim of the document to consider all supports still stands—see support flow chart on page 16)
- More descriptive information about a wider range of presentations
- More general resources and apps included
- Increased information and resources to support young people struggling with their gender, identity or sexuality
- Increased information and resources to support children and young people with neuro diversity and Special Educational Needs

As the document is still being used in its current PDF format and not held on a central website yet (we still hold out hope for this happening!) please do print a copy for reference but keep the PDF handy on your desktop too. All links in the document have been checked and hyperlinked for easy access from the document. If using printed copies or giving pages out to parents and young people you may have to follow the link to share the web address so they can access the information.

We would not advise sharing the full document with parents and young people as this may be overwhelming.

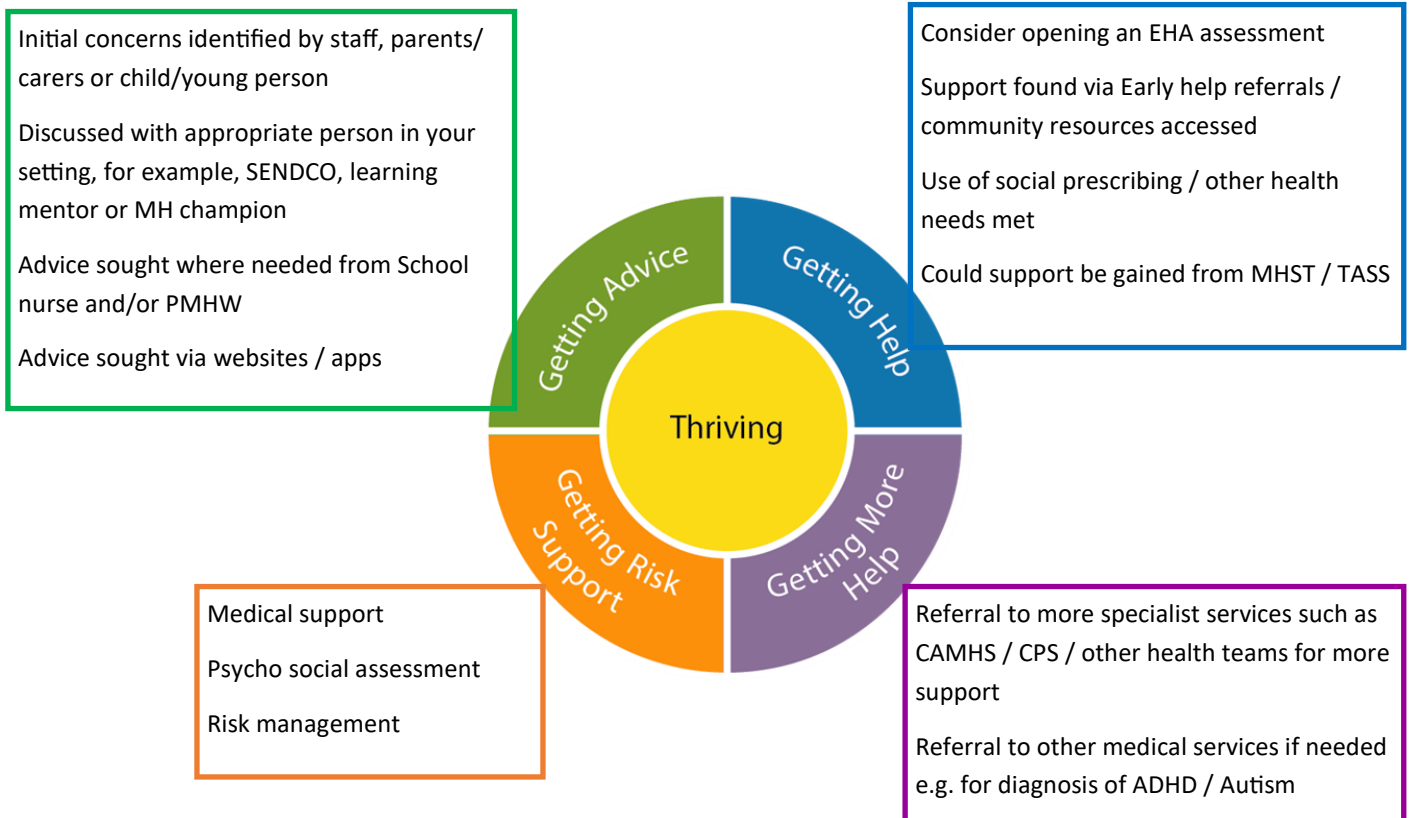
We have however endeavoured to make this document more accessible to share directly with young people and parents when needed—for example as an information page about a particular presentation—but please do remember that this document is primarily aimed at professionals and so not all the language used may be accessible and understood by parents and young people. Please check over any pages you intend to share more widely before doing so and maybe highlight a couple of resources to support access to self help.

We have worked really hard to update this document but as is the nature of such documents its will become out of date and links will change and stop working. Let us know of any such changes where you can for us to keep the next version up to date too.

Please note as Primary Mental Health Worker's we are still here to support professionals using this document and if you need a run through this new version or are new to the network and would like an overview of what we do as PMHW's and how we can support you and your team please get in touch for a consultation.

Our details can be found on the back page of this document.

Finding the right support at the right time and assessing needs well for good referrals



You can find more information about the Thrive model here — [thrive-elaborated-2nd-edition.pdf \(annafreud.org\)](https://www.annafreud.org/thrive-elaborated-2nd-edition.pdf)

We want MH Champions to feel confident in assessing risk and safety alongside increasing a young persons wellbeing and identifying their strengths.

If you haven't already please do join us on one of our FREE Youth Mental Health First Aid training sessions or one of our other workshops.

You can find more information about Youth MHFA here—[Youth · MHFA England](https://www.youthmhfain.org.uk/)

Please do not book a place via this link as you may be charged for your place—our FREE sessions are advertised via the network and booked through us directly.

We promote Champions using the Youth MHFA action plan

Approach the young person, assess, assist with any crisis

Listen and communicate non judgementally


Give support and information

Encourage the young person to get appropriate professional help

Encourage other supports



Signs of wellbeing Assessment Tool

What is working well?	What are we worried about?	What needs to happen?
<p>Current strengths Strengths are the good things that are happening for the young person or in the family</p> <p>Current wellbeing Identify what is currently supporting the young persons wellbeing or things that could support their wellbeing better (a stress container type exercise could be utilised here)</p> <p>Identify times when the family has met the child/ young person’s needs when the problem was present or they have been supported well via other agencies or supports</p>	<p>Look at the concerns and risks, harm and impact</p> <p>Past wellbeing worries What has happened in the past that worries us about the wellbeing of the child/young person? Be specific and factual – give examples. Consider the first, worst and last times this has happened.</p> <p>Future worries, what impact does it have on the child/young person? Based on these worries, what are you worried will happen (impact)? What will this mean for the child and their lived experience?</p> <p>Complicating factors What do we see or know that makes the situation more difficult to deal with (barriers to wellbeing goals)</p>	<p>Finish with the agreed actions</p> <p>Agree what needs to happen next –what ideas do the young person / family have?</p> <p>This should include any actions that need to be taken immediately</p> <p>This should also include the next steps to start to build a plan – for example to explore support options available via the network, get a ‘team’ together for a planning meeting (this could be more formalised support via the EHA process). Actions need to be clear, descriptive and solution focused For a child with neuro diversity needs this plan could be drafted in a words and pictures explanation format to support their understanding of the plan</p>
<p>Use worry statements where needed</p> <p>These are statements that outline who is worried, what behaviour they are worried about, and what the impact will be on the child</p>	<p>Statements that outline who needs to see the change, what behaviours will have changed and what it will look like, the positive impact on the child and for how long changes need to be maintained</p>	<p>Set Wellbeing Goals</p>
<p>You could also create Worry Statement and Wellbeing Goal scales (between 0 – 10)</p> <p>based on the information you know and review these next time you meet the young person to measure and progress or further changes</p>		
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Assess, Plan, Do, Review Cycle

Assess

Carry out child observations, hold discussions with key staff and parents/carers to identify and analyse the child's needs. Note the child's strengths and areas for development.

Assessments from outside agencies (Health, Educational Psychology, Social Services) may be required with parental consent.

Review

Discuss with others involved about how effective the support has been and the impact on the child in line with the review date.

Check back against observations and planned outcomes.

The next steps should be carefully planned with parents, outside agencies and the child themselves. Think about any other colleagues or specialists that might be able to help before the cycle begins again.



Plan

Hold discussions and meetings with parents, colleagues or any specialists who are involved to plan for what support will be put in place.

Make your plan 'outcome focused' - what do you all want the child to improve, develop or achieve? The plan should involve the child and parents at the centre.

Identify the interventions and support required and the expected impact on progress, development and behaviour. Set a clear date for review.

Do

Implement the support as planned with class teachers, early years practitioners, support staff and any other staff members working together with support from the SENCo.

Continue with observations to see how the child responds to the support.



This document is part of a MH champions toolkit and only one piece of the puzzle

We all bring our personal and professional knowledge to this network meaning there is a lot of help at hand should you want to reach out and ask for advice from other champions in the network

Services have also evolved while this network has been in existence and we understand there is a lot to keep up to date with. We have added a few of them below with any useful links to support your knowledge.

We strongly recommend that school staff consider accessing senior mental health lead grant and training.

[Senior mental health lead training - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Find out more about the new ways in which Children's Social Care are now working in Lancashire with the Family Safeguarding Model— [Family safeguarding - Lancashire County Council](#) and <https://youtu.be/3wL5fBcTRKM>

There have been huge changes to the Children Family Wellbeing Service too

[Children and Family Wellbeing Service - Lancashire County Council](#)

We are now using EHA assessments—more information can be found here

[Early Help Assessment - information for professionals - Lancashire County Council](#)

[Assessment - Lancashire Safeguarding Children Board](#)

We have done a lot of work locally around Adverse Childhood Experiences and being trauma informed in recent years.

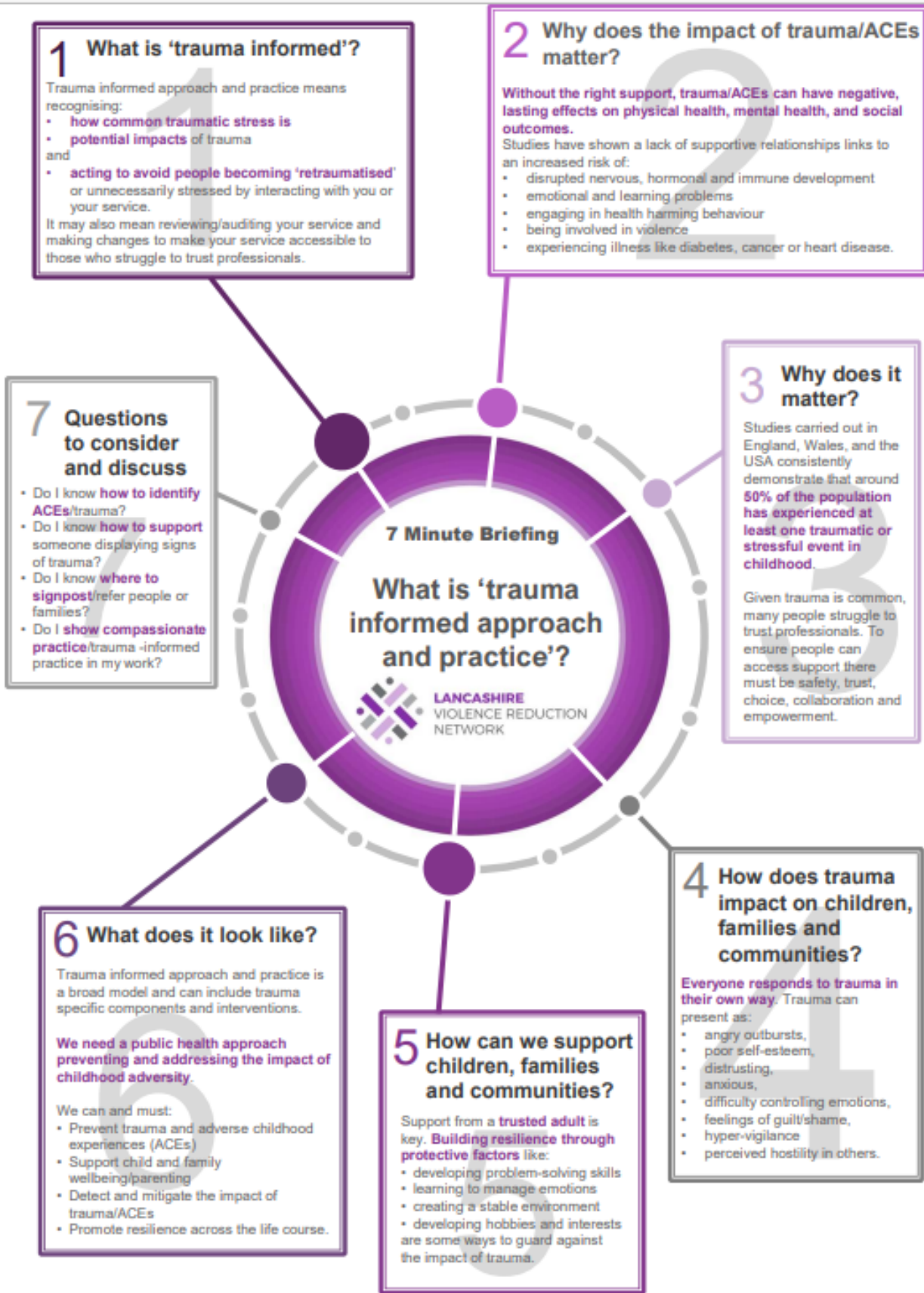
Further training is available via the Violence Reduction Network to stay up to date with this work locally

[Resources Hub | Explore | Lancashire Violence Reduction Network \(lancsvrn.co.uk\)](#)

If you aren't already signed up to updates from the Anna Freud Schools in Mind network [Schools in Mind \(annafreud.org\)](https://www.annafreud.org)

and Young Minds 360 schools community [Join The YoungMinds 360° Schools Community | YoungMinds](#) we highly recommend them for their informative and resource packed updates too

Continuing to be ACE aware and Trauma Informed in our practice



Lancashire Violence Reduction Network’s website holds reports and information about Adverse Childhood Experiences and Trauma informed practice—the briefing above can be accessed on this site too

[Resources Hub](#) | [Explore](#) | [Lancashire Violence Reduction Network \(lancsvrn.co.uk\)](https://lancsvrn.co.uk)

Support helplines for young people in crisis



**Having a
mental
health crisis?**

Text YM to 85258

YOUNGMINDS
Crisis Messenger

powered by
shout
85258

CRISIS TEXT LINE

Please remember to check that numbers on this page have not changed when giving out this information page

All numbers and links were correct at the time this document was released

[YoungMinds Textline](#) | [Free 24/7 Mental Health Support Via Text](#) | [YoungMinds](#)

Useful emergency contact numbers and links

Lancashire and South Cumbria NHS Foundation Trust

Our Mental Health Crisis Line is available 24 hours a day, 7 days a week by calling **0800 953 0110**. It is staffed by trained mental health professionals who are able to provide assessment and referrals to appropriate services ring if you need to access services or for advice about someone who needs treatment/support.

[Lancashire and South Cumbria NHS Foundation Trust](#) | [Information about Crisis Support \(lscft.nhs.uk\)](#)

We also have a **Wellbeing Helpline & Texting Service**, available Monday to Friday 7pm – 11pm and Saturday to Sunday 12pm – Midnight staffed by volunteers and those with lived experience, that offers emotional support, ring if you want to chat about your mental health or are lonely. It can be contacted on **0800 915 4640**

[Lancashire and South Cumbria NHS Foundation Trust](#) | [Wellbeing Helpline and Texting Service \(lscft.nhs.uk\)](#)

(Mental Health **16+**) Crisis Resolution Home Treatment Team number is available 24 hours 7 days per week: **01524 550198**

NHS 111 (Free from landlines + mobile phones) **111** or Police/Fire/Ambulance Emergency **999**

Samaritans Whatever you're going through, call us free any time, from any phone, on **116 123**

[Contact Us](#) | [Samaritans](#)

Papyrus: 0800 068 4141-Text **07860039967** Email pat@papyrus-uk.org Opening Hours 9am -12pm every day

[Papyrus UK Suicide Prevention](#) | [Prevention of Young Suicide \(papyrus-uk.org\)](#)

ChildLine: 0800 1111 [Childline](#) | [Childline](#)

Support for children and young people in the UK, including free helpline and 1-2-1 online chats with counsellors.

Online mental health support and other local support

[Home - Kooth](#)

kooth
Free online counselling support for young people!
Discover everything Kooth has to offer

FREE COUNSELLING

DISCUSSION BOARDS

KOOTH MAGAZINE

HELP ARTICLES

JOURNAL

SELF-HELP TOOLS

Sign up for free at **Kooth.com**

Kooth also offer schools :

- Assemblies—both face to face and virtually
- Sessions on stress and anxiety, LGBTQIA +, wellbeing and primary to secondary transitions
- Parent sessions and parents evening attendance
- Professional training
- Resources—both virtual and physical (cards etc)

Feel like you could use some emotional support?

No problem is too small at Kooth. Explore our mental wellbeing community for free, safe and anonymous support.

kooth

Sign up for free at **Kooth.com**

Free, safe and anonymous mental health support.

SCAN ME!

- Chat to our team
- Helpful articles
- Community Support
- Self-help activities

Whatever is going on in your life, the anonymous community on Kooth and our team of friendly professionals are here to help support you.

Or if you'd rather not talk to anyone, we've also got a huge library of helpful content, plus self-help tools and fun activities.

Sign up today at **kooth.com**

kooth

Additionally staff can see any current promotional information and what's on information at the Kooth central hub on the following link

<https://cloud.brandmaster.com/brandcenter/en/koothplc/component/default/56881>



[Virtual Wellbeing Coaching](#) | [Lancashire Mind](#)

The Virtual Coaching Service works with children and young people aged between 10 and 18. We support young people to develop coping strategies, increase confidence and build positive relationships and support networks. This helps them to improve and maintain their wellbeing.

The service is available Lancashire wide and can be accessed through referrals by parents, school staff and other services.

Throughout the sessions, a Lancashire Mind Wellbeing Coach will introduce young people to positive coping strategies through activities centered around the young person and the issue they are facing. This includes an introduction to the five ways to wellbeing, alongside practical tools such as mindfulness and breathing techniques.

Sessions are collaborative, with the young person encouraged to take ownership of the tools and techniques they learn and practice. Find out more at [Wellbeing Coaching information .pdf \(hubble-live-assets.s3.amazonaws.com\)](#)

Online mental health support and other local support - continued

Moving Mindsets

Mental Health Support Teams (MHST's)

We accept requests for support for CYP in school years 1-13.

We support children and young people with mild to moderate emotional and mental health needs.

For example: low mood, anxiety, behavioural and interpersonal challenges, sleep difficulties, self-esteem and confidence.

We work with children, young people, their parents/carers and their school to help improve resilience, problem-solving skills and develop coping strategies to support mental health.

Three core functions:

To provide **direct support** to children and young people with mild to moderate mental health issues

To support educational settings to introduce or develop their **whole school** or college **approach** to mental health and wellbeing

To help **advise staff** in educational settings and liaise with external **specialist services** to help CYP get the right support and stay in education

What we do?

Evidence-based interventions: one to one and group support, parent led therapy, in school, in the community, online

Whole school/college approaches: support mental health leads & champions, student voice, parent-carer links, staff CPD and wellbeing, environment, and ethos, promoting awareness

Consultation: a space to share things and to problem solve together. **Liaison with external specialist services:** for example, if we cannot intervene directly

The Morecambe team can be contact via morecambemhst@barnardos.org.uk

Lancaster and Morecambe College

Bay Leadership Academy

Morecambe Bay Academy

The Loyne School

Morecambe Road School

Great Wood Primary

Westgate Primary

Mossgate Primary

Sandylands Primary

Torrisholme Primary

Poulton le Sands Primary

West End Primary

St Patricks Primary

Trumacar Primary

Morecambe Bay Primary

Lancaster Road Primary

Heysham St Peters Primary

Overton St Helen's Primary

St Mary's Primary

Grosvenor Park Primary

Stepping Stones PRU

Chadwick PRU

Please note that due to commissioning arrangements not all local schools have access to the MHST teams but their reach is widening in the new school year to include most of the Lancaster secondary schools

Contact the team on the email above for more information about MHST and your school

Local support

We have a wealth of fantastic voluntary organisations locally who provide brilliant opportunities for young people locally.

Find out more what they do by visiting them directly—



More Music is a music and education charity based in the West End of Morecambe, with over 25 years of experience delivering workshops, training, performances and festivals across the district, region and beyond. More Music seeks to build confidence and spirit in individuals and communities through the arts, especially music. [Home](#) | [More Music](#)



Lancashire Youth Challenge—Enables young people to build confidence and resilience via an exciting annual programme of personal development challenges; well-being programmes, creative arts activities, community impact projects and outdoor expeditions. www.lancashireyouthchallenge.co.uk or email team@lancashireyouthchallenge.co.uk or contact 07885974782



Prop-up A group for teenagers and young adults who find socialising hard and would like to improve their mental health, ages 13-19 and 20-25. Find them on —Facebook PropUpProject or contact Keeley Wilkinsons propupproject@gmail.com or contact 07568937988



E2M— Aims to help 11-18 year olds escape from boredom, social media and loneliness and any school/home pressures. Free workshops and short courses to help young people make things, friends and a difference in the community. www.escape2make.org



LUDUS- introducing C&YP to dance no matter of background or experience. Ludus Dance uses dance as a tool of expression and trust, building on strength and recognising potential, to change and enhance people's lives. www.ludusdance.org



Stanley's Morecambe offer weekly group sessions and bookable 1-1 mental health and wellbeing sessions. During the Summer holidays, we offer provisions for ages 12-17. For the future, we want to expand our groups and sessions to enable us to support as many young people we can. stanleyscommunitycentre.co.uk or contact 07555874413



West End Impact –Morecambe offers courses for 11-16year olds who are experiencing low mood, anxiety and poor mental health. Living Life to the Full - Youth CBT group for young people 11 - 15 struggling with depression, anxiety and stress. www.westendimpact.org.uk or contact 01524 888929



Achieve, Change & Engagement (A.C.E)—is a Trauma Informed service offering emotional health and wellbeing Support. A.C.E works with young people aged 11years to 25 years in nine local secondary schools and in community venues within Lancaster and Morecambe. A.C.E has specialist Trauma Practitioners who are able to work with young people aged 10 years to 18 years [ACE \(a-c-e.org.uk\)](http://ACE(a-c-e.org.uk))

Please note that this is not every local agency who supports young people— more will be referenced throughout this document.

Join our mailing list to see our weekly updates and termly newsletters for more information about local services and what they currently offer

Parent support



CALL OUT to all Lancaster and Morecambe parents/carers supporting a child or young person with any kind of emotional or mental health problem.

Anxiety • Low Mood • Depression • Self Harm • Eating Disorders • Sleep Problems • Suicidal Thoughts • Obsessions and Compulsions and more

YOU ARE NOT ON YOUR OWN

We are here to help; if you need emotional/practical support or just someone to talk too please contact:

Parent Reps: Claire – 07908452426
Rebecca – 07950784015
CAMHS/CPS: Wendy – 01524550650

You are welcome to join our virtual drop-in last Wednesday of the month 7pm-8.30pm. Email Claire chats_123@yahoo.com for a zoom invite.

Face to Face meetings 2nd Thursday of the month 10am-12.00pm, @ More Music, 13-17 Devonshire Rd Morecambe LA3 1QT.



Please remember to consider individual parents needs before handing out this page

Do they need any additional help to access this information?

We are incredibly lucky to have a couple of great parent peer support groups locally

CHATS - For anyone looking after a child or young person with any kind of emotional or mental health problem. We are here to help; if you need emotional/practical support or just someone to talk too please contact us

You are welcome to join our virtual drop-in last Wednesday of the month 7pm-8.30pm

Email Claire: chats_123@yahoo.com for a zoom invite.

2nd Thursday of the month 10am-12.00pm, Face to Face @ More Music, 13-17 Devonshire Rd Morecambe LA3 1QT.

Parents can also join the Facebook group by searching CHATS Morecambe on Facebook



North Lancashire Directions Group Parent Carer Network

[HOME | nldg \(northlancsdirectionsgroup.com\)](http://HOME | nldg (northlancsdirectionsgroup.com))

Parents can also join the Facebook group

Our aim—To provide accessible, relevant information to parents and carers of children with additional needs or disabilities in the North Lancashire area

What we do— We provide up to date information on support groups and relevant information in the area that could benefit families and advertise these via social media, regular newsletters and through school support staff.

We will try to point you in the right direction for services and providers that might be able to meet your needs.

The advice we give is based on our own personal experiences and as such will only be given if felt necessary and appropriate. It is up to the individual whether they take the advice given.

Parents can also access parent support groups locally

Triple P parenting courses are available via Children Family Wellbeing Service

Incredible Years parenting programme age 3-11—Contact Debra Lawless at CAMHS—01524 550 650

National Support

Family Lives— Support re all aspects of parenting— 0808 800 2222 – Mon – Fri – 9am – 9pm and Sat/Sun – 10am – 3pm

[Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](#)

Young Minds Parent Helpline [Parents Helpline](#) | [Mental Health Help for Your Child](#) | [YoungMinds](#) for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

You can call us for free on **0808 802 5544** from 9:30am - 4pm, Monday - Friday.

Useful general web links to support practitioners

Mental health websites

Anna Freud Schools in Mind - free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.

[Mental Health Resource for Schools & Colleges | Anna Freud Centre](#) & [Home : Mentally Healthy Schools](#)

NHS Health Education England **MindEd** is a free educational resource providing education about children and young people, adults and older people's mental health for all adults. [Home | MindEd Resilience Hub \(mindedhub.org.uk\)](#)

Mind—advice and guidance on various mental health issues - [Information & Support - Mind](#)

Mental Health Foundation—publications on mental health—[Mental Health Foundation](#)

Young Minds—Support & information for Young people, parents & professionals—

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Royal College of Psychiatrists—User-friendly, evidence-based information on mental health problems, treatments and other topics— [Mental Health | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#)

Information about MH medication - a website for young people about mental health medications and mental health conditions, managed by [YoungMinds](#). [Information About Mental Health Medication | YoungMinds](#)

Stem 4 - A charity that promotes positive mental health in teenagers and those who support them including their families and carers, education professionals, as well as school nurses and GPs through the provision of mental health education, resilience strategies and early intervention. - [stem4 - supporting teenage mental health](#)

Heads together—Mentally Healthy Schools, Workplace Wellbeing, SHOUT

[Heads Together | Join the conversation | Mental Health](#)

NHS inform - Information for identifying, treating and managing mental health problems and disorders

[Mental health | NHS inform](#)

National Childrens Bureau—**A whole school framework for emotional wellbeing and mental health**—[NCB School Well Being Framework Leaders Tool FINAL.pdf](#)

Great CAMHS webpages

From Scotland—Resources for emotional wellbeing—[HandsOn \(handsonscotland.co.uk\)](#)

From Cheshire and Wirral Partnerships—[Home MyMind](#)

CAMHS resources webpage—[HOME | CAMHS Resources \(camhs-resources.co.uk\)](#)

Mindmate Leeds- [About MindMate - MindMate](#) resources for Professionals parent/carers and C&YP

Other helpful websites

LSCB 7 Minute Briefings— 7-Minute Briefings are safeguarding summaries on a wide variety of topics -

[L&D 7MBs - Children's Safeguarding Assurance Partnership \(safeguardingpartnership.org.uk\)](#)

Understanding Childhood is a series of leaflets written by experienced Child and Adolescent Psychotherapists to give parents, grandparents, carers and professionals additional insight into children's feelings and view of the world and to help make sense of their behaviour [Understanding Childhood | Association of Child Psychotherapists \(childpsychotherapy.org.uk\)](#)

NSPCC Positive Parenting booklet —[Positive parenting | NSPCC Learning](#)

NHS advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol. [Live Well - NHS \(www.nhs.uk\)](#)

[Coping With Life's Ups and Downs \(eastlancshealthyminds.co.uk\)](#)

Resources for professionals to use to support CYP

We strongly recommend that school staff consider accessing **senior mental health lead** grant and training.

[Senior mental health lead training - GOV.UK \(www.gov.uk\)](#)

LEHSC team and their training [LANCASHIRE EMOTIONAL HEALTH IN SCHOOLS AND COLLEGES – Free training and consultation for Lancashire County Council schools and colleges from experienced clinical psychologists \(lancs.ac.uk\)](#)

Charlie Waller Trust [Charlie Waller Trust, mental health charity](#) Offer training consultancy and some useful educational and practical resources for professionals , parents and young people.

The Association for Child and Adolescent Mental Health (ACAMH) provides information, training and evidence to health professionals. [Topic Guides - ACAMH](#)

Pesky gNATs - Free CBT workbook - [Free CBT Workbook - Pesky gNATs](#)

CCI website—[CCI - Self Help Resources for Mental Health Problems](#)

NSPCC Solution-focussed practice toolkit- [Solution-focused practice toolkit | NSPCC Learning](#)

Social worker toolbox—[Free social work resources & tools for direct work with children and adults \(socialworkerstoolbox.com\)](#)

Lancashire Local Offer—[Special educational needs and disabilities - local offer - Lancashire County Council](#)

Creative education –webinars and online train courses a wealth of practical, engaging online video courses empowering everyone who works with or cares for children to develop their skills – anywhere, anytime

[Discover A New World of Professional Learning - Creative Education](#)

Useful apps to support mental health

There are many brilliant apps out there to support our mental health but it can be hard to know what to suggest without thoroughly checking them yourselves. This is where Orcha comes in to support us.

Any one can use the following link to see the Orcha approved score of an app—[ORCHA](#)

Ratings on the apps below were taken at time of document release—please do continue to check the Orcha website and use the website to find and check other apps that could support young people and families

School staff—There is a version of ORCHA that is available for schools across Lancashire too - if you're interested please contact csteam@orcha.co.uk for further information and get signed up for free!

Some good examples of apps suggested previously by MH Champions are below—



Website also available [Onboarding Sleep Test - Sleepio](#)

Free sleep hygiene advice for adults on both android and iphone app stores

Rated 85% on Orcha



Website [App — Smiling Mind](#)

Free all age advice on both android and iphone app stores

Meditation app with programmes designed to assist with dealing with the pressure, stress and challenges of daily life with programmes for 7-9, 10-12, 13-15 and 16-18 years olds, adults, sport, mindfulness in the classroom and mindfulness in the workplace

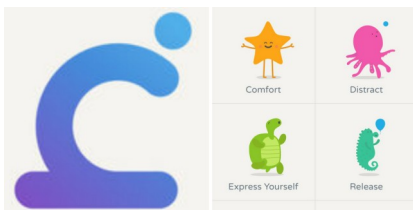
Rated 76% on Orcha



Website—[MindShift® CBT - Anxiety Canada](#)

Free anxiety management advice aimed at teens 13-19 available on both android and iphone app stores

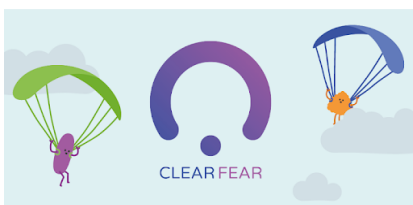
Rated 77% on Orcha



Website—[Home - Calm Harm App](#)

Free app that helps you manage or resist the urge to self-harm available on both android and iphone app stores

Rated 71% on Orcha



Website—[Home - Clear Fear App](#)

The Clear Fear app provides ways for children and young people to manage anxiety. It is recommended for the ages of 11-19 years but can be used by a younger group with the support of a parent/carer. Available on both android and iphone app stores

Rated 67% on Orcha

The pathway model—Using the THRIVE model to find the right support at the right time

Notice any changes in the young person which may be of concern.

Take note of concerns raised by young person themselves/parent/carers/other professionals

This is everyone's responsibility—not just the mental health champion's

Ask for help / advice from other professionals

(PMHW / MH Champion/ Teacher/ Learning mentor/ SENDco)

Show interest in what the young person has to say. **Listen - non-judgementally and give your full attention.** Giving the young person 5 minutes of listening is better than 10 minutes whilst distracted. Remember—young people are the expert in their own experience

Consider the individual, family and environmental factors—including basic health information (i.e. sleep and diet)

CONSIDER OPENING AN EHA— for help with opening an Early Help Assessment

[Early Help Assessment - information for professionals - Lancashire County Council](#)

Getting help

Resources and other services where you can get guidance on how to implement support for the young person and family

Consider other areas of need – Are we looking at the main issue? Is the presentation masking other issues which may be adding to the distress?

Seek further advice—(PMHW / MH Champion/ Pastoral staff / SENDco/ Senior Family Support worker from CFW)

Try a range of strategies and record outcomes to inform any further referrals (Plan/Do/Assess/Review)

Refer on to partner agencies where needed including our school based MHSTs

Parents should also be supported to seek advice and guidance from services and websites from this document.

Parents can be given copies of pages to find more information and advice too (if you think this is suitable / accessible for them)

Please note advice and guidance is available from PMHW's if needed at any point to support you to make decisions

PMHWLancasterandMorecambe@lscft.nhs.uk

Getting More Help

Consider referral to more specialist services such as CAMHS / CPS / other health teams for more support **if it will offer further support to the child and family.**

Referral to other medical services if needed e.g. for diagnosis of ADHD / Autism

Make sure to provide additional information for all/any other interventions already tried/early help already accessed

For concerning MH presentations and risk advice CAMHS Duty advice is available 9-5pm Monday to Friday

CAMHS Lancaster and Morecambe
Tel No: 01524 550 650

Making the most of this version of the document

In this version of the document the pathway model (found on the previous page) is no longer replicated for each presenting issue as it has been in previous versions of this document

Each page now directs Mental Health Champions to resources about each presenting issue the young person may be experiencing

On each of these pages you will find:

- A description or overview and where possible a link to find more information
- Potential signs or indicators
- Where to find more information / guidance and other useful online resources
- Information about local services who can support and how to refer—this may be more specific to the presentation but other community supports can be considered too

We have endeavoured to make this document more accessible to share directly with young people and parents when needed but please do remember that this document is primarily aimed at professionals and so not all the language used may be accessible and understood by parents and young people. Please check over any pages you intend to share more widely before doing so.

Figuring out where to start ...

This is still a big document and can be overwhelming to start using

The tools we have provided on the previous pages should support you to build a picture of what is happening for the young person and/or their family. It may then be useful to look at specific presenting issues, for example—*anxiety*—to see if the resources on the presenting issues page offer any further guidance and appropriate supports both online and in the community.

It is important to keep using this document as a whole and not just the presenting issues pages.

Useful questions to ask yourself while using this document—

- Are we looking at the right thing? Does the presentation seem to fit with the information for this issue?
- Do we need to look at more than one presenting issue, for example—*low mood and self harming behaviours* and/or other unhelpful coping strategies
- Have we utilised other tools in our toolkit? For example—could the Emotionally Based School Avoidance strategy and toolkit help us to understand what is making this young person feel so anxious (the link for the EBSA toolkit can be found on page 19)
- Can we utilise the support of other champions in the network to support this child/young person or their family? Would a chat with a PMHW or Senior Family Support worker help?
- Would I feel more equipped to support this young person if I accessed some training or a workshop to learn more about this issue?

Supporting young people to build emotional resilience

Emotional resilience is the ability to respond to stressful or unexpected situations and crisis.

The amount of emotional resilience you have is determined by a number of different things, including your age, identity and what you have experienced in your life.

For more information about building emotional resilience —

[What Is Emotional Resilience? | The Children's Society \(childrensociety.org.uk\)](#)

[Managing stress and building resilience - tips - Mind](#)



Local organisations that support young people to build resilience

Lancashire Youth Challenge (LYC) - Lancashire Youth Challenge nurtures, supports, and challenges young people living in North Lancashire to overcome barriers and obstacles to achieve personal success (age 13-19)

email: team@lancashireyouthchallenge.co.uk or contact 07885974782 / 01524 956046

Website link—[Lancashire Youth Challenge](#)

Prop Up— This group is for people aged 13-19, who are experiencing mental health difficulties/isolation and would like to meet others going through similar situations

Find them on —Facebook PropUpProject or contact Keeley Wilkinson propupproject@gmail.com—07568937988

Princes Trust— a range of programmes to develop your skills and boost your confidence (age 16-25)

[Our programmes | Help for young people | The Prince's Trust \(princes-trust.org.uk\)](#)

NCS (National Citizen Service Trust) [WHAT IS NCS? | National Citizen Service \(wearencs.com\)](#)

Please also refer back to page 12 for more local organisations to which meet the needs and interests of your young person

Referrals for 1-1 support

ACE—take self-referrals for one to one support [ACE \(a-c-e.org.uk\)](http://a-c-e.org.uk)

Child Action North West via Children Family Wellbeing Service

Lancashire Mind—Wellbeing coaching as detailed on page 10

Great resources for professionals

Resilience Boat activity sheet—from Young Minds 360 schools [resilience-boat.pdf \(youngminds.org.uk\)](#)

Therapist Aid—Worksheets, audio, activities, and more- [Therapy worksheets, tools, and handouts | Therapist Aid](#)

Blackpool based Resilience work (including the Resilience framework)

[Boingboing co-produced resilience research and practice - Boingboing](#)

Growtherapy - Committed to building adult capacity to support struggling children and young people by sharing information, training, and resources—

[Child & Adolescent Mental Health & Wellbeing | Growtherapy World - Growtherapy](#)

(Great to follow on social media too for keeping up to date with their resources)

ELSA—free resources, building emotional literacy—

[Resources for Emotional Literacy Support Assistants - ELSA Support \(elsa-support.co.uk\)](#)

Supporting young people with Emotional Based School Avoidance

Find a copy of the Lancashire strategy and toolkit at—
[Lancashire EBSA Guidance \(Strategy Toolkit\)](#)

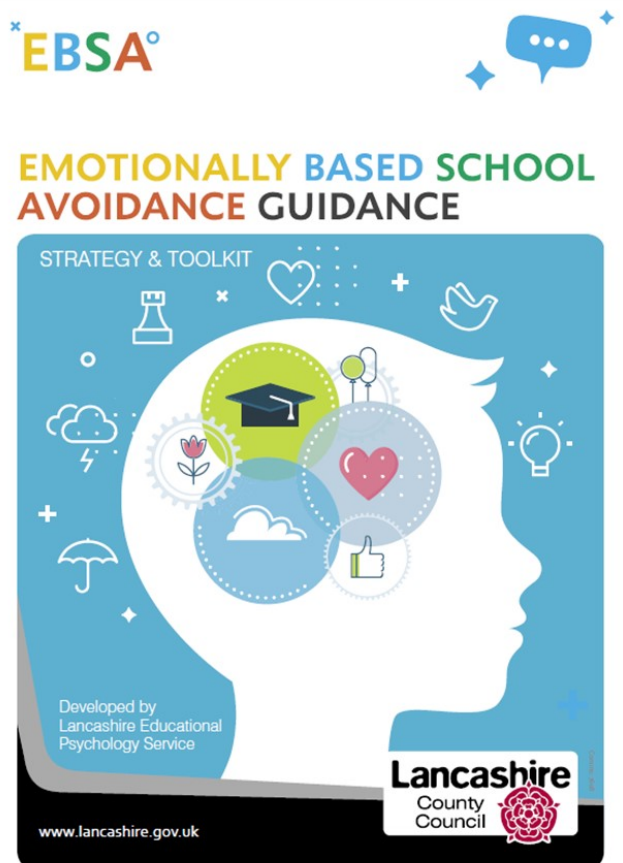
Launched in 2022 for multi agency use

The document itself is useful for a wide range of professionals and parents supporting children and young people struggling with school avoidance behaviours

There is also training available for schools— a full-day training event will cover the following:

- What is Emotionally Based School Avoidance (EBSA)? Introduction to knowledge & psychological theory which relate to 'Barriers to School Attendance'
- How do we support pupils who exhibit EBSA? Training for schools in the use of evidence-based assessment & intervention resources to respond to this issue
- Overview of Lancashire EBSA Strategy & Toolkit with access to a range of resources included as part of the training

Further details and registration for this training can be found at [Course Details \(lancashire.gov.uk\)](#)



Other helpful EBSA resources

[Break the cycle of emotionally based school avoidance \(school refusal\) - Creative Education](#)

[Anxiety & School Return – 10 Ideas - Creative Education](#)

Ideas from fellow MH Champions-

Chill and chat social groups, 1-1 drawing and talking therapy, visual resources and social stories

Social stories links [Home - Carol Gray - Social Stories \(carolgraysocialstories.com\)](#)

[Social stories and comic strip conversations \(autism.org.uk\)](#)

While EBSA is not just an issue for children with additional needs they are over represented in numbers—some useful resources include—

National parent peer support group for school attendance difficulties-[Define Fine – Parent Peer Support for School Attendance Difficulties](#)

National parent peer support group for school attendance difficulties-[Define Fine – Parent Peer Support for School Attendance Difficulties](#)

ASC and school avoidance [NAIT-Anxiety-Related-Absence-Guidance-2020.pdf \(thirdspace.scot\)](#)

SEND-IASS -Lancashire SEND IAS provides information, advice and support on special educational needs and disability (SEND)_ [SENDIAS Home - Lancashire SEND \(lancssendias.org.uk\)](#)

Supporting young people to build helpful coping strategies

Our mental health is better supported by

- Maintaining good overall health
- Sleeping well
- Eating foods that energise our bodies
- Connecting with others
- Being mindful and engaged with our surroundings

Resources which support good overall health

Healthy Lifestyle advice from NHS [Live Well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Five Ways to Wellbeing for CYP Coping With Life's Ups and Downs \(eastlancshealthyminds.co.uk\)](http://eastlancshealthyminds.co.uk)

[Living life to the full Resources | Living Life to the Full \(littf.com\)](http://littf.com)

[Action for Happiness Happier Kinder Together | Action for Happiness](#)

[Greater Good Magazine \(website/podcast\) Greater Good: The Science of a Meaningful Life \(berkeley.edu\)](http://berkeley.edu)

NHS advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol. [Live Well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[The Children's Society Young people's mental health & wellbeing resources | The Children's Society \(childrenssociety.org.uk\)](http://childrenssociety.org.uk)

[Creative Education Simple Self-Soothe Strategies - Creative Education](#)

Sleep resources

The Sleep Charity [Home - The Sleep Charity](#)

including their sleep helpline [National Sleep Helpline - The Sleep Charity](#)

[Sleep & Healthy Lifestyles - Diet, exercise & sleep 13-16 years—](#)

[Healthy Lifestyles - Diet, exercise & sleep | Barnardo's Family Space \(barnardos.org.uk\)](http://barnardos.org.uk)

[Teen sleep hub—Home - Teen Sleep Hub](#)

The [North Lancs Direction Groups](#) website also has a sleep section—

[Sleep | nldg \(northlancsdirectionsgroup.com\)](http://northlancsdirectionsgroup.com)

[Cerebra—sleep service—Sleep Advice Service - Cerebra](#)

[Scope—Sleep Right Sleep Right | Disability charity Scope UK](#)

Ideas from fellow MH Champions-

Promoting positive sleep routines via social stories—including sensory considerations

Social stories links [Home - Carol Gray - Social Stories \(carolgraysocialstories.com\)](http://carolgraysocialstories.com)



Supporting young people with unhelpful coping strategies

Unhelpful coping strategies such as substance misuse and other addictive behaviours affect our ability to manage stress. See the Stress container exercise below from the Youth Mental Health First Aid course.

As well as managing the stress that daily life puts us under coping strategies support the container to not 'overflow' - helpful strategies such as those discussed on the previous page allow an outlet or 'tap' to 'drain' the container while unhelpful coping strategies 'block the tap' or lead to further stress.



Local Support

[We are with you](#) a charity providing free, confidential support to people experiencing issues with drugs, alcohol or mental health [Lancashire for young people, Lancaster - With You \(wearewithyou.org.uk\)](#)

Online support

[Gam Care](#)—Young People's Support Service—GamCare recognises that gambling can be harmful to both physical and mental health, and can also have a variety of impacts for family members and friends which extend far beyond financial concerns [Young People's Support Service - GamCare](#)

Education resources

Resources for secondary schools on **drug use**—lesson plans and worksheets on how drugs work, harm reduction and addiction and recovery [Secondary School Educational Resources - drugscience.org.uk](#)

Resources for schools (all ages) about **online safety**—resources for parents too.

Teaching online safety is more vital than ever in schools and at home. Our resources are designed to help educators guide children and parents to stay safe online even when they're not at school.

[Online safety teaching resources | Internet Matters](#)

Supporting young people with self harming behaviours

Non suicidal self-injury, often simply called self-harm, is the act of deliberately harm to your own body, such as cutting or burning yourself. It's typically not meant as a suicide attempt. Rather, this type of self-harm is a harmful way to cope with emotional pain, intense anger and frustration.

Self harm could look like (but is not limited to) -

- Cutting or biting your skin
- Nail biting
- Burning your skin
- Pulling your hair
- Picking or scratching or pinching your skin
- Over or under eating
- Poisoning yourself
- Hitting yourself or walls
- Misusing alcohol, prescription medications and recreational drugs
- Inserting objects into your body
- Exercising excessively
- Having unsafe sex
- Getting into fights where you know you will get hurt

All concerns of self harm should be talked about with young people as well as checking for thoughts of suicide

For more information about self harm—[Self-harm | Signs of Self-harm And Getting Help | YoungMinds](#)

If you feel you would benefit from further training about self harm and suicidal thoughts ask us about YMHFA and workshops PMHWLancasterandMorecambe@lscft.nhs.uk

For support—

Local support for young people

A.C.E—Achieve Change and Engagement—a charity committed to improving emotional health and well being, Offer group and individual therapeutic interventions. This service is currently available for young people aged 11-25 in the local area.

[Young People's Page – ACE \(a-c-e.org.uk\)](#)

Check out their self harm resource for parents [Self Harm – ACE \(a-c-e.org.uk\)](#)

SAFA Self-harm awareness & support 01229 832269 [Safa – Self Harm Awareness For All \(safa-selfharm.com\)](#)

National/virtual support

Young People **Text Shout to 85258** and a trained volunteer will text you back. Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. [Get help - free, 24/7, confidential mental health text support service | Shout 85258 \(giveusashout.org\)](#)

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service.

[The Mix - Essential support for under 25s](#)

Support for parents

Coping with self harm—a **guide for parents and carers** [Coping with self-harm resource \(charliewaller.org\)](#)

Family Lives- The family support charity has a free, confidential helpline for parents – call 0808 800 22. They also have some information on understanding self-harm - [Self harm | Family Lives](#)

Young Minds Parent Helpline and webchat detailed advice, emotional support and signposting about a child or young person up to the age of 25. [Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)

You can call us for free on **0808 802 5544** from 9:30am - 4pm, Monday - Friday

Apps to support with self harm

Calm Harm - a free app that helps you 'surf the wave' whenever you get an urge to self-harm—[Home - Calm Harm App](#)

Supporting young people with suicidal thoughts

Suicidal behaviour exists along a continuum, from thinking about ending one's life (suicidal ideation), to developing a plan, to non-fatal suicidal behaviour (suicide attempt), to ending one's life (suicide).

Suicide is the act of intentionally taking your own life. Suicidal feelings can mean having abstract thoughts about ending your life or feeling that people would be better off without you. Or it can mean thinking about methods of suicide or making clear plans to take your own life.

For more information about suicidal thoughts —

If you feel you would benefit from further training about self harm and suicidal thoughts ask us about YMHA and workshops

PMHWLancasterandMorecambe@lscft.nhs.uk

All concerns of suicidal thoughts should be talked about with young people as well as checking for self harming behaviours

National/virtual support

Papyrus- Prevention of young suicide—

[Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](https://www.papyrus-uk.org)

Young People **Text Shout to 85258** and a trained volunteer will text you back. Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. [Get help - free, 24/7, confidential mental health text support service | Shout 85258 \(giveusashout.org\)](https://www.giveusashout.org)

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service. [Suicide - The Mix](https://www.themix.org.uk)

Local support resources for professionals

Healthier Lancashire and South Cumbria— suicide prevention resources, including free Zero Suicide Alliance online training module — [Lancashire and South Cumbria Health and Care Partnership :: Home \(healthierlsc.co.uk\)](https://www.healthierlsc.co.uk)

LivingWorks—provides Assist Training—[Suicide Prevention Training Centre | LivingWorks](https://www.livingworks.org.uk)

For parents

Information leaflet download for parent

[Supporting-Your-Child-A-Guide-for-Parents.pdf \(papyrus-uk.org\)](https://www.papyrus-uk.org/supporting-your-child-a-guide-for-parents.pdf)

Resources for schools and young people following loss through suicide

AMPARO is 1-2-1 support for anyone struggling with loss through suicide.
Tel: 0330 088 9255

[Get help now. Free and confidential, for as long as you need it. \(amparo.org.uk\)](https://www.amparo.org.uk)

Samaritans Step-by-Step programme can provide support for students, staff and other stakeholders within the school [Step by Step | Samaritans](https://www.samaritans.org.uk/step-by-step)

Help is at Hand [Help is at hand – Support After Suicide](https://www.helpisathand.org.uk)

Finding the Words—information booklet—
[Finding The Words – Support After Suicide](https://www.helpisathand.org.uk/finding-the-words)

Support after Suicide—[Support After Suicide](https://www.helpisathand.org.uk/support-after-suicide)

Suicide Bereavement UK— [Suicide Bereavement Support | Suicide Bereavement UK](https://www.suicidebereavement.org.uk)



Supporting young people with anxiety

Anxiety is a feeling of unease, such as worry or fear that can be mild or severe. Everyone has feelings of anxiety at some point in their life, for example, you may feel worried and anxious about sitting an exam or having a medical test. High levels of anxiety can impact on our ability to carry out everyday tasks.

You might start out just feeling generally anxious, but if your symptoms get worse or last longer than they should, it could be time to get some support.

Symptoms could include (but are not limited to):

- feeling nervous, on edge, or panicky all the time
- feeling overwhelmed or full of dread
- feeling out of control
- having trouble sleeping
- low appetite
- finding it difficult to concentrate
- feeling tired and grumpy
- getting very hot
- heart beating really fast or thinking you're having a heart attack
- having a dry mouth
- trembling, or having wobbly legs
- feeling faint
- stomach cramps and/or diarrhoea/needing to pee more than usual
- sweating more than usual

If you experience any of these symptoms above, it doesn't mean you have an anxiety issue but if any of them are affecting your everyday life, it's a good idea to tell someone you trust about how you're feeling.

For more information about anxiety—

[Anxiety UK](#) - [About Anxiety - Anxiety UK](#)

Local support

1-1 counselling support via ACE / MHST if you have a team in your school / CFW and EHA assessment to access Child Action NW (details of all these services can be found throughout this document)

When feeling anxious young people may find it really difficult to enjoy social activities. By supporting this and helping them to engage with one of the fantastic local charities we can support their recovery from anxiety and prevent it getting worse, for example, attending a Prop up Project group who support young people in smaller groups while they manage anxiety and build confidence—see pages 10-12 for details about all of these services

National/virtual support

For Young people

[Stem 4](#)—Advice about anxiety, signs of anxiety and steps to change for young people, friends, parent/carers, schools and health professionals [Anxiety - stem4](#)

[No panic](#) - Self help tips for young people and parents [No Panic's Youth Hub - NoPanic](#)

Young People **Text Shout to 85258** and a trained volunteer will text you back. Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. [Get help - free, 24/7, confidential mental health text support service | Shout 85258 \(giveusashout.org\)](#)

Useful book for parents

[Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioral Techniques \(Overcoming Books\): Amazon.co.uk: Cathy Creswell, Lucy Willetts: 9781845290863: Books](#)

Apps - Use the ORCHA website to find relevant apps to support—see page 15

Good anxiety support apps recommended by champions—

[Clear fear](#)—The Clear Fear app provides ways for children and young people to manage anxiety. It is recommended for the ages of 11-19 years

[Mind Shift](#)—Designed to help teens and young adults cope with anxiety

For professional resources look up some of the resources from page 14 for example CCI / Pesky Gnats

Supporting young people with low mood and depression

Depression is a mood disorder that affects the way you feel about life in general. Having a hopeless or helpless outlook on your life is the most common symptom of depression. Common, recurring thoughts of depression may be vocalized as, “It’s all my fault,” or “What’s the point?”.

Depression is defined as an illness when the feelings of depression persist and interfere with a child or adolescent’s ability to function.

Children under stress, who experience loss, or who have attention problems, learning, conduct or anxiety disorders are at a higher risk for depression.

Symptoms could include (but are not limited to):

- Frequent sadness, tearfulness, crying
- Decreased interest in activities; or inability to enjoy previously favourite activities
- Persistent boredom; low energy
- Frequent complaints of physical illnesses such as headaches and stomach-aches
- Frequent absences from school or poor performance in school
- Poor concentration
- A major change in eating and/or sleeping patterns
- Thoughts or expressions of suicide or self-destructive behaviour
- Hopelessness
- Social isolation, poor communication
- Low self esteem and guilt
- Extreme sensitivity to rejection or failure
- Increased irritability, anger, or hostility
- Difficulty with relationships

For more information about low mood and depression —

[Depression in children and young people - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Local support

1-1 counselling support via ACE / MHST if you have a team in your school / CFW and EHA assessment to access CANW (details of all these services can be found throughout this document)

Often in periods of low mood young people disengage from activities they enjoyed, limit their social contact with others and lose friendships which can then increase feelings of low mood. If we can support young people to access social support and engage with one of the fantastic local charities, for example Prop up Project groups who support young people in smaller groups to build confidence and get some enjoyment from life again—see pages 10-12 for details about all of these services and more

National/virtual support

Stem 4—Advice about depression, signs of depression and steps to change for young people, friends, parent/carers, schools and health professionals [Depression - stem4](#)

Young People **Text Shout to 85258** and a trained volunteer will text you back. Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. [Get help - free, 24/7, confidential mental health text support service | Shout 85258 \(giveusashout.org\)](https://www.giveusashout.org)

Charlie Waller Trust - [The Charlie Waller Library of Mental Health Resources](#)

Students against Depression - [I Feel Depressed - The Students Against Depression](#)

Apps - Use the ORCHA website to find relevant apps to support—see page 15

Highly rated on ORCHA for depression is

Feeling good: Mental Health

Supporting young people who are questioning their gender, identity or sexuality

The questioning of one's sexual orientation, sexual identity, gender, or all three is a process of exploration by people who may be unsure, still exploring or concerned about applying a social label to themselves for various reasons. LGBTQ is an acronym for lesbian, gay, bisexual, transgender and queer or questioning. These terms are used to describe a person's sexual orientation or gender identity.

For more information about gender, identity and sexuality —

[Trusted Adults - The Proud Trust](#)

[What Are Pronouns? Why Do They Matter? — MyPronouns.org Resources on Personal Pronouns](#)

Local support

Lancashire LGBT—[Lancashire LGBT \(lancslgbt.org.uk\)](http://lancslgbt.org.uk)

PYRO is CFW service's LGBTQ group running weekly. They tend to keep the location private until a member of the PYRO team has spoken to the young person or their key worker if they have one. Nicole's number can be handed out to any young people/professional.

Nicole Cobb - Key Worker Youth Offer. Children & Family Wellbeing Service
Mob: 07887631335 Tel: 01524 581 280 nicole.cobb@lancashire.gov.uk

National/virtual support

Gender Identity Development Service (GIDS)— information for YP, parents and carers—

[How to refer to GIDS - Gender Identity Development Service](#)

Mermaids— Mermaids is a British charity and advocacy organization that supports gender diverse and transgender youth in the United Kingdom— [Homepage - Mermaids \(mermaidsuk.org.uk\)](http://mermaidsuk.org.uk)

Stonewall— Includes page about supporting schools— [Stonewall](#)

Albert Kennedy Trust (AKT)— Supports LGBTQ+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment — [akt - LGBTQ+ youth homelessness charity](#)

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service. [Gender And Sexuality | How To Define Sexuality | The Mix](#)

Supporting young people with eating difficulties

Eating disorders are serious mental illnesses affecting people of all ages, genders, ethnicities and backgrounds. People with eating disorders use disordered eating behaviour as a way to cope with difficult situations or feelings. This behaviour can include limiting the amount of food eaten, eating very large quantities of food at once, getting rid of food eaten through unhealthy means (e.g. making themselves sick, misusing laxatives, fasting, or excessive exercise) or a combination of these behaviours.

For more information about eating difficulties and eating disorders —

National/virtual support

B-eat - UK Eating Disorder charity - [The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](https://www.beateatingdisorders.org.uk)

The Beat website features extensive information and links to other organisations, the Helpfinder, message boards, research recommended reading and other resources

Lets talk eating disorders—[home - TalkED \(talk-ed.org.uk\)](https://www.talk-ed.org.uk)

Centre for Clinical Interventions (CCI) - Module based on Disordered Eating

Overcoming disordered Eating [Eating Disorders Self-Help Resources - Information Sheets & Workbooks \(health.wa.gov.au\)](https://www.health.wa.gov.au) The website also holds a large number of information sheets on eating disorders

Building Body Acceptance - overcoming body dysmorphia,

Building Self- Compassion - from self- criticism to self- kindness

Improving low self-esteem

Perfectionism in Perspective among others.

and the effects of eating disorders including information for parents and carers

Hunger for understanding PDF

[Hunger for Understanding - Workbook.pdf \(wales.nhs.uk\)](https://www.wales.nhs.uk)

Eva Musby—Help for parents of children and teens suffering from anorexia and other eating disorders—

[Anorexia and other eating disorders: how to help your child eat well and be well. Book, videos, coaching/counselling. \(anorexiafamily.com\)](https://www.anorexiafamily.com)

Supporting young people with difficult behaviour presentations including anger

Behaviour is how someone acts. It is what a person does to make something happen, to make something change or to keep things the same. Behaviour is a response to things that are happening:

- internally - thoughts and feelings
- externally - the environment, including other people

Observing behaviour is the easy part. It is understanding why someone does what they do that is much more complicated. All behaviour serves a purpose and has a reason, including:

- communication - through use of body language, facial expressions, gestures and silence
- function - to help meet a need, attract attention, gain an internal or sensory sensation, access an item or activity, or get away from something

The key to understanding behaviour is to understand why it is occurring, what is being communicated or what is needed.

Anger is a basic human emotion that is experienced by all people. Typically triggered by an emotional hurt, anger is usually experienced as an unpleasant feeling that occurs when we think we have been injured, mistreated, opposed in our long-held views, or when we are faced with obstacles that keep us from attaining personal goals. Anger can cause many different symptoms. It might affect how you feel physically or mentally, or how you behave.

Some people become aggressive towards others when they're angry. Other people hide their anger and may take it out on themselves.

It's not always easy to recognise when anger is the reason why you're behaving differently.

Physical symptoms may include:

- faster heartbeat
- tense muscles
- clenching your fists
- tightness in your chest
- feeling hot

Mental symptoms may include:

- feeling tense or nervous
- being unable to relax
- being easily irritated
- feeling humiliated
- resenting other people

Changes in behaviour may include:

- shouting
- ignoring people or sulking
- starting fights
- breaking things
- self-harming

For more information about behaviour and emotional regulation —

Local support

[Incredible Years Parenting Programme](#)— 15 week programme to help parents/carers manage their child's difficult behaviour including conditions such as ADHD & conduct disorder age 2-10— Contact Debra Lawless Parenting Practitioner CAMHS debra.lawless@lscft.nhs.uk Tel: 01524 550650 The Ross Centre, Morecambe

National/virtual support

For professionals-

[Mental Health & Behaviour in Schools](#)—How schools can support pupils whose mental health problems manifest themselves in behaviour- [Mental health and behaviour in schools \(publishing.service.gov.uk\)](#)

Emotional regulation toolkits

Primary [Microsoft Word - Toolkit for regulation \(working document\).docx \(family-action.org.uk\)](#)

Secondary [Microsoft Word - v2 \(working document\) Toolkit for regulation - secondary.docx \(family-action.org.uk\)](#)

Regulation cards for home [Microsoft Word - Regulation cards for home v2.docx \(family-action.org.uk\)](#)

Emotional Regulation systems—[You searched for emotional regulation systems - Psychology Tools](#)

Resources to support social and emotional learning

[Resources for Emotional Literacy Support Assistants - ELSA Support \(elsa-support.co.uk\)](#)

For support for young people see pages 10-15 general websites e.g. Tips for dealing with anger -[Home - Kooth](#)

Supporting young people with trauma and processing traumatic experiences

For more information about trauma —

The UK Trauma Council (UKTC) creates evidence-based resources to improve professionals and carers' understanding of the nature and impact of trauma. We aim to better equip all those supporting children and young people exposed to trauma. [UKTC \(uktraumacouncil.org\)](https://uktraumacouncil.org)

Local support

[NEST](#) - provide support to victims of crime over the age of 8 via 1:1 emotional support
[Nest Lancashire - Supporting young victims](#)

[Birchall Trust](#)—Young People's Counselling Service for Survivor's of Rape and Sexual abuse.
Tel: 01229 820828. Email: info@birchalltrust.org.uk [Home - The Birchall Trust](#)

National/virtual support

[Supporting children after a frightening event AFTER THE EVENT - Creating the best environment for recovery](#)

[Rationale for Trauma Focused Work - Why it's good to talk- PDF document](#)
[Microsoft Word - Rationale - Good to talk v2.docx \(wsimg.com\)](#)

[Supporting children and young people involved in major trauma - PDF document](#)
[Supporting Child and Young People after major trauma FINAL.pdf - Google Drive](#)

[Trauma Informed Approach](#) - being aware of Adverse Childhood Experiences (ACE's) and the effects they have on a child's life and development.

[Trauma Informed Lancashire workshops - Lancashire Violence Reduction Network \(lancsvrn.co.uk\)](#)

[Beacon House](#)—resources to support developmental trauma—[Resources \(beaconhouse.org.uk\)](https://beaconhouse.org.uk)

[The National Association for Children of Alcoholics](#) -

[Nacoa: Helping everyone affected by their parent's drinking - Nacoa](#)

Other trauma work to look into suggested by MH Champions

Dr Karen Treisman—[Creative Resources | Safe Hands Thinking Minds](#)

Lisa Cherry [Lisa Cherry - Lisa Cherry](#)

Bruce Perry [Bruce Perry/ Bruce D. Perry, M.D., Ph.D. \(bdperry.com\)](https://bdperry.com)

Supporting young people with bereavement and loss

Bereavement is the experience of losing someone important to us. It is characterised by grief, which is the process and the range of emotions we go through as we gradually adjust to the loss.

Losing someone important to us can be emotionally devastating - whether that be a partner, family member, friend or pet. It is natural to go through a range of physical and emotional processes as we gradually come to terms with the loss.

Bereavement affects everyone in different ways, and it's possible to experience any range of emotions. There is no right or wrong way to feel. Feelings of grief can also happen because of other types of loss or changes in circumstances, for example:

- the end of a relationship
- the loss of a job
- moving away to a new location
- a decline in the physical or mental health of someone we care about

For more information about bereavement and loss —

Local support

CancerCare— Free counselling & support for Children and young people affected by Cancer or bereavement for any reason—[CancerCare Lancaster - CancerCare](#) Therapy Coordination Team on 01524 381 820 or email tct@cancercare.org.uk

St John's Hospice – Forget me not centre -Support for families affected by bereavement
[Forget Me Not Centre Info - St John's Hospice \(sjhospice.org.uk\)](#)

Healthier Lancashire and South Cumbria— suicide prevention resources, including free Zero Suicide Alliance online training module — [Lancashire and South Cumbria Health and Care Partnership :: Home \(healthierlsc.co.uk\)](#)

Seasons for Growth—Evidence-based change, loss and grief education program that draws on the metaphor of the seasons to understand the experience of grief, offering children and young people a safe space to come together, and share their experiences of change and loss.

The Children and Young People's Program has a safe and engaging curriculum structure that incorporates a wide range of age-appropriate activities involving drawing, role-play, stories, discussion, playdough, music and journal activities.

[Seasons For Growth bereavement change and loss peer group support](#)[Seasons For Growth | A Grief Education Programme](#)

SFG programs are delivered by trained Companions for more information on how to become a SFG companion contact wendy.hart@lscft.nhs.uk

National/virtual support

Winston's Wish—a charity for bereaved children. Freephone helpline 08088 020 021. Mon– Friday 9am –5pm

[Winston's Wish - giving hope to grieving children \(winstonswish.org\)](#)

Rainbow Trust— supporting families with a seriously ill child—

[Supporting Children and Families | Rainbow Trust Children's Charity](#)

Child Bereavement UK—Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. 0800 0288840 [Child Bereavement UK](#)

Resources for schools and young people following loss through suicide

AMPARO is 1-2-1 support for anyone struggling with loss through suicide. Tel: 0330 088 9255

[Get help now. Free and confidential for as long as you need it. \(amparo.org.uk\)](#)

Samaritans Step-by-Step programme can provide support for students, staff and other stakeholders within the school

[Step by Step | Samaritans](#)

Finding the Words—information booklet—[Finding The Words – Support After Suicide](#)

[Support after Suicide—Support After Suicide](#)

Help is at Hand—information booklet—Resource for people bereaved through suicide or other unexplained death, and for those helping them— [Help is at hand – Support After Suicide](#)

Suicide Bereavement UK— [Suicide Bereavement Support | Suicide Bereavement UK](#)

Supporting young people with neuro diversity—

Autistic Spectrum Condition (ASC)

Autism, Autistic Spectrum Disorder (ASD) or Autistic Spectrum Condition (ASC) - is a lifelong condition affecting how people communicate and interact with others and how they relate to the world about them.

For more information about Autism — [What is autism](#)

Local information for parent carers

North Lancashire Directions Group Parent Carer Network

[HOME | nldg \(northlancsdirectionsgroup.com\)](#)

Parents can also join the Facebook group (More information on page 13 of this document)

Bee Unique Local charity for parents—[Bee Unique \(beeuniquecharity.co.uk\)](#)

Reach Out ASC - [Autism Support Specialists Lancashire - Reachout ASC](#)

Clinical Partners are a private provider who have been commissioned by LSCFT NHS services to provide some assessments for Autism for families as well as creating some co-produced resources based on some of the most common issues experienced by parent carers and their children and young people. This highly detailed resource is available to access for free and also provides regular themed e-newsletters delivered straight to your email addresses. The online support offer can be accessed, regardless of a diagnosis, and is not suggesting that a diagnosis of Autism will be given. [Family Resources - Autism Unlocked](#)

Lancashire Local Offer [Special educational needs and disabilities - local offer - Lancashire County Council](#)

Local Offer Facebook page: <https://www.facebook.com/LancashireLocalOffer>

A Spectrum Connection: Young person's peer support group (16+) 2nd and 4th Saturday of the month in the back room of brew me sunshine cafe, victoria st, Morecambe, 11-2pm

<https://www.facebook.com/groups/aspectrumconnection>

National/virtual support

National Autistic Society Includes information advice and resources for parents/carers and professionals.

[Advice and guidance \(autism.org.uk\)](#)

Ambitious about Autism—[Ambitious about Autism | National charity for autistic children and young people](#)

Also have an online Youth network for young people ages 16-25

[Online Youth Network | Ambitious about Autism](#)

Bright Ideas—for visual resources—[ASD Bright Ideas - Autism - Autistic - Special Needs visual resources](#)

Contact—helpline for parents [Contact - for families with disabled children | Contact](#)

Resource for parents following a diagnosis—[Autism-English-download.pdf \(autismwales.org\)](#)

Post Autism Diagnosis workshop (similar to cygnets workshops) [Post ASD Diagnosis Workshop — CAMHS \(camhsnorthderbyshire.nhs.uk\)](#)

Pre-school Autism Workshop [Autism Workshops for Parents: Preschool Age — CAMHS \(camhsnorthderbyshire.nhs.uk\)](#)

A range of webinars on relaxation & Self help, Anxiety, Autism and sleep, autism and puberty, positive behaviour support, Learning disability, supporting a sibling of a child with Autism/LD.

[Helpful Videos for Parents and Carers — CAMHS \(camhsnorthderbyshire.nhs.uk\)](#)

Supporting young people with neuro diversity—

ADHD

ADHD is a mental health condition that is defined through analysis of behaviour. People with ADHD show a persistent pattern of inattention and/or hyperactivity–impulsivity that interferes with day-to-day functioning and/or development.

Signs may include:

Inattentiveness:

- Listening difficulties
- Not following instructions
- Making careless mistakes
- Highly distractible
- Day dreaming
- Forgetting/Losing things
- Not finishing tasks
- Easily bored

Over activity:

- Squirming/fidgety
- Restless, leaving seat without permission
- Talking too much
- Moving quickly and forcefully
- Blurting out answers before the question is complete
- Risk taking/little or no sense of danger

Impulsivity:

- Find waiting for things difficult
- Control/interrupt conversation
- Have trouble with taking turns
- Difficulty resisting temptation

For more information about ADHD — [Attention deficit hyperactivity disorder \(ADHD\) - NHS \(www.nhs.uk\)](#)

ADHD indicators can be identified using the SNAP [SNAP-IV 26 - Teacher & Parent Rating Scale | QxMD](#)

Please note this is a tool to assess indicators of ADHD and not to give a formal diagnosis

Local support

[ADHD North West](#) Advise, support and parenting programme for families affected by ADHD
[Home - ADHD North West](#)

National/virtual support

[ADHD Foundation](#) Support, advice and self-management of ADHD
[Home - ADHD Foundation : ADHD Foundation](#)

[ADDitude—Inside the ADHD mind—](#)

[ADDitude - ADD & ADHD Symptom Tests, Signs, Treatment, Support \(additudemag.com\)](#)

[ADDISS—The National Attention Deficit Disorder Information and Support Service —ADDISS](#)

[ADHD voices—ADHD Voices On Identity, Childhood, Ethics and Stimulants](#)

[Living with ADHD](#) Useful resources, hints and tips for those living with ADHD, parents and professionals
[Home | Living with ADHD \(janssenwithme.co.uk\)](#)

[ADHD & YOU](#) Information, support and resources for children, young people, parents, carers and professionals
[ADHD and you | Attention deficit hyperactivity disorder](#)

[ADHD and hyperkinetic disorder for parents | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#) (factsheet)

Supporting young people with neuro diversity—

Other SEN/neurodiversity presentations

North Lancs Directions Group A helpful website with a useful timetable of additional needs support groups- [HOME | nldg \(northlancsdirectionsgroup.com\)](#)

Unique Kidz Weekly Stay and Plan for children with Special Educational Needs and Disabilities for pre school children with / without a diagnosis. They also provide respite for children and young adults 0-25 on site at their premises during school holidays. Contact 01524 831132.

[Disabled Children | Young People With Disabilities | Childcare Lancaster | \(uniquekidzandco.org.uk\)](#)

AOK—Parent peer support group based at Lune Park Neighbourhood Centre in Lancaster. Parents can bring children aged 0-8 with/without a diagnosis and their siblings to meet other parents, get advice and support and use the sensory equipment available. Phone 01524 581280 for info.

Wise Up Workshop—Afterschool and respite provision drama club for all children but very inclusive of children and young people with additional needs, disabilities and autism - [Home - WISE UP Workshops CIC](#)

FIND in Partnership —The special educational needs and disability (SEND) newsletter for Lancashire families. A newsletter packed full of useful information and details of local support groups—
find@lancashire.gov.uk

[Family Information Network Directory \(FIND\) newsletter - Lancashire County Council](#)

Another helpful website which is interactive based on your child's age and your answers is here:

[Interactive Child Development Questionnaires | NHS GGC](#)

Supporting the mental health of young people with additional needs and Special Educational Needs (SEN)

All the resources in this document can be used for all children and young people no matter what other diagnoses may be present. Care must be taken when considering specific tools for support children and young people.

Please remember to consult your in house SEN/inclusion team and use the PMHW team for further advice and support.

Support does not and should not rely on diagnoses of conditions and any support should be needs focused on individual children and young people and their families.

Other resources which may support children and young people with additional needs and Special Educational Needs (SEN)

Brain in Hand app [Brain in Hand: a professional digital support system](#)

Other services not already identified in this document

Childrens Hearing Services

[Children's Hearing Service :: University Hospitals of Morecambe Bay NHS Foundation Trust \(uhmb.nhs.uk\)](#)

For OTs ,speech and language ,physios and community nurses

[Integrated Children's Nursing and Therapy team :: University Hospitals of Morecambe Bay NHS Foundation Trust \(uhmb.nhs.uk\)](#)

LD Complex needs team contact [Learning Disabilities and Autism Community Health Services :: Lancashire and South Cumbria NHS Foundation Trust \(lscft.nhs.uk\)](#)

Designated Clinical Officers

Designated Clinical Officers (DCO) support NHS services to make sure they are meeting the needs of children and young people (aged 0-25 years) with special educational needs and disabilities (SEND). [Designated Clinical Officers - Lancashire County Council](#)

Clair Martin Tel: 01253 956168 Mob: 07833616903

bfwh.lcn-tr.dconorth@nhs.net (all enquiries)

bfwh.ehcp.blackpool@nhs.net (EHCP specific enquiries)

Barnardo's Young Carers Lancashire

We support Young Carers under the age of 18 who provide regular and ongoing care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances and are significantly affected by their caring role.

[Lancashire Young Carers | Barnardo's \(barnardos.org.uk\)](#)

01772641002 lancashireyoungcarers@barnardos.org.uk

Facebook page with updates [Barnardo's Lancashire Young Carers - Home | Facebook](#)

Translation services

Language empire [Language Empire | Empire Group UK \(language-empire.co.uk\)](#)

[Global Link](#) is a Development Education Centre based in Lancaster [Contact – Global Link](#) Including Asylum-seeker and Refugee Support, Integration, Community Cohesion, Awareness and Training.

Supporting you to support young people

What do Primary Mental Health Workers do?

Primary Mental Health Workers (PMHW) work for the Child and Adolescent Mental Health service (CAMHS) and are there to support you to support children, young people and their families. We offer consultation and advice to professionals about services in the area who can support children and young people’s mental health and emotional wellbeing

Contact us at PMHWLancasterandMorecambe@lscft.nhs.uk

<p>Support the local Mental Health Champions Network and the production of this pathways document</p> 	<p>Hold training, events and workshops including Youth Mental Health First Aid, Seasons for Growth and bereavement and loss workshops</p> 
<p>Offer consultation and advice to professionals about services in the area including referrals to CAMHS and Child Psychology</p> 	<p>Facilitate the Primary and Secondary Pastoral Partnership Networks for the local school staff—anyone in a pastoral or support role within a school can join these networks.</p> 

Please be aware that we do not need children’s details or parent/carer consent to offer consultation to professionals.

We are based at the Ross Children’s Centre, Euston Road, Morecambe, LA4 5LE and can be contacted via phone on 01524 550 650 - or individually via our mobiles or email addresses.

We endeavour to return calls and emails as quickly as possible.

Please note that all acute/urgent presentations must be directed to the CAMHS team on 01524 550 650.

No urgent messages should be left on these mobile answerphones or email accounts.

Wendy Hart Mobile: 07507 845966 Email: wendy.hart@lscft.nhs.uk
Sam Harding Mobile: 07960 868083 Email: sam.harding@lscft.nhs.uk
Charmaine Rothwell Email: charmaine.rothwell@lscft.nhs.uk