



Give your child the support they deserve

When children and young people struggle with their mental health and emotional wellbeing, it can affect every part of their lives – from school and friendships to confidence at home. Getting timely, professional support can make all the difference.

That's why CHUMS, with over 28 years of trusted experience in children's mental health, is now offering CHUMS Direct services for families who want immediate access to high-quality therapeutic support.

Personalised online support

- Our Direct service gives you flexibility, choice, and peace of mind, with support available online.
- Families can book an assessment, and individual sessions, or choose our specialist groups and workshops.

Our online services include:



Practical workshops offering long-term tools to build resilience and manage common emotional challenges.



Individual assessments and 1:1 therapy for children, young people, and families.



Evidence-based group programmes with measurable outcomes.

Why choose CHUMS Direct Emotional Wellbeing Services?

Trusted expertise

28 years delivering mental health support across the UK.

Qualified Accredited Practitioners

highly trained and experienced staff.

Flexible access

online sessions to suit your family's needs.

Proven outcomes

evidence-based interventions with lasting impact.

Confidential & supportive

a safe space for children and families.

How it works

1 Book your place

Visit our website to view CHUMS Direct live offers, these are updated regularly.

2 Get matched

Book onto a workshop or book your assessment for individual support or group work.

3 Start support

Agree intervention plan and start your support.

Invest in your child's wellbeing today

Every child deserves the chance to feel heard, supported, and resilient. With CHUMS Direct service, you can be confident you are accessing expert care when it's most needed.



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 www.chums-direct.uk

This is a paid for service and is not part of the CHUMS core offer. Please see the CHUMS main website (www.chums.uk.com) or your Local Authorities "local offer" for other local services. CHUMS Direct does not provide emergency support.