

## Emotional Health and Wellbeing and Mental Health Services in Cheshire West and Chester 0-25 Years

### THRIVE

The THRIVE framework is an integrated, person centred, and needs led approach to delivering mental health services for children, young people, and their families. It conceptualises need in five categories: Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support.

<https://www.annafreud.org/mental-health-professionals/thrive-framework/>

#### Getting Advice

#### Getting Help

#### Getting More Help

#### Getting Risk Support

#### Services Offered

- [My Mind](#) – information for Children, young people, parents and carers
- [Childline](#) – 0800 1111 24hr support line
- [Kind to Your Mind](#) – A range of useful resources to help with your mental wellbeing
- [Gov UK documents](#) - To help with coping strategies during COVID 19
- [Every Mind Matters](#) – Support for those feeling stressed, anxious, low, or struggling to sleep
- [Young Minds](#) - Mental health charity for children, young people, and their parents, making sure all young people can get the mental health support they need
- [Student Minds](#) - Empowering students and members of the university community to look after their own mental health, support others and create change
- [Mental Health Apps](#)
- [Chester Pride](#) – LGBTQ Helpline WhatsApp: 07718 066 684
- [The Hub of Hope](#)- Mental health database for national and local
- [NHS Think Ninja](#) App free in the app store
- [Anna Freud](#) – National Centre for Children and Families, aims to empower young people to make informed choices about their mental health and wellbeing
- [You in Mind](#) - Is an online platform helping you find mental health and wellbeing services in Cheshire
- [Samaritans](#) - We're here 24 hours a day, 365 days a year
- [West Cheshire Mental Health Forum](#)
- [Koala North West](#) - provides children and their families with tailored practical and

- [Our Way of Working Recovery](#) Guide
- CWP Crisis line 0800 145 6485 <https://www.cwp.nhs.uk/crisis/>
- [Child and Educational Psychology](#) Service
- [Medical Needs Service](#) – A referral from school is needed for this service
- [HealthBox](#) - Providing health and wellbeing services to our local communities
- [Youth Fed](#) - Youth Fed brings together young people in need with people prepared to help
- [Kooth](#) - Online anonymous counselling
- [Alumina](#) 7-week course for young people struggling with self-harm 14–19-year-olds
- [Early Help & Prevention Service](#) – Provided by Polaris - supports young people who are experiencing issues with their emotional health and wellbeing
- [Shout](#) - The UK's first 24/7 text service, free for anyone in crisis anytime, anywhere
- [Domestic Violence](#) - And abuse support
- [No Panic](#) - A registered charity that helps and supports those living with Panic attacks, Phobias, Obsessive Compulsive Disorders, and other related anxiety disorders.
- [The Mix](#) - Essential Support for under 25s
- [Rage](#) - Supports communities to improve their physical, mental & emotional wellbeing
- [Brio Leisure](#) - Supports communities to improve their physical, mental & emotional wellbeing
- [The Proud Trust](#) - Supports LGBT+ young people
- [Platform for Life](#) - Free, local counselling and play therapy to low-income families in Blacon and Lache
- [The Wilderness Tribe](#) - Use the power of nature to tackle mental health issues, reduce social isolation
- [Caring to Care](#) - Offers emotional health and wellbeing services for looked after children, care leavers and extended care leavers
- [Together for Adoption](#) – a range of services available to meet the needs of adoptive families and those in process of adopting
- [Special Guardianship Order](#) – support and advice
- [Youth Service](#) - delivers youth provisions and youth projects to young people 13 to 19 years (up to 25 years if Special Educational Needs and Disabilities.)

#### Bereavement Services

- Improving Access to Psychological Therapies (IAPT) service is for adults and older people aged over 16 years  
<https://www.cwp.nhs.uk/services-and-locations/services/western-cheshire-iapt/self-referral-and-how-to-get-help/>
- The Learning Disability Child and Adolescent Mental Health Service (LD CAMHS) West Cheshire, Telephone: Ellesmere Port Office: 0151 488 8041; Crewe Office: 01270 848030 Email: [cwp.ldcamhs.west@nhs.net](mailto:cwp.ldcamhs.west@nhs.net) or [cwp.LDCAMHSCentral@nhs.net](mailto:cwp.LDCAMHSCentral@nhs.net)
- West Cheshire 0-18 CAMHS, Chester. A team of specially trained workers whose job it is to work collaboratively with young people and their families  
Chester, CH1 3DY Tel 01244 393200 Email: <https://www.cwp.nhs.uk/services-and-locations/services/west-cheshire-0-16-camhs/>
- West Cheshire 0-18 CAMHS, Winsford. A team of specially trained workers whose job it is to work collaboratively with young people and their families who are experiencing mental health difficulties. Winsford Tel: 01606 555240

Ancora House  
<https://www.cwp.nhs.uk/ancorahouse/>  
Specialist inpatient unit for young people who are having difficulties with their thoughts, feelings or behaviour and need a short stay in hospital.

[Forensic Child and Adolescent](#)  
support

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emotional support that improves wellbeing, reduces isolation and supports both children and care-givers to thrive.

- [IASS](#) – helps parents and carers, children and young people who have difficulties with learning, and or a disability from birth to 25 years. Young people who are 16+ who have, or believe they have, SEN can access advice directly

- [Cheshire West Virtual School](#) offers support for schools to access:

1. Emotion Based School Non-attendance Emma Callwood/Natalie Brotherton
2. Beacon House
3. Stephen Porges – Polyvagal theory
4. Bruce Perry – Trauma related work
5. Dan Hughes – PACE approach, helpful to schools
6. Louise Bomber 2020 – Know Me to Teach Me – differentiated discipline for those recovering from Adverse childhood Experiences'

- [Reflect Children's Bereavement Service](#)
- [Child Bereavement UK](#)
- [Winston's Wish](#)
- [Cruse Bereavement](#)
- [Hope Again](#)
- [The Dove Service](#)
- [Elsie Ever After](#)
- [Grief Encounter](#)
- [The Loss Foundation](#)
- [SOBS](#)

### Suicide Prevention Support

- [Papyrus](#)
- [Stay alive](#)
- [Calm Harm](#)