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| **Service** | **Description** | **Contact Information** |
| **KOOTH** | **Kooth** is a web based confidential support service available to young people aged 11 to 18yrs, providing a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.  It offers the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours’ young people can message our team and get support by the next day. Support can be gained through counselling and articles, forums and discussion boards.  All content is age appropriate, clinically approved and fully moderated.  To find out more visit [www.Kooth.com](http://www.kooth.com)  where young people can register and others can find out more about the service.  | [Kooth website](https://www.kooth.com/) **Heather Hook**, Kooth Engagement Lead for Cumbria can be contacted on Email: hhook@kooth.comMob:  07496 339147Twitter: @Kooth\_Heather |
| **5 – 19yrs Public Health Nurse Service**  | E-School Nurse Video Clinics run every Tuesday and Thursday and are available to professionals and families.  Parents worried about their children/young people and their routines/behaviour getting out of bed, nutrition, exercise and emotional wellbeing can book a video slot to talk to a nurse.  To book an E-School Nurse appointment Telephone **0300 30 34 365**Email: E-schoolnurse@ncic.nhs.ukThe link for the video clinic is [www.chocltd.co.uk/video](https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=http%3a%2f%2fwww.chocltd.co.uk%2fvideo&umid=729818e9-f985-4bbf-9f06-7341f489a478&auth=438558d5329f5814a0a31cfd8e89073841978136-dc7ad628c614cbe7e6e19a14e49b68bb7328a4eb)The team can also support schools through staff training, parent/carer sessions/group work/curriculum etc. In addition the 5-19 PH website has information, resources, advice for professionals and parents/carers at <https://www.cumbria.gov.uk/ph5to19/> | **South: Yvonne Rowlinson****Clinical Lead Public Health 5-19 Nursing Service**Tel:07919228463 Yvonne.rowlinson@ncic.nhs.uk**North and West: Charlotte ThompsonClinical Lead Public Health Nurse 5-19 Team West**Tel: 07717517428Charlotte.Thompson2@ncic.nhs.uk |
| **MY TIME Cumbria (Barnardos) Targeted Mental Health support**  | My Time is part of the CAMHS service provision for children and young people who need emotional health and wellbeing support. MyTime work with mild to moderate emotional health presentations such as anger, anxiety, low mood, self-harm and depression. My Time is part of the CAMHS service provision for children and young people who need emotional health and wellbeing support. MyTime work with mild to moderate emotional health presentations such as anger, anxiety, low mood, self-harm and depression. It is possible for CYP and Parents/Carers to make a self-referral to the My Time Service. Please contact the office, via telephone or email as detailed above. Families will be asked to complete a referral form, a MyTime Senior Practitioner can offer support with the completion of this form if required. Parents / carers can request immediate advice on the contact details above and a MyTime practitioner will respond as quickly as possible. Upon receipt of a self-referral if the service needs additional information, My Time will contact families directly. My Time has a daily triage system in place with Specialist CAMHS across the County | **To contact the service in both North and South Cumbria** please email the My Time in-box at: mytimecumbria@barnardos.org.uk with the following information:* Name of school and your contact details
* Whether you are seeking advice or making a referral
* A time when you can be contacted by telephone; contact telephone number

The admin team monitor emails daily (Monday-Friday 9am-5pm) and will allocate your query to a practitioner who will then contact you.**You can also contact Practitioners directly:-**All schools can contact MyTime via telephone **01539 742626 or email mytimecumbria@barnardos.org.uk** |
| **NORTH CUMBRIA****CAMHS** | CAMHS Support is for CYP who are experiencing serious mental health issues. There is a duty worker system during office hours Monday to FridayThe teams are able to accept referrals from school staff. If it’s not possible to assess over the phone or where indicated, a face to face assessment, in accordance with government guidelines, can be arranged.  | **West CAMHS Team can be contacted on 01900 705 800**.  **East CAMHS Team (Carlisle and Eden) can be contacted on 01228 603 017.**   |
| **SOUTH CUMBRIA****CAMHS** | For advice and support **please ensure that in the first instance** your worries about a child/young person with an escalating mental health difficulty, are discussed with a My Time Primary Mental Health Worker or a senior Health Practitioner or Social Worker. They will advise if a referral to Specialist CAMHS is the appropriate next step and support you through that referral process. CAMHS can be contacted by telephone for advice on 01229 402696.Self-referral is possible via Healthy Young Minds website (<https://www.healthyyoungmindslsc.co.uk/home>) | You can contact the South Cumbria Primary Mental Health Workers directly:**Amy Armstrong**: Tel: 07464540784 amy.armstrong@barnardos.org.uk **Joy Stewart**: Tel: 07599500347 joy.stewart@barnardos.org.uk  |
| **North Cumbria Crisis Assessment and Intervention Service (CAIS)**  | Where young people feel they are in a mental health crisis, referrals can be made by any professional, family member, carer or young person Following referral, contact will be made for a telephone discussion and following this a face to face assessment arranged if felt appropriate. | **0300 123 9015**. This service is available 24/7 |
| **South Cumbria Crisis Line** | Where a child/young person is experiencing a severe mental health crisis. Support is now provided in the Morecambe Bay CCG area and is accessed via the Lancashire and South Cumbria Foundation Trust  | All age Mental Health Crisis Line is available 24 hours a day, 7 days a week by calling **0800 953 0110**. |

End of Bulletin

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