













Trafford Council Commissioned Mental Health and Wellbeing Services



* For more information about each service, hold Ctrl and click on their logo.



Mental Health Services for Primary Aged Children		Mental Health Services for Secondary Aged Children	
<div></div> <p>Provides support in coping with stress through CYP group sessions and parents workshops on parenting techniques around support supporting emotional difficulties. Age 5-12.</p> <p>Referrals can be made directly to our service using the Early Help Assessment or Trafford Sunrise GP and Paediatric Referral forms. Please email your referral to sunrise@justpsychology.co.uk.</p>		<div></div> <p>Free confidential services for CYP experiencing stress, and mental health problems. Through counselling, 1:1 and group support. Age 13-25.</p> <p>Young people, parents/carers and professionals are able to self-refer to this service by telephone (0161 549 6456), website, in writing, email, or by visiting in person. (The Space, 87-91 Great Ancoats Street, Manchester, M4 5AG)</p>	
<div></div> <p>Free and confidential counselling, advice and support on-line. Provides access to counsellors until 10.00pm, every day of the year, as well as peer support via fully moderated forums. Age 10 – 25. Sign up via Kooth.com.</p>			
School Based Mental Health Support			
<div><p>THRIVE in Education Primary Schools Age 5-11 Mental Health Support Teams in some Trafford Primary Schools and is delivered by Place2Be, Mental Health Practitioners embedded in schools help meet the needs of pupils with mild-moderate mental health needs within the school setting.</p><div><p>Microsoft Word Document</p></div></div>		<div><p>THRIVE in Education Secondary Schools Age 11-18 Mental Health Support Teams in some Trafford Secondary Schools and is delivered by MFT CAMHS through, Education Mental Health Practitioners embedded within schools for pupils with mild-moderate mental health support needs.</p><div><p>Microsoft Word Document</p></div></div> <p>Contact Email: Vicki.dunham1@nhs.net</p>	
Other Commissioned Wellbeing Services			
<div></div> <p>Age 13-19 (25 with SEND) Weekly group for LGBT+ young people and those questioning their gender or sexuality. Recently launched a new digital help service for LGBT+ young people and trusted adults called 'Proud Connections'. Accept referrals from professionals and young people. After filling in the form someone will make contact to find out more information and to arrange an initial video call before accessing a youth group session online. Referral by professionals or a trusted adult.</p>		<div></div>	
<div></div> <p>Support families with volunteers who visit regularly in their own homes. Age 0-18 years (25 with SEND) Families will meet with a co-ordinator who will match them with a volunteer who all have parenting experience. Assessments need to be sent to Kathryn via the EHM or via email at kathryn.eckersley@hsts.org.uk</p>	<div></div> <p>One hour long mentoring sessions, for 8-16 weeks supporting those with low aspirations, NEET, struggling with anger, or with negative or risk-taking behaviours, and expressing challenging behaviours at home and/or in school or college. Age 8-18 (25 with SEND). To request support for a young person, Early Help Assessments need to be sent to Salford Foundation using the EHM or via email at youthservices@salfordfoundation.org.uk</p>	<div></div> <p>For care experienced people for up to 2 years, 1:1 support and mentoring delivered face-to-face or online or via phone if required with the aim to improve mental and physical health, reengage with education, employment, or training and to support independence. Age 16-25. Referral form</p>	<div></div> <p>Delivered by Together Trust, Sleep Tight offer 1:1 Clinics online via Zoom for parents who child is struggling to sleep. Age 2-18. Referral form on website.</p>
<div></div> <p>Talkshop offers support in a safe, friendly & non-judgemental youth work led environment. Youth workers build trusting relationships and provide information & opportunities for young people to learn about themselves & overcome challenges. Support is offered on a wide range of issues from homelessness to cv writing, relationships, exploring sexuality, emotional wellbeing, drugs, alcohol & much more. 0161 912 2453 talkshop@trafford.gov.uk</p>			



CAMHS Multi-disciplinary team providing a range of assessments and treatments to support to children and young people with the most complex emotional/mental health difficulties. Age 0-18. Written referrals from health, education and social care professionals. Also accept self-referrals and referrals from parents and carers. Telephone 0161 549 6456 E-mail mft.traffordcamhs@nhs.net	MFT Community Eating Disorder Service Working within CAMHS, CEDS work with CYP aged 8-18 with a diagnosed or suspected Eating Disorder providing assessment, therapies, and physical health monitoring. Also provide dietetic, psychiatric and paediatric input. Accept self-referrals and referrals from professionals. Telephone 0161 701 0447 E-mail: mftceds@mft.nhs.uk
SAFEGUARDING - Trafford Children's First Response Children's First Response is 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 has concern for CYP, who IS NOT at immediate risk of harm 0161 912 5125 during office hours (Mon - Fri 8:30 - 4:30) 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.	