

# **Trafford Professionals Children and Young People support guide**

**V5**



# Welcome

Trafford Professionals Children and Young People (CYP) support guide has been developed to support anyone working or volunteering with children, young people and families in Trafford. The guide will provide you an overview of the local support and services available to children, young people and families.

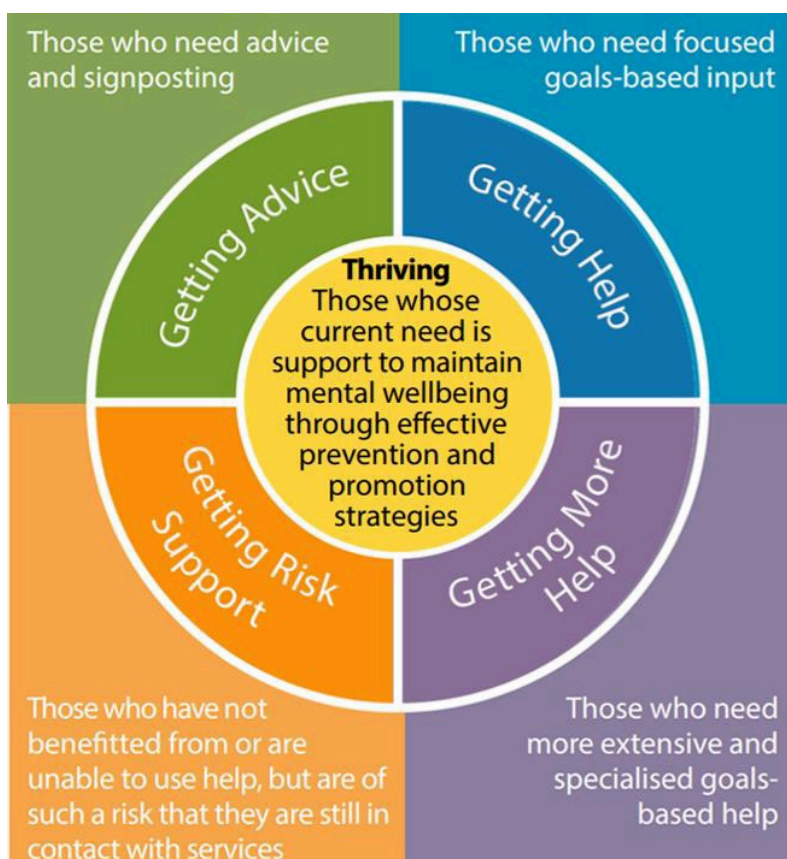
The guide has been designed to reflect the THRIVE model which has been

adopted by

Trafford to deliver services under the following headings:

- **Getting advice** - pages 4-7
- **Getting help** - pages 8- 15
- **Getting more help** - pages 16
- **Getting risk support** - pages 17

The support guide has been produced by Trafford Council CYP Public Health and Commissioning Team and is a dynamic document that will be updated on a yearly basis. You can contact the team: [phadmin@trafford.gov.uk](mailto:phadmin@trafford.gov.uk)





## GETTING ADVICE

In Trafford we have been developing a number of themed padlets to make it as easy as possible for professionals, parents and children and young people to find the information and help they need in one user-friendly space.

These include our Start for Life padlet, which is focused on services and resources for families with children aged 0-5 years, including pre-conception and pregnancy.

Visit: Start for Life

Alongside Start for Life, we also have the Trafford Family Help, Trafford SEND, Trafford Thrive Mental Health and Emotional Wellbeing, Trafford Barriers to Education and Trafford 5-11 and 11-25 padlets, which brings together many resources focused on the range of support available for children and families in Trafford.

Information is themed as follows in a simple and easy to use way:

- Information and resources
- I need information and advice
- I need someone to talk to
- I need more help

This is an excellent new resource packed with useful information all in one place - please do familiarise yourself with it and spread the word with families, young people and other professionals.



## GETTING ADVICE

### Essential Parent (parent/carers)

A free app for Trafford families to access a range of evidenced based support.

Greater Manchester's Family Hubs and 0-19 years teams have partnered with Essential Parent, to create an app containing a wide range of expert-led, evidence-based written and video content. The content starts with advice on getting pregnant and continues up to children aged 19. Download the app via the app store [here](#).



### SEND Trafford Carers Chatty Café (parent/carers)

SEND Parent carers in Trafford are invited to a friendly coffee morning, meet other people, get information and advice, and take a break. Held at the Life Centre in Sale. Please visit the page below to find out about upcoming dates.

Visit: [bit.ly/trafford-chatty-cafe](https://bit.ly/trafford-chatty-cafe)



### School CAMHS Information Line (SCIL)

School CAMHS Information Line (SCIL) Offer advice and information about early mental health difficulties to Trafford school staff.

Contact: [trafford.scil@mft.nhs.uk](mailto:trafford.scil@mft.nhs.uk)



### Street Talk - youth work team (up to 18 years)

Street Talk work with young people on the streets, in parks and community venues and run young person led projects and activities across the borough. Youth workers deliver informal education which builds on young people's interests and strengths to support their personal and social development.

Visit: [bit.ly/streettalk-trafford](https://bit.ly/streettalk-trafford)





## GETTING ADVICE (schools)

### **TDAS - Drama workshop with teacher training (ages 13-16)**

TDAS are working in partnership with the MaD Theatre Company to deliver a drama-based intervention to Trafford Schools for Year 9-11 pupils. It explores healthy relationships and aims to prevent and support the early identification of domestic abuse amongst young people, their peers, families and networks. The project also includes awareness training for teachers.

Visit: [tdas.org.uk/traffordcyp](https://tdas.org.uk/traffordcyp)



### **Violence Reduction Co-ordinator (all ages)**

Contact Catherine Martland to discuss interventions support for young people who may be at risk of, or involved in violence.

[violencereduction@trafford.gov.uk](mailto:violencereduction@trafford.gov.uk)



### **School Nursing in Trafford**

The service can also offer information, advice, support and referral to specialist agencies to children, young people and families on a range of health related issues including medical conditions, behavioral difficulties and lifestyle issues. These can include some additional support with public health issues such as weight management and sexual health amongst others. The service is delivered through health promotion activities, drop-in services in primary and secondary schools and one to one contacts. The best way to contact School Nurses is through school.

Click [here](#) for more info.





## GETTING ADVICE (digital)

### Trafford Directory (all ages)

Trafford Directory offers free, impartial advice and guidance service connecting Trafford families, young people and caregivers with local support services.

Visit: [www.trafforddirectory.co.uk](http://www.trafforddirectory.co.uk)



### Proud Connections (all ages)

Digital 1:1 support for LGBT+ young people and adults supporting them. The confidential messaging service is free and can be accessed. The web chat will be open 11am – 6pm Monday to Friday.



Visit: [theproudtrust.org/proud-connections/](http://theproudtrust.org/proud-connections/)

### Kooth (ages 10-25)

Free online support and advice for young people, accessible 24/7, 365 days a year. Young people can track their mood with a goals tracker and note their thoughts in an online journal. Kooth also provides peer support via fully moderated forums and the opportunity to contribute to self-help articles/content.

Visit: [kooth.com](http://kooth.com)



### Silvercloud (all ages)

Silver Cloud offers support for CYP aged 14 and up to help ease stress levels, improve sleep or build resilience. Parents can also access courses to support their Anxious child. Each programme uses proven methods, including cognitive behavioural therapy, and all information entered is anonymous, confidential, and secure.

Visit: <https://gm.silvercloudhealth.com/>



### Health for Teens (11-19 years)

Website for young people to learn about their health and support their wellbeing. It features bite-sized information on a range of physical and emotional health topics including healthy eating, body image, managing stress, advice on relationships, puberty, sexuality and much more. Young people can also find out about accessing help and support from local Trafford and Manchester services.

Visit: [www.healthforteens.co.uk](http://www.healthforteens.co.uk)



## GETTING HELP

### **Trafford Health Visiting Team (ages 0-5)**

Trafford Health Visiting Team work together with parents and carers to ensure that children have the best start in life and can achieve their full potential. The service offers holistic support to all families, which includes post-natal and emotional wellbeing screenings, developmental reviews, and information and guidance to support parenting and healthy choices.

Contact your locality team:

- North - [mft.hvteamnorthduty@nhs.net](mailto:mft.hvteamnorthduty@nhs.net)
- Central - [mft.HVTeamSale@nhs.net](mailto:mft.HVTeamSale@nhs.net)
- South - [mft.southhvteamtrafford@nhs.net](mailto:mft.southhvteamtrafford@nhs.net)
- West - [mft.HVteamwestduty@nhs.net](mailto:mft.HVteamwestduty@nhs.net)



Visit: [bit.ly/trafford-health-visiting\\_](https://bit.ly/trafford-health-visiting_)

### **Trafford School Health Team (ages 5-19)**

Trafford School Health delivers a range of health promotion activities across primary and secondary schools. School health also provide information, advice, drop-in support, & referrals on a range of health and wellbeing issues.

Contact your locality team:

- North - [North.SNDuty@mft.nhs.uk](mailto:North.SNDuty@mft.nhs.uk)
- Central - [Central.SNDuty@mft.nhs.uk](mailto:Central.SNDuty@mft.nhs.uk)
- South - [south.SNDuty@mft.nhs.uk](mailto:south.SNDuty@mft.nhs.uk)
- West - [West.SNDuty@mft.nhs.uk](mailto:West.SNDuty@mft.nhs.uk)



Visit: [bit.ly/trafford-school-nursing\\_](https://bit.ly/trafford-school-nursing_)



## GETTING HELP

### Trafford's Infant Feeding Co-ordinator

Feeding your baby can feel quite overwhelming at first – whether you are breastfeeding, bottle feeding or a combination of both. Trafford's Infant feeding coordinator can help guide and support you with feeding your baby.

Infant Feeding Co-ordinator: 0797 781 3839  
Open hours: Tuesday to Friday, 8.30am to 4.30pm

### Trafford Sleep Services (ages 2-18)

Trafford Sleep Services provides free universal and 1:1 targeted support to families living in Trafford whose children have sleep difficulties.



Visit [Trafford Sleep services](#) for more info.

### Trafford Infant Parent Service (TIPS) (ages 0-5)

TIPS provides therapeutic interventions and support for babies and children under 5 and expectant parents/carers who are struggling to adjust in their transition to parenthood. TIPS focuses on building nurturing, responsive and caring relationships between infants & their caregivers.

Contact: [mft.traffordinfantparentservice@nhs.net](mailto:mft.traffordinfantparentservice@nhs.net)



### Solihull Parenting Programme (parent support)

The Solihull Approach aims to improve emotional health and wellbeing by supporting relationships. The courses are written by CAMHS professionals with other health and education workers.



Visit: [inourplace.co.uk/](http://inourplace.co.uk/)  
(When prompted enter the access code: WATERPARK)

### Home-Start (ages 0-18) (up to 25 with SEND)

Home-Start support any family living in Trafford with a child of any age who may be going through difficulties. Their support workers and volunteers deliver family support in the home and community venues. The service focuses on families experiencing or being at risk of domestic abuse, separation, imprisonment, debt and food poverty, isolation as a result of cultural/language barriers.

Visit: [bit.ly/homestart-trafford](http://bit.ly/homestart-trafford)



## FAMILY HELP

### Triple P Fear Less

Triple P Online intervention to support parents to help manage children's anxiety more effectively. For parents of children aged 6 – 14 years.

Visit: [bit.ly/TripleP-online](https://bit.ly/TripleP-online)



### One Plus One

One Plus One - 4 courses designed to help parents experiencing parental conflict

- Me, you and baby too: designed for new and expectant parents
- Arguing better: designed for parents who want to learn healthy ways to deal with stress and conflict
- Getting it right for children: designed for separating or separated parents
- Debt and relationships: course to address reasons why you may find yourself in debt and how to talk to your partner

Visit: [bit.ly/One-Plus-One](https://bit.ly/One-Plus-One)



### Baby Stay & Play (ages 0-1)

Held every The baby group (0-12months) at PEHH is on a Monday 9:30-11:00am & the toddler one (0-5) is Friday morning 9:30-11:00am.

The baby group at SEHH is a Tuesday 1:00 - 2:30pm & the toddler one is Friday afternoon 1.30-3pm

Visit: [bit.ly/early-help-hubs](https://bit.ly/early-help-hubs)



### Family Help Hubs

(ages 0-11 & their families)

Baby clubs have started at both Partington and Stretford hubs, providing parents and babies with the opportunity to enjoy baby massage and meet other new parents and babies. Stretford Early Help Hub will be delivering Toddler Incredible Years course starting in September. Trafford's Early Help Hubs offer telephone advice and support and signposting to other key agencies.

Visit: [bit.ly/early-help-hubs](https://bit.ly/early-help-hubs)



### Trafford Team Together (TTT) (ages 5-18 and their families)

Trafford Team Together (TTT) finds support for children (5-18 years) and their families living in Trafford or attending a Trafford school, preventing small worries turning into bigger problems. They also find support for children and families recovering from crisis. TTT is now operational across all mainstream schools in Trafford.

Visit: [bit.ly/trafford-team-together](https://bit.ly/trafford-team-together)



## GETTING HELP

### Being a Parent: EPEC

'Being a Parent' is an evidence-based program which is suitable for all families! We explore tools and skills to enhance family life, supporting parents/carers to respond to any challenges they're experiencing and feel better prepared for those they may experience in the future as their child grows and develops.

Our in-person groups are delivered by local trained parents and carers who bring all their knowledge, experience, and skills with them. The Parent Group Leaders are fully supported by a professional team, to help you get the most out of the course.

More information/sign up link: [Being a Parent group](#)

### The Northern at Partington health centre (Under 25s)

The Northern provides a one stop shop for your sexual health needs in the community, including contraception, STI screening and young people services. All of our services are free and confidential for all ages, including under 16s. We also hold an outreach drop-in clinic for young people in Partington aged under 25 years on Wednesday from 4-6pm. Services available include emergency contraception, pregnancy testing and advice, STI Testing and contraception including condoms.

Visit: [bit.ly/Northern-Partington](http://bit.ly/Northern-Partington)



### The Northern at Urmston Clinic – Sexual Health (all ages)

A specialist sexual health service that provides a one stop shop for sexual health needs in the community, providing free and confidential advice for all ages, specific drop-in clinics for under 19s. The service includes contraception advice and supply, STI testing and treatment, pregnancy testing, termination of pregnancy information, sexual health advice & referrals.

Visit: [thenorthernsexualhealth.co.uk/](http://thenorthernsexualhealth.co.uk/)



### Limelight Under 25s Drop-In

A The Sexual Health awareness Drop in Session at Limelight Health and Community Hub Old 1 St Brides Way Manchester M16 9NW on the first Wednesday of every month 1pm -3pm. It is aimed at young people aged 25 under and offers information and advice around various sexual health related issues including:

- Free contraception male /female condoms
- STI's Screening with No symptoms
- Pregnancy Testing

For more information please call Limelight at 0161 226 7777

## GETTING HELP

### **STI testing - Chlamydia & Gonorrhoea (ages 16-24)**

SH:24/Locala provide a free and discreet chlamydia and gonorrhoea home testing service for young people aged 16 to 24 years in Trafford. Chlamydia and gonorrhoea testing kits can be ordered online SH:24 or collected from organisations in Trafford. Test samples are taken at home by individuals and sent back in the post. Test results will be communicated via text, phone or email, usually within 3-7 days of returning the test.

SH:24 also have accessible advice and resources on sexual health and wellbeing for young people, including myth busting and real stories: <https://sh24.org.uk/blog>

Order STI tests online: <https://sh24.org.uk/orders/sti-test-kit/intro-sti>

Community distribution sites: [Trafford Sexual Health and Wellbeing Services - Google My Maps](#)

Visit: [bit.ly/Trafford-directory](https://bit.ly/Trafford-directory)

## GETTING HELP

### **Early Break - Substance misuse service (up to 21 years)**



Service for young people providing access to specialist treatment interventions. Interventions are tailored to the individual, including social and health care support. They help young people to strengthen their resilience through education, training, employment, good health, and positive relationships.

Visit: [earlybreak.co.uk/](https://earlybreak.co.uk/)

### **Trafford Domestic Abuse Services (TDAS) (ages 5 -18)**

TDAS offers support to individuals and families living or working in Trafford who are suffering or who have suffered domestic abuse. TDAS offers a range of services that support children and young people (5-18) who have been exposed to domestic abuse or who are in an unhealthy relationship. They also have 1:1 and group-based programmes that offer emotional support and education.

Visit: [tdas.org.uk/traffordcyp](https://tdas.org.uk/traffordcyp)



## GETTING HELP

### **Oral Health Improvement Service (all ages)**



The service delivers oral health awareness sessions and training, including practical tips and advice to children, parents, professionals & volunteers across Trafford.

Contact: [bchft.gmoralhealth@nhs.net](mailto:bchft.gmoralhealth@nhs.net)

### **Children's Weight Management Service (ages 2-18)**

Dieticians work with families to support children and young people to become a healthier weight through changing habits as a family. The six-month programme uses a lifestyle approach and provides practical ideas, information and direct support on healthy eating and local activity sessions.

Visit: [bit.ly/cyp-weightmanagementservice](http://bit.ly/cyp-weightmanagementservice)



### **Trafford Mental Health Home-Based Treatment Team (Ages 16 +)**

Home Base treatment team is a Multidisciplinary team who are based in the community. They support people who are at the verge of hospital admission, by providing interventions to promote their recovery. They also provide support for clients who have been discharged from hospital early and require support.

Visit: <http://gmmh.nhs.uk/trafford-home-based-treatment-team>



## GETTING HELP

### **Holding Families (family support)**

The Holding Families programme provides family support for children (under 18) and family members affected by parental substance use or where the substance using parent is pregnant. The programme gives the whole family the opportunity to talk about any problems caused by drugs and alcohol and to allow the children's voices to be heard. It aims to empower families to make positive decisions and changes to help improve family life.

Visit: [bit.ly/holding-families-programme](https://bit.ly/holding-families-programme)



### **CFC - Family Counselling (family support)**



Family counselling helps to address and support families with difficulties they may be having in their family relationships. It is flexible and tailored to the needs of the family, it deals with all stages of lifecycles, including the arrival of a new baby, children, divorce and coping with bereavement or loss.

Visit: [thecfc.org.uk/families-counselling](https://thecfc.org.uk/families-counselling)

### **CFC - Children and Young People Counselling (ages 5-17)**

Counselling helps support young people who may be struggling, offering a safe space for the young person to understand what's happening and how to move forward. It can help with a range of concerns including anxiety, bullying, loneliness and depression.

Visit: [thecfc.org.uk/children-young-people](https://thecfc.org.uk/children-young-people)



## GETTING HELP

### Trafford Young Carers (ages 5-25)

Trafford Carers Centre support young carers ages 5-15 and young adult carers ages 16-25 by offering them activities to give a break from their caring role. A young carer is someone who cares for a Trafford residents who needs support due to illness, disability, mental health or addiction. For more info:

[Traffordcarerscentre.org.uk](http://Traffordcarerscentre.org.uk)



### Rainbow Reflections

(ages 13-19) (up to 25 with SEND)

Weekly support group at Talkshop Trafford for LGBT+ young people and those questioning their gender or sexuality.

Visit: [bit.ly/rainbow-reflections](http://bit.ly/rainbow-reflections)

### Trafford Talkshop - ages 11-19, (up to 25 with SEND or care leavers), or ages 13-19 for some sexual health services.

Talkshop holds weekly drop-ins at Sale Waterside, providing sexual health and wellbeing advice, STI and pregnancy testing, contraception, and condoms in a safe and non-judgemental environment. These sessions are for all young people aged between 13 to 19 years (up to 25 for individuals who are care leavers or with additional needs).

Drop-in clinic with a sexual health nurse:  
Mondays 3:30pm-5:30pm

Walk-in with a youth worker: Mondays, Wednesdays and Thursdays 2pm-5pm.

Talkshop run support groups for young parents:

- Young Bumps is a support group for pregnant young mums aged under 20 years
- Butterflies is a Young Parents Group for parents aged under 20 years

For more information on Talkshop Trafford, visit <https://bit.ly/talkshop-trafford>



### TLC & TDAS - Make a Change (family support)



The programme delivers support to those using abusive behaviour in their intimate relationships and also offers support to partners/ex-partners and their children.



Visit: [bit.ly/make-a-change-trafford](http://bit.ly/make-a-change-trafford)



## GETTING HELP

### **Riding the Rapids:**

Riding the Rapids is a 10-week course designed for parents and carers of children who are autistic, on the pathway for autism assessment or who have significant learning disabilities or other complex disabilities. The course aims to help parents to understand and support their child's well-being, increase their coping skills and confidence to reduce stress, distress and distress-related behaviours, or other behaviours of concern.

Parents/carers should speak with their school SENDCo or a health professional to request a referral.

### **Barnardo's (ages 5-18)**

SENSE a holiday only group for children and young people aged 5 – 18 years with special educational needs and disabilities requiring 1 to 1 support. Activities include art and crafts, chill out zone, baking and more. Sessions provide a place for children and young people to come together, build friendships and explore their potential in a safe environment.

Visit: [bit.ly/Barnardos](https://bit.ly/Barnardos)



### **Learn Active – indoor short breaks**

A year round group supporting children aged 5 – 18 years with special educational needs and disabilities with flexible staffing ratios. Activities include high energy indoor activities such as trampolining, climbing, dance and cheer leading in a safe and supportive environment



Visit: [bit.ly/Learn-active-indoor-breaks](https://bit.ly/Learn-active-indoor-breaks)

### **Learn Active – outdoor short breaks**

A year round group supporting children aged 5 – 18 years with special educational needs and disabilities with flexible staffing ratios. Activities include outdoor challenges and nature crafts, orienteering and scavenger hunts, mindfulness, team building in a safe and supportive environment



Visit: [bit.ly/Learn-active-short-breaks](https://bit.ly/Learn-active-short-breaks)

## GETTING HELP

### **Holiday Activities and Food Programme (HAF) (ages 5-18) (Holiday Club)**

The Holiday Club Activities and Food (HAF) programme is a scheme funded by the Government and delivered by local councils, providing healthy food and fun activities to children and young people, with free places available for those on free school meals.

Visit: [bit.ly/HAF](https://bit.ly/HAF)

### **Endorphin's (ages 5-18)**

A holiday only group for children and young people aged 5 – 18 years with special educational needs and disabilities requiring 1 to 3 support. Activities include drama, dance, art and craft in a safe and supportive environment

Visit: [bit.ly/Endorphins](https://bit.ly/Endorphins)

### **Gorse Hill - Tuesday and Saturday Challenge sessions (ages 11-18) (up to 25 with SEND)**

An inclusive youth groups for young people based at Gorse Hill Studios. Sessions include sports, activity, cooking, nutrition, drama, and creative arts to allow maximum choice for the young person.

Visit: [bit.ly/Gorse-Hill](https://bit.ly/Gorse-Hill)



### **Barnardo's (5-18 years)**



A holiday only group for children and young people aged 5 – 18 years with special educational needs and disabilities requiring 1 to 1 support. Activities include art and crafts, chill out zone, baking and more. Sessions provide a place for children and young people to come together, build friendships and explore their potential in a safe environment. [Trafford Directory](#) | [Barnardo's Holiday Clubs - Short Breaks](#)

### **Gorsehill Shortbreaks (12-18)**



Short breaks 12 – 18 years: a short break group for older young people with SEND based at Gorse Hill Studios. Sessions run every Sunday and days throughout school holidays. Sessions include outdoor sports, music, cooking, art and external trips. [Trafford Directory](#) | [Gorsehill - Short Breaks](#)



## Mentoring Services

### **Power2 - Sports Based Activity Mentoring Programme (ages 7-17)**

Power2 provide a sport based physical activity mentoring programme for young people aged 7-17 who are at risk of violence

Contact:

[violencereduction@trafford.gov.uk](mailto:violencereduction@trafford.gov.uk)



### **Salford Foundation - STEER 1:1 Mentoring (ages 10-17)**

STEER provides 1:1 mentoring for young people at risk of serious youth violence and child criminal exploitation. Through personalised interventions mentors help young people to improve resilience, motivation and reduce risk taking behaviours.

Visit: [bit.ly/steer-mentoring](https://bit.ly/steer-mentoring)



### **Salford Foundation - Engage Mentoring Service (ages 8-18) (up to 25 years with SEND)**

Engage Trafford provides 1:1 intensive mentoring and group activity sessions. The mentors work with children and young people to reduce risk factors and raise aspirations through a personalised support package for up to 16 weeks.

Visit: [bit.ly/engage-mentoring](https://bit.ly/engage-mentoring)



### **Power2 Advance Mentoring (ages 16-25)**

Power2 supports care experienced young people aged between 16-25 years with wellbeing, independent living, education, employment, and training. It is youth led and focused on supporting individuals through 1:1 mentoring and group activities to enable them to take steps towards independence and building resilience.

Visit: [power2.org/power2-advance](https://power2.org/power2-advance)



## Mentoring Services

### **Oasis Encounter (parents of children 8+)**

Encounter is a therapeutic offer based on the principles of Non-Violent Resistance (NVR), which explores 'connection before correction' and has proven to be effective even where a child has anxiety, ADHD, or Autism. NVR is an innovative form of systemic family intervention, which has been developed for aggressive, violent, controlling, and self-destructive behaviour in young people.

Visit: [bit.ly/encountering-hope](https://bit.ly/encountering-hope)



### **Oasis Navigators (ages 10-25)**

We offer support to young people at risk of involvement in violent crime. If you are concerned about a young person, or would like to receive support yourself, you can make a referral today.

Visit: [bit.ly/oasis-navigators](https://bit.ly/oasis-navigators)



### **Oasis Parent and Carer Support (parents of children 8+)**

The Parent and Carer (PACS) project, is dedicated to supporting parents and carers who are concerned about their child or worried they may be at risk of violence. We provide a range of support focusing on issues such as youth violence, oppositional behaviour and risk-taking activities.

Visit: [bit.ly/oasis-pacs](https://bit.ly/oasis-pacs)



### **Oasis parent support groups (all parents)**

Online monthly support groups for school avoidance, SEND, wellbeing and dads creative support. These groups run every 4 weeks up until further notice. If you would like to join any of these support groups, or ask for more information please email us at

[ParentandCarerteam@oasisuk.org](mailto:ParentandCarerteam@oasisuk.org)

Visit: [bit.ly/Oasis-parent-carer-support](https://bit.ly/Oasis-parent-carer-support)



## Mental Health Support

### **42nd Street (ages 13-25)**



Free confidential counselling 1:1 and group support services for CYP experiencing stress and mental health problems. Young people, parents/carers are able to self refer to this service via 0161 228 7321, email or in person.

### **Kooth - online counselling (ages 10-25)**

Kooth provide free, anonymous counselling sessions every day, 12pm-10pm, 365 days per year. Delivered by qualified counsellors through chat-based messaging drop-in or booked sessions. Young people can also track their mood with a goals tracker and note thoughts in a journal. Kooth also provides peer support via fully moderated forums and the opportunity to contribute to self-help articles/content. Visit: [kooth.com](https://www.kooth.com)



### **Child and Adolescent Mental Health Services (CAMHS) (ages 0-18)**



CAMHS is an NHS specialist multidisciplinary service for young people up to 18 years who may be suffering from a range of complex emotional and mental health difficulties such as depression, anxiety and eating disorders. CAMHS Trafford offer a range of assessment and treatment options for children and young people experiencing mental health difficulties and offer parent/carers online mental health topic workshops for families. Visit: [bit.ly/CAMHS-trafford](https://bit.ly/CAMHS-trafford)

# Mental Health Support

## **THRIVE in Education - Primary schools (ages 5-11)**

Place2Be provide Mental Health Support Teams (MHST), supporting 5-11 year olds with mild-moderate mental health issues through group and 1:1 work. Place2be also support schools to develop their whole school approach to mental health. Visit: [bit.ly/place2be-schools](https://bit.ly/place2be-schools)



## **Qwell (ages 18+)**

Anonymous online counselling, advice, and mental health support for adults. Fully moderated forums and self-help materials available 24/7. Qualified counsellors and therapists available Mon-Fri: 12pm-6pm and Sat-Sun: 6pm 10pm. Visit: [qwell.io/](https://qwell.io/)



## **THRIVE in Education - Secondary schools (ages 11-18)**

MFT CAMHS provides Mental Health Support Teams (MHSTs), supporting 11-18 year olds with mild-moderate mental health issues through 1:1 and group work. Thrive in Education also support schools to develop their whole school approach to mental health and deliver free twilight training sessions for Trafford education staff  
Contact: [mft.traffordthrive.education@nhs.net](mailto:mft.traffordthrive.education@nhs.net)



## GETTING MORE HELP

### Trafford Children's First Response (Safeguarding) (up to 18 years)

Trafford's single point of contact for all professionals and members of the public to report concerns, request advice and share information about a child and/or family. Members of the public who have a concern for a child/young person, who IS NOT at immediate risk of harm, call 0161 912 5125 during office hours (Mon - Fri, 8:30am - 4:30pm) or 0161 912 2020, out of hours (Emergency Duty Team). Professionals should assess the CYP Levels of Need to determine the kind of support a child or family requires.

Visit: [bit.ly/trafford-first-response](https://bit.ly/trafford-first-response)



### Child and Adolescent Mental Health Services (CAMHS) (ages 0-18)

CAMHS is an NHS specialist multidisciplinary service for young people up to 18 years who may be suffering from a range of complex emotional and mental health difficulties such as depression, anxiety and eating disorders. CAMHS Trafford offer a range of assessment and treatment options for children and young people experiencing mental health difficulties and offer parent/carer online mental health topic workshops for families. Visit: [bit.ly/CAMHS-trafford](https://bit.ly/CAMHS-trafford)



### Trafford Early Development Service (TEDS) (ages 0-3)

Trafford Early Development Service (TEDS) is part of Trafford's Complex Needs Service and can support children and their families through portage developmental play sessions at home, in Early Years settings or in targeted group sessions, depending on needs. TEDS can support preschool children who have a significant delay in two or more areas of their development and who have a Trafford GP.

Visit: [bit.ly/TEDS-trafford](https://bit.ly/TEDS-trafford)



### Community Eating Disorders Service (CEDS) (ages 8-18)

Community-based service providing specialist support for young people with an eating disorder.

Offering advice and support to families, carers and professionals who work with a child or young person. The service also provides intensive community-based treatment, parent and carer support group, training for schools, GPs, and other professionals.

Visit: [bit.ly/MFT-CEDS](https://bit.ly/MFT-CEDS)



### Holding Families + (family support)

Holding Families+ Project works with children (under 18) and families with alcohol and substance using parents who are involved with the criminal justice system. They also work with families with parents who are on a community order with probation. The programme aims to empower families to make positive decisions and help improve family life.

Visit: [bit.ly/holding-families-project](https://bit.ly/holding-families-project)





## GETTING RISK SUPPORT

### Greater Manchester Rapid Response Team (GM RRT) (up to 18 years)

The GM RRT is a team of mental health professionals who provide rapid assessments and brief intensive support (up to 72 hours) to children and young people under 18 years who present in a mental health crisis at A&E, PANDA, Urgent Care Centres.

Visit: [gmmh.nhs.uk/rapid-response-team](http://gmmh.nhs.uk/rapid-response-team)



### Dynamic Support Database (DSD) (up to 18 years)

Used to identify children and young people with Autism (diagnosed) and/or learning disabilities who present with challenging behaviour and are at significant risk of admission to a Tier 4 hospital and/or residential placement. Parents/carers, professionals from health, social care or education can put a child or young person's name on this database (consent needed). The DSD is used by clinicians and commissioners to monitor risk and offer support to children, young people, and their families.

Visit: [bit.ly/dynamic-support-database](http://bit.ly/dynamic-support-database)



### MH Liaison Service (ages 16+)

A Mental Health Liaison Service is based in your local hospital. They assess people aged 16 and over who are inpatients, in Intermediate Care, or have presented in the Emergency Department and are experiencing problems with their mental health. The team of mental health practitioners and psychiatrists cover the hospital 24 hours-a-day, seven days-a-week.

Visit: [gmmh.nhs.uk/mental-health-liaison](http://gmmh.nhs.uk/mental-health-liaison)



### Safe Zones (ages 13-18)

Provides short term interventions for young people and is available seven days a week across four GM locations. To access safe zones, young people must be referred to the team via crisis care pathways partners (RRT/CAMHS/MH liaison). Visit:

[penninecare.nhs.uk/gmccp/safe-zones](http://penninecare.nhs.uk/gmccp/safe-zones)



### Crisis Care helpline (all ages)

If a young person is presenting in a mental health crisis and needs urgent help and support, please contact the free 24/7 crisis helpline on 0800 953 0285, available 365 days per year, 7 days a week.

Visit: [gmmh.nhs.uk/crisis-care](http://gmmh.nhs.uk/crisis-care)





## Referral Information

Please see below information about the services featured in this guide and the referrals that are accepted.

Service	Young Person (self, sibling, or friend)	Parent/carer	Professional (social care, education, health etc)	GP
42nd Street	✓	✓		
Locala	✓	✓	✓	✓
Barnardos		✓	✓	✓
CFC - counselling	✓	✓	✓	✓
Child and Adolescent Mental Health Services (CAMHS)	✓	✓	✓	✓
Children's Specialist Weight Management Service	✓	✓	✓	✓
Community Eating Disorders	✓	✓	✓	✓
Community Paediatrics			✓	✓
Dynamic Support Database (DSD)		✓	✓	✓
Early Break	✓	✓	✓	✓
Family Help Hubs		✓	✓	✓
Learn Active		✓	✓	✓
Foundation 92 – sports based mentoring programme	✓	✓	✓	✓
Greater Manchester Rapid Response Team (GM RRT)			✓	
Holding Families		✓	✓	✓
Home-Start		✓	✓	✓
MH Liaison Service			✓ Hospital crisis only	
Power 2 mentoring	✓	✓	✓	✓
Rainbow Reflections	✓	✓	✓	✓
Safe Zones	✓	✓	✓	✓

Salford Foundation – Engage mentoring service			✓	✓
Salford Foundation – Steer 1:1 mentoring			✓	✓
Oasis Navigator	✓	✓	✓	✓
Trafford Sleep Service		✓	✓	✓
Oasis parent/carers support	✓	✓	✓	✓
The Northern at Urmston Clinic	✓	✓	✓	✓
Thrive in Education (Secondary schools)			✓ Only MHST schools	
Thrive in Education (Primary schools)			✓ Only MHST schools	
TLC – young people’s programmes	✓	✓	✓	✓
TLC and TDAS - Make a Change		✓	✓	✓
Trafford Children’s First Response (Safeguarding)		✓	✓	✓
Trafford Domestic Abuse Service (TDAS)	✓	✓	✓	✓
Trafford Early Development Service (TEDS)			✓	✓
Trafford Health Visiting Team		✓	✓	✓
Trafford Infant Parent Service (TIPS)		✓	✓	✓
Trafford School Health Team	✓	✓	✓	✓
Trafford’s Infant Feeding Support	✓	✓	✓	✓
Trafford Talkshop	✓	✓	✓	✓
Trafford Team Together			✓ School referral only	
Trafford Young Carers	✓	✓	✓	✓
Holiday Activity Programme		✓	✓	✓
SMART Parenting - PLACE2BE		✓	✓	✓

**To find out more about these services  
and any latest updates please visit:  
[trafforddirectory.co.uk/](http://trafforddirectory.co.uk/)**