

# Children & Young People's Mental Health Support





## 1. Signpost

- **SCVYS find activities**  
<https://staffscvys.org.uk/activities/>
- **Sports Clubs** <https://togetheractive.org/>
- **Libraries**

Public Library Reading Well offer for children. 2 collections of expert-endorsed books focussing on mental health for children can be found in libraries across Staffordshire.

<https://reading-well.org.uk/books/books-on-prescription/children-for-7-11yrs>

<https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health-for-13-18-yrs>



## 2. It's Good to Talk

- **0-19 service** (school nursing and health visitors)  
<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing>
- **GP**
- **Youth Worker** <https://staffscvys.org.uk/activities/>
- **Family and Friends**



## 3. Digital

- **Action for Children**  
<https://www.staffordshire-ewb.actionforchildren.org.uk/>
- **Chat Health**  
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=KfMsVyKCooA>
- **Health for Teens**  
<https://www.healthforteens.co.uk/staffordshireandstoke/>



## 4. Education

- **School Special Educational Needs and Disabilities (SEND) Local Offer and Graduated Response**  
[https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=J9rS4V94\\_r4](https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=J9rS4V94_r4)
- **Emotional health and wellbeing resources for children, parents and professionals**  
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=4Pf3vU6K9yM>



## 5. Mental Health Support Teams in Schools

- **Mental Health Support Teams in Schools**  
<https://www.facebook.com/BurtonUttoxMHST/>  
[twitter.com/BurtonUttoxMHST](https://twitter.com/BurtonUttoxMHST)  
Open 9-5 Monday to Friday, based in Cross Street Clinic, Burton-on-Trent, DE14 1EG  
Contact number 01283 504487



## 6. Action for Children

- <https://www.staffordshire-ewb.actionforchildren.org.uk/>



## 7. Child and Adolescent Mental Health

- **MPFT**  
<https://camhs.mpft.nhs.uk/staffordshire>  
Child focused / Therapies / Specialist Staff



## 8. Access

- **MPFT**  
<https://camhs.mpft.nhs.uk/staffordshire>  
or via a professional.



## 9. Crisis Line Services

- **MPFT**  
Tel:0300 555 5001  
<https://www.mpft.nhs.uk/emergency-help>  
24/7 service, all age.  
Local and national helpline info:  
[https://www.mpft.nhs.uk/application/files/8615/8833/5275/Online\\_Resources\\_for\\_CAMHS.pdf](https://www.mpft.nhs.uk/application/files/8615/8833/5275/Online_Resources_for_CAMHS.pdf)



## 10. Hospital

- **Your nearest A&E department**  
A&E services 24/7



## 11. Suicide Awareness

<https://healthwatchstaffordshire.co.uk/news/suicide-prevention-and-support-services/>

- **SHOUT** – Text Shout to 85258 (24/7)
- **Samaritans (Stafford)** – Tel: 116 123 free from any phone. 0330 094 5717 local call charges apply
- **NHS links to support:**  
<https://www.nhs.uk/conditions/suicide/>
- **PAPYRUS Prevention of Young Suicide**  
<https://www.papyrus-uk.org/hopelineuk/>  
0800 068 41 41 (open 9am – 12 midnight)



## 12. River

- **Midlands Foundation Partnership Trust**  
Tel:0300 555 5001  
<https://www.mpft.nhs.uk/emergency-help>  
24/7 service
- **First Response:** Is there a serious concern about the safety of a child or young person?  
0800 131 3126 Mon-Thurs 8.30-5 & Fri 8.30-4.30  
0345 604 2886 Emergency Duty Team (outside of working hours, weekends/bank holidays)
- **Emergency services**  
999 or 101



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**For more information relating to services in your area please refer to Staffordshire Connects;  
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/home.page>**