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May 2024

It’s OK not to be OK

Here are some useful numbers for services that can provide support.

All services can be found by scanning the QR code

24/7 Crisis Line

Our local mental health crisis line, managed by Coventry and Warwickshire Partnership NHS Trust can now be accessed via NHS 111 and selecting ‘mental health option’. It can also be accessed online via [111.nhs.uk](https://url.uk.m.mimecastprotect.com/s/r3fkCZ4kwtmxxEZTyBr-o?domain=111.nhs.uk).

Kooth

*Self-refer*

A free, safe and anonymous support service for online advice, support, and guidance for young people aged 11 to 25 years. Kooth allows young people to access a community whereby they can find support through pre-moderated magazine articles, peer to peer discussion forums, a self-help activity hub as well as online 1:1 counselling support.

www.kooth.com

Compass Shine

*Self-refer and professional referral*

Self-help resources, information & advice, 1:1 or group intervention, counselling and family-based support to help children & young people and support to parents, carers & professionals who are worried about a young person’s mental wellbeing.

Telephone – 02467 186 206

Email – [compass.cypeip@nhs.net](mailto:compass.cypeip@nhs.net)

Coventry City Council Family Hubs

*Self-refer*

Children, young people, and families can access information, advice, guidance through a Family Hub in their local area.

0800 887 0545

EarlyHelp@coventry.gov.uk

Teenvine Next Steps / Teenvine Plus

*Self-refer*

Available for young people with SEND (diagnosed or undiagnosed) who are struggling with school / service engagement or need extra support accessing community and becoming more independent. Young people can be self-referred, family referred or professional referred.

Paul Kedwards (Teenvine Next Steps) 07942 266 545

CW Mind

*Self-refer and professional referral*

A range of new offers are available for children and young people in Coventry.

02476631835

Coventry Safe Haven

*Self refer*

A drop-in available to anyone aged 18+ for out- of-hours mental health support. A welcoming, safe, comfortable, non-judgmental and non- clinical environment, that provides information and emotional support.

07921 876 065

[coventryhaven.mhm@nhs.net](mailto:coventryhaven.mhm@nhs.net)

Peer Mentoring Support Service

*Self-refer and professional refer*

Support to young people aged 17 t 25 across Coventry and Warwickshire. Young people are able to self-refer

07816 129017

Positive Youth Foundation

*Self refer*

Wide range of support and opportunities young people in Coventry aged 8-25,

including newly arrived refugees and migrants, experiencing early signs of stress and anxiety.

024 7615 8550

A person sitting cross legged with his legs crossed and a computer

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[www.coventry.gov.uk/childrens-mental-health](http://www.coventry.gov.uk/childrens-mental-health)

Children and young people MH Service

*Professional referral*

If you would like to talk about a child or young person, you can have a consultation with a mental health clinician within the Navigation Hub.

Rise Navigation hub 0300 200 2021

Virtual School

Is the Child Looked After (CLA) or previously looked after (PCLA)?

The virtual school can offer support and advice to schools, nurseries and colleges.

024 7697 5535

[virtualschool@coventry.gov.uk](mailto:virtualschool@coventry.gov.uk)

Community Autism Support Service (CASS)

Supports children, young people and adults who are awaiting a neurodevelopmental assessment, those diagnosed with autism, and their families and carers.

Telephone support Monday to Friday, 8am to 8pm by calling 024 7601 2333

NSPCC National Services

*Self refer and professional referall*

As part of the NSPCC’s fight for every childhood, we work directly with children and families in our service centres across the UK and Channel Islands and give support to thousands of adults and young people in need through the NSPCC Helpline.

0808 800 5000

Childline Tel: 0800 1111

Family Health and Lifestyles Service

*Self-refer and professional referall*

Helping children and young people take responsibility for their own health and adopt a healthy lifestyle through: School Nurses, Health Visitors, Stop Smoking Services, the Be Active Be Healthy team, Infant Feeding Team Family Nurse Partnership and MAMTA.

There is also ChatHealth, a free confidential text service

07507 331 949 for 11-18-year-olds.

024 7518 9190

Coventry SEND Support Service

Coventry SEND Support Service continues to offer support to schools through their link SEND professionals. This includes work with families, children and young people and setting staff; this support is usually agreed through the setting SENCo or other members of the leadership team.

024 7678 8400

BSCLimbrickWoodCentre @coventry.gov.uk

Time for You Schools Counselling

*Professional referral*

Relate provide a counselling support offer to children and young people across Coventry and Warwickshire. Time for You is an offer that is brought in by schools.

024 7622 5863

info@relatecoventry.org

Dimensions Tool

*Self help*

The Dimensions of Health and Wellbeing is a free online tool providing self-care information to support adults, children and young people in Coventry and Warwickshire.

Positive Choices

Support to young people aged 5 to 24 around their own drug and alcohol use or if they are impacted by another’s substance misuse, unhealthy partner relationships and sexual health.

024 7655 3130

To make a referral or speak with a member of the team, please contact [coventryyp.info@cgl.org.uk](mailto:coventryyp.info@cgl.org.uk)

Community Autism Support Service (CASS)

Supports children, young people and adults who are awaiting a neurodevelopmental assessment, those diagnosed with autism, and their families and carers.

Telephone support Monday to Friday, 8am to 8pm by calling 024 7601 2333

Children Looked After (CLA) Service

*Professional referall*

Offer provides therapeutic interventions to children and young people aged 5-18, who are currently looked after by Coventry local authority. Referrals from Professionals sent to Rise Navigation hub on

0300 200 2021

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[www.coventry.gov.uk/childrens-mental-health](http://www.coventry.gov.uk/childrens-mental-health)