



**RAISING ROCHDALE**

# Our Emotional Health & Wellbeing Offer

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**ROCHDALE**  
BOROUGH COUNCIL

# Where to get advice

This section is the universal offer for all children, young people and their families. It provides universal advice about children and young people's mental health from the children's workforce.

**The list provides professionals from school and our wider services that can offer advice, support and guidance if you are worried about your child's emotional health and wellbeing – you can ask your school or visit their website.**

- Schools SENCO (Special Educational Needs Co-ordinator)
- Schools Mental Health Lead
- Designated Safeguarding Lead
- Class Teacher / Head Teacher (primary schools) and your child's head of year, if they are at secondary school
- Linked Education Welfare Officer – your school will know who this is, or you can call: **01706 925115** to speak to a member of the team
- Education Mental Health Practitioner (support is available in some schools, ask your school if they are participating). Mental health practitioners offer consultation, advice and support to school staff and parents
- School Nursing Team – This team offers support and a drop in service for parents – please ask your school for further information or see the contact details further on
- You can also visit your GP, Family Hub or Children's Centre for advice
- Locality Mental Health Practitioners – consultations to professionals, your school or lead professional will be able to access this information
- Your school has received Emotionally Based Non Attendance Guidance. Ask your school for a copy or email: [ebna@rochdale.gov.uk](mailto:ebna@rochdale.gov.uk)

Help for Early Years Providers has released new information and guidance on supporting babies and young children with their mental health – visit: [new information and guidance on supporting babies and young children with their mental health.](#)

**Rochdale Child & Educational Psychology Service** advice line for parents/carers – Wednesday afternoons 1.00pm-4.00pm call: **01706 926400**

**Rochdale Additional Needs Service (RANS)** visit: [Our Rochdale | Rochdale Additional Needs Service \(RANS\)](#)

**Children & Young people's (CYP) Mental Health Single Point of Access (SPOA)** – you can contact the SPOA for help and advice by calling: **07935700979** or visit: [Heywood, Middleton and Rochdale CAMHS :: Pennine Care NHS Foundation Trust](#)

**Neurodiversity Hub** call: **0161 206 0606** or you can email: [hmr-ndhub@nca.hhs.uk](mailto:hmr-ndhub@nca.hhs.uk)

**#Thrive** – self referral, drop in for an initial consultation or visit: [#Thrive](#)

**Pennine Care 24/7** mental health advice line (adults and children) call: **0800 0149995**

**SENDIASS** (Special educational needs, disability information, advice & support service) will also offer independent advice and advocacy on school based SEND issues – go to **Sendiass**

**Family Hubs** visit: [Family Hubs](#)

**Early Help** visit: [Early Help](#)

The Northern Care Alliance has a portal where you can get help and advice on a range of universal and targeted support health offers visit: [hmrchildrenshealthportal.northernalliance.nhs.uk/](#)

## Universal resources supporting children's mental health:

If you need help accessing these services, the Local Offer has a list of digital and in person support services visit: [Local Offer](#)

The Five Ways to Wellbeing is a quick and simple way to support mental health at any stage visit: [www.5w2w.uk/](http://www.5w2w.uk/)

You can find other useful sites and sources of information and support here

**NHS Healthier Lives Apps** visit:  
[NHS Healthier Lives](#)

[www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-disorders-in-children/](http://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-disorders-in-children/)

[www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties-for-parents](http://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties-for-parents)

**Essential Parent** visit:  
[Our Rochdale | Essential Parent](#)

You can find books using a prescription at your local library or visit:

[www.rochdale.gov.uk/libraries/reading-well-books-prescription](http://www.rochdale.gov.uk/libraries/reading-well-books-prescription)

**Kooth** visit: [www.kooth.com/](http://www.kooth.com/)

**The Proud Trust for LGBT+** offers advice and support to young people and their parents/families in Rochdale visit:  
[www.theproudtrust.org/](http://www.theproudtrust.org/)

### Leaving Little Ones

A supportive and informative video for parents of primary age children to help them understand what anxiety is.

[Leaving little ones - advice to support your child - YouTube](#)

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## Bereavement and Loss

There is a range of services providing information, bereavement support and counselling, to help young people understand their feelings, process their grief and find ways to move forward.

**These are some national organisations which provide advice and guidance** visit:

[www.onceuponasmile.org.uk/](http://www.onceuponasmile.org.uk/)

[www.childbereavementuk.org/](http://www.childbereavementuk.org/)

Winston's Wish - giving hope to grieving children visit:

[winstonswish.org](http://winstonswish.org)

[www.dove.com/uk/dove-self-esteem-project/help-for-parents.html](http://www.dove.com/uk/dove-self-esteem-project/help-for-parents.html)

[www.itv.com/britaingettalking](http://www.itv.com/britaingettalking)

## National organisations where you can get advice

**Childline** visit:  
[www.childline.org.uk/info-advice/your-feelings/](http://www.childline.org.uk/info-advice/your-feelings/)

**Young minds** visit:  
[www.youngminds.org.uk/](http://www.youngminds.org.uk/)

**Mind** visit:  
[www.mind.org.uk/for-young-people/](http://www.mind.org.uk/for-young-people/)

**Anna Freud** visit:  
[Anna Freud](#)

**Samaritans** visit:  
[www.samaritans.org/how-we-can-help/schools/young-people/](http://www.samaritans.org/how-we-can-help/schools/young-people/)

**NSPCC:** visit:  
[www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/](http://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/)

**The Mix** visit:  
[www.themix.org.uk/](http://www.themix.org.uk/)

**Family lives** visit:  
[Family Lives](#)

**Anxiety UK** visit: [www.anxietyuk.org.uk/get-help/about-anxiety-and-anxiety-disorders/](http://www.anxietyuk.org.uk/get-help/about-anxiety-and-anxiety-disorders/)

**Health for teens** visit: [www.healthforteens.co.uk/feelings/anxiety/](http://www.healthforteens.co.uk/feelings/anxiety/)

**Sleep Support** visit: [thesleepcharity.org.uk/information-support/children/](http://thesleepcharity.org.uk/information-support/children/)

# Getting Additional Help

This section will guide you to services who can offer more advice.

## **School based support:**

As before, you can always seek advice and support from a number of key people from your child's school setting.

Key contacts may include: pastoral staff, SENCO, mental health lead, school-based counsellors (if applicable) and the linked education welfare officer and school nurse.

## **School Nursing - Northern Care Alliance**

School nurses deliver a wide range of Public Health interventions to school-age children and young people up to their 20th birthday. This support includes emotional health and wellbeing and substance misuse. They have a role in promoting emotional wellbeing throughout the school-age years identifying mental or emotional health issues and supporting those with emotional and mental health difficulties to access the appropriate level of mental health services. They will identify vulnerable children, young people, and families, and can offer support by providing co-ordinated, tailored care packages. School nurses can also offer regular drop-in sessions in schools, colleges and local health clinics.

## **Young People's Mental Health Support Team**

Low to moderate emotional and mental health support in schools (check with school if this is available).

## **Rochdale Additional Needs Service**

(RANS TASC) – Parent coffee mornings in schools

## **Educational Psychology Service**

Provides support in schools and educational settings to staff, families, children and young people with specialist educational needs, including social and emotional difficulties, stress, anxiety, bereavement, loss and trauma. The service also provides psychological advice for children going through an EHC assessment.

## **Your Trust – Mindful Movements Resilience programme**

In Primary schools this programme aims to support children's mental health by giving them the tools and techniques to help create a better understanding of how they can manage situations and feelings. Using physical activity as a tool to deliver the programme, children will take part in a variety of activities to learn about mental health, physical health, emotions and feelings.

## **#Thrive visit: Our Rochdale | #THRIVE - Emotional Health and Wellbeing Support**

You can self-refer or just drop-in and the Thrive team will provide advice, guidance, parental programmes, individual and group therapeutic interventions. They can also provide digital offers including the Triple P Fearless Anxiety programme and Silver Cloud according to your child's needs.

## **Silver Cloud**

## **CYP Community Eating Disorders Service: CYP Community Eating Disorders Service**

**Family Hubs** visit: [Family Hubs](#)

**Early Help** visit: [Early Help](#)

**School Health** visit: [School Health](#)

**Early Break** visit: [Early Break](#)

You can access the Educational Psychology Service if your child needs additional support. You will be referred by a school SENCO visit: [Educational Psychology Service](#)

Our Youth Service has a range of inclusive activities and offers support for children and young people with emotional mental health needs visit:

[www.rochdale.gov.uk/youth-service](http://www.rochdale.gov.uk/youth-service)

Additionally, you can visit:

**Neurodiversity Hub:**

[Neurodiversity Hub](#) or call: **0161 206 0606**

**Homestart** visit: [Homestart](#)

**Barnados** – Shine Parental Programmes visit: [Barnados – Shine Parental Programmes](#)

**Short Breaks matrix for children with additional needs** visit: [Short Breaks matrix for children with additional needs](#)

**Rochdale Connections Trust (RCT)** visit: [www.r-c-t.co.uk/children--young-people-services.html](http://www.r-c-t.co.uk/children--young-people-services.html)

**ELSA:** Emotional literacy support – your school may have a staff member trained in ELSA. More information can be found here, visit: [www.elsanetwork.org/area\\_contact/rochdale/](http://www.elsanetwork.org/area_contact/rochdale/)

## Services to support parents and carers

We recognise that it can be difficult for parents and carers to support a child's mental health.

Here are some adult services that can support you and a list of places where you can find advice for your own mental health:

**Qwell** visit: [www.qwell.io/](http://www.qwell.io/)

**Thinking Ahead** visit: [www.thebiglifegroup.com/service/thinkingahead/](http://www.thebiglifegroup.com/service/thinkingahead/)

If you'd prefer to talk to someone with lived experience, we also have a range of parent led projects where our teams can support you.

**Parent Carer Voice** visit: [RPCV Home - Rochdale Parent Carers Voice](#)

**Pennine Care 24/7 mental health advice line** (adults and children) call: **0800 0149995**

**Calm Connections** visit: [Calm Connections \(squarespace.com\)](http://CalmConnections(squarespace.com))

You can also contact your GP for advice.

# Getting More Help

If your child is unable to attend school due to their emotional and mental health needs, there is an Emotionally Based Non-Attendance (EBNA) pathway and referral process.

Please contact your school for more information.

**Barnardo's – Keyworker Service** Referral only via the Dynamic Support Register or the Emotionally Based Non-Attendance Panel. [Our Rochdale | The Dynamic Support Register \(DSR\)](#)

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**CAMHS** (Child & adolescent mental health service) visit: [www.ourrochdale.org.uk/kb5/rochdale/directory/service.page?id=VhBqUBpk4XY](http://www.ourrochdale.org.uk/kb5/rochdale/directory/service.page?id=VhBqUBpk4XY)

**CEDS** Community eating disorder service visit: [CYP Community Eating Disorders Service](#)

**Sleep Support** visit: [Sleep Tight Rochdale | Together Trust](#)

**Neurodiversity hub** visit: [Neurodiversity Hub](#) call: **0161 206 0606** or you can email: [hmr-ndhub@nca.hhs.uk](mailto:hmr-ndhub@nca.hhs.uk)

**Thrive** Early attachment / separation anxiety visit: [#Thrive](#)

Young Carers visit: [www.n-compass.org.uk/our-services/carers/rochdale-carers-hub](http://www.n-compass.org.uk/our-services/carers/rochdale-carers-hub)

**Calm Connections** support for parents/carers of children accessing CAMHS visit: [calmconnections.squarespace.com/wellbeingcentre](http://calmconnections.squarespace.com/wellbeingcentre)

If your child has a more specialised need you may be able to access a short break activity with trained workers in emotional mental health. This can be accessed by a Children's Social care referral visit: [Short Breaks matrix for children with additional needs](#)

## If your child is at immediate risk

**Children's social care (EHASH)**  
Call: **0300 303 0440 / 0300 303 8875**  
(out of office hours)  
Email: [ehash@rochdale.gov.uk](mailto:ehash@rochdale.gov.uk)

**CAMHS** (Child & adolescent mental health service) visit: [www.ourrochdale.org.uk/kb5/rochdale/directory/service.page?id=VhBqUBpk4XY](http://www.ourrochdale.org.uk/kb5/rochdale/directory/service.page?id=VhBqUBpk4XY)

**Children & Young people's (CYP) Mental Health Single Point of Access (SPOA).**  
Contact the SPOA for help and advice by calling: **07935700979** visit:

[Heywood, Middleton and Rochdale CAMHS :: Pennine Care NHS Foundation Trust](#)

[Greater Manchester Crisis Care Pathway :: Pennine Care NHS Foundation Trust](#)

You can also call NHS Emergency & Urgent Care Services by dialling **111**

## National Support Services:

**Childline** call: **0800 1111** or visit: [www.childline.org.uk](http://www.childline.org.uk)

**Samaritans** call: **08457 90 90 90** or visit: [www.samaritans.org](http://www.samaritans.org)

**Papyrus** offers support to young people feeling suicidal call: **0800 068 4141**  
[www.papyrus-uk.org/help-advice-resources/](http://www.papyrus-uk.org/help-advice-resources/)

# Services to support parents and carers

We recognise that it can be difficult for parents and carers who support a child or young person with mental health needs.

Here are some adult services that can support you and a list of place where you can find advice for your own mental health:

**Qwell** visit: [www.qwell.io/](http://www.qwell.io/)

**Thinking Ahead** visit: [www.thebiglifegroup.com/service/thinkingahead/](http://www.thebiglifegroup.com/service/thinkingahead/)

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**Parent Carer Voice** visit: [RPCV Home - Rochdale Parent Carers Voice](#)

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