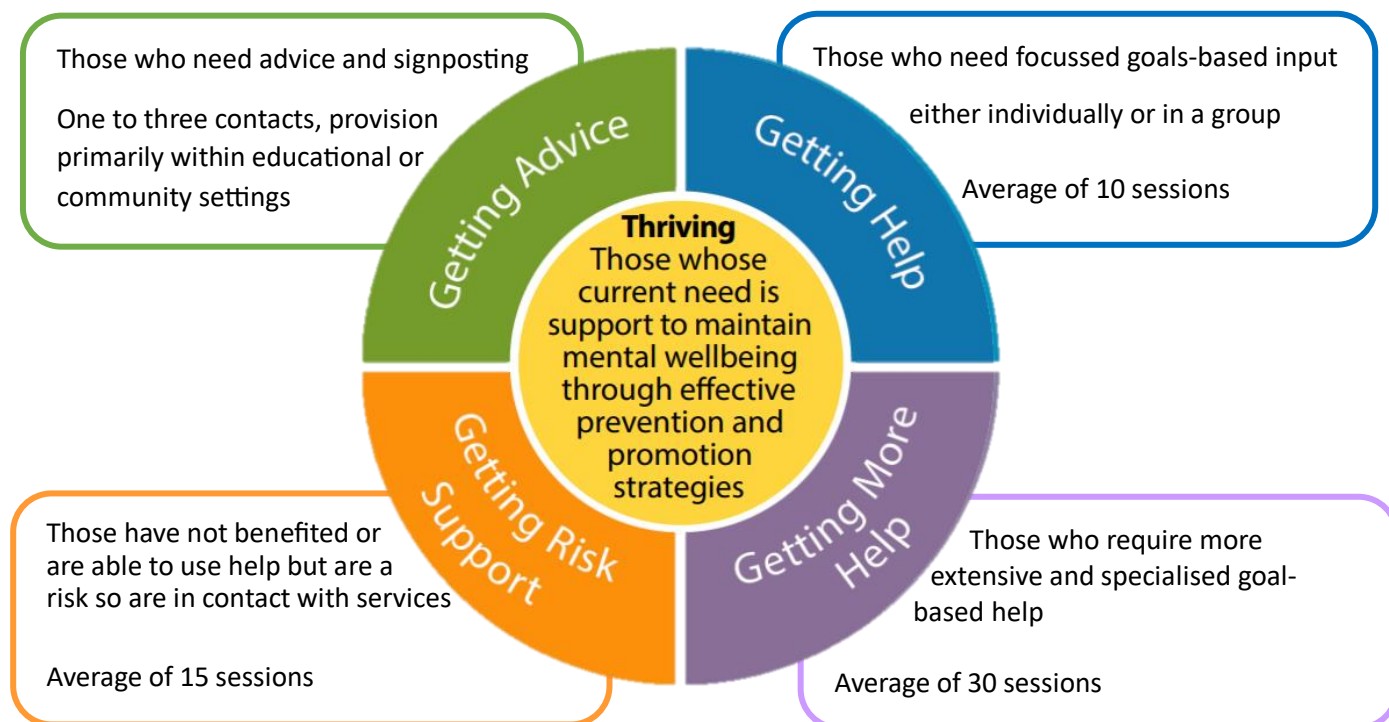


# Children and Young People's Mental Health Services

## *Blackburn with Darwen*



### **IMO Charity (Blackburn College only)**

**Age:** 16-19 years old

**THRIVE quadrant:** Thriving, getting advice

**Service offer:** The project is designed to target individuals at the college, offering them the benefits of both group and 1:1 mentoring sessions, aiming to bolster their mental and physical wellbeing. The programme is available to all students at the college and parents will have the opportunity to become mental health champions.

**Referral information:** Students can speak to the wellbeing/pastoral team at the college

### **Kooth**

**Age:** 10-18, up to 25 with SEND

**THRIVE quadrant:** Thriving, getting advice, getting help

**Service offer:** Provides early help for mild, moderate and complex needs; depending on the individual, early help can range from self-help, resources from a magazine article to a councillor supporting a child or young person to access appropriate services.

**Referral information:** No referral required – sign up for free through the Kooth website [Kooth is available in many areas across the UK - Kooth](#)

## Talking Therapies

**Age:** 16+

**THRIVE quadrant:** Getting advice, getting help

**Service offer:** Psychological therapy service offering a range of free talking therapies, with various brief psychological interventions to support people's emotional needs. Sessions can be online, face to face or via telephone.

**Referral information:** Self referrals can be made, and professionals can refer too.

[Self-referral :: Lancashire and South Cumbria NHS Foundation Trust](#)

## Mental Health Support Teams (MHST)

**Age:** 5 to 18 – depending on if Education Setting has an MHST



**THRIVE quadrant:** Thriving, getting advice, getting help

**Service offer:** Provide direct mental health support to education settings, promoting the early detection and prevention of mental health problems across the whole setting and strengthening the links to mental health services.

**Referral information:** School requests for support often come from the school's designated mental health lead (DMHL). A child/young person can refer themselves by speaking to their mental health lead in school.

## Parenting Support

**Age:** Parents/carers of CYP's with mental health concerns

**THRIVE quadrant:** Getting advice, getting help, getting more help, getting risk support

**Service offer:** Provides parents/carers support groups both virtually and in person. There is also social media support through website and Facebook pages, as well as 1:1 peer support

**Referral information:** Self referrals are encouraged but referrals/signposting from professionals can be made. Contact 01254 244700 or email [path@canw.org.uk](mailto:path@canw.org.uk)



## Barnardo's My Time to Thrive

**Age:** 5-18, up to 25 with SEND

**THRIVE quadrant:** Getting advice, getting help

**Service offer:** Offer therapeutic interventions for CYPs with mild to moderate mental health and emotional wellbeing needs, both through 1:1 and group work.

**Referral information:** Referrals can be made on a standard CAMHS referral form or through the referral form on Barnardo's website [Referral Form \(mayden.co.uk\)](https://www.barnardos.org.uk/referral-form)

## Spring North Peer Support

**Age:** 10-19, up to 25 with SEND

**THRIVE quadrant:** Getting advice, getting help, getting more help

**Service offer:** Provides targeted peer support to CYPs in various protected groups who may have a higher prevalence of mental health needs and who are less likely to access support or engagement in interventions.

**Referral information:** Email:  
[hannahholden@lancashiremind.org.uk](mailto:hannahholden@lancashiremind.org.uk)

## Eating Disorder Services

**Age:** All age

**THRIVE quadrant:** Getting advice, getting help, getting more help

**Service offer:** Offer support to people of any age who have been diagnosed with/meet the diagnosis criteria for an eating disorder.

**Referral information:** Referrals are accepted from GPs, the Single Point of Access Team and other health professionals.

Call 01282 657999

## CAMHS

**Age:** Under 18 years old

**THRIVE quadrant:** Getting help, getting more help, getting risk support

**Service offer:** Specialist mental health child psychiatry service, which provides appropriate access to specialist provision for CYP's with a range of emotional health, psychological distress and mental health disorders.

**Referral information:** Referrals can be accepted from GP's, paediatricians, psychologists, social workers and other health professions. CYP's can also self-refer - [Healthy Young Minds :: Information for children and young people](#)

## ADHD North West

**Age:** 0-18, up to 25 with SEND

**THRIVE quadrant:** Getting advice, getting help, getting more help

**Service offer:** Offers information, advice, guidance and various other services to individuals and families affected by ADHD.

**Referral information:** Complete the parental or professional referral forms on their website and return to [reception@adhdnorthwest.org.uk](mailto:reception@adhdnorthwest.org.uk)

## Early Intervention into Psychosis Service

**Age:** 14+

**THRIVE quadrant:** Getting more help

**Service offer:** Aims to help people who are diagnosed with psychosis or have experiences which are distressing and difficult to make sense of, which may lead people to be at risk of psychosis for the first time.

**Referral information:** Self referrals can be made but it is recommended referrals come through health professionals. Complete the referral form on the bottom of the website [Early Intervention Service :: Lancashire and South Cumbria NHS Foundation Trust](#)

## NHS 111 Press 2

**Age:** All age

**THRIVE quadrant:** Getting advice, getting help, getting more help, getting risk support

**Service offer:** The service provides 24/7 access to mental health support in the UK. Anyone can call this number to speak with a mental health professional if you or someone you know is experiencing a mental health crisis.

**Referral information:** Free to call 24/7

Call 111 then press 2

## Initial Response Service (IRS)

**Age:** All age

**THRIVE quadrant:** Getting advice, getting help, getting more help, getting risk support

**Service offer:** Telephone line available 24 hours a day, 7 days a week, to access mental health help and support.

**Referral information:** Free to call: 0800 0130707

## Additional Services

A CYP may be involved with the following services, but they are not services which they can be externally referred into.

## Risk Support

**Age:** Under 18

**THRIVE quadrant:** Getting risk support

**Service offer:** Risk support is designed for a cohort of young people who are unable to access or benefit from evidenced based mental health interventions, are not ready to engage/are hard to reach, or need some support to keep themselves safe where they are. RSLWs will attend MDT meetings, co-develop a Risk Support Management Plan with Health and Social Care and young person requiring risk support, signposting, incorporate the AMBIT approach and offer 2 training courses per year to external agencies/services as well as their own agency/service.

## Response and Intensive Support (RAIS) Teams

**Age:** Under 18

**THRIVE quadrant:** Getting advice, getting help, getting more help

**Service offer:** Ensure that CYPs have timely access to risk assessments, risk formulation and a supportive risk management plan to improve outcomes for those who require an urgent or priority response.