

# Children & Young People's Emotional Health and Wellbeing Directory



## About This Directory

This directory brings together services and resources across Westmorland and Furness to support the emotional health and wellbeing of children and young people. It is designed to help services, organisations and community partners find the right help, at the right time for children, young people and families.

Each entry is organised by Key Area and tagged with Key Themes such as Anxiety, Bullying, and SEND, making it easier to navigate.

To explore the full descriptions and contact details, please use the hyperlinks in each section to jump to your service of interest.

All services within this directory cover Westmorland and Furness unless stipulated otherwise.

### Key Areas:

- **Self Care**
- **Getting Advice**
- **Getting Help**
- **Getting More Help**
- **Getting risk support**

### Key Themes:

- Resilience Building
- SEND (Special Educational Needs and Disabilities)
- SEMH (Social, Emotional, and Mental Health)
- Transitions Through and Out of School Life
- Bullying
- Sexuality and Identity
- Anxiety and Stress
- Bereavement and Loss
- Self-Esteem and Confidence
- Trauma and Safeguarding



# Emotional Wellbeing and Mental Health

A Guide to help you choose the right support and service

## Self Care



Angry, unsettled sleep, feeling worried or sad, disruptive behaviour, friendship difficulties

Self care is the most effective way to support children, young people and their families. A large range emotional health difficulties can be improved within the home with parent/carer involvement

Teaching emotional regulation  
Curriculum/class work  
Nurture groups  
Buddy systems  
Mindfulness  
Kooth.com

## Getting Advice



Poor attendance, physical illness, reduced achievement, poor friendships, presenting worried, upset, behaviour change

There is a lot of advice and support available to professionals and families on a range of emotional health difficulties that can build resilience and prevent the need for a referral

Primary Mental Health Worker  
01539 742626 or via email: pmhw.mytime@barnardos.org.uk  
0-19 Growing Healthy Services (including e-school nurse):  
Westmorland and Furness Tel: 03003 049039 or via email: hdfd.spoc0-19waf@nhs.net  
Mental health in Schools teams (MHST)  
Kooth.com

## Getting Help



Exam stress, general anxiety, poor emotional regulation, self harm, low mood, anger, poor school attendance

Getting help is to prevent the need for more help in the future. There are many professionals in the community who have an excellent understanding of general emotional health issues and can deal with a whole range of mental health problems

My Time - email:  
MyTimeSouthCumbria@barnardos.org.uk or MyTimeNorthCumbria@barnardos.org.uk  
0-19 Growing Healthy Services (including school nurse):  
Westmorland and Furness Tel: 03003 049039 or via email: hdfd.spoc0-19waf@nhs.net  
Mental health in Schools teams (MHST)  
Educational Psychologists  
Kooth.com

## Getting more help



Ongoing sleep issues, extreme lethargy/no energy, shutting out family/friends, engaging in risk taking behaviour, extreme mood swings/feelings

Getting more help is to prevent admission to hospital and stabilisation to access getting help advice and self care.

The young person will be showing signs of severe and worsening emotional distress.

Specialist support is needed due to enduring emotional difficulties and possible mental health disorder

Specialist CAMHS:  
West - 01900 705800  
East - 01228 603017  
South - 01225 408660

## Specialist Mental Health



Risk to life and diagnosable mental health disorder

Specialist mental health services mean urgent care is needed and possible admission to a ward.

### CRISIS RESPONSE

The CYP's life or health is in immediate danger due to extreme emotional distress e.g. if they are a danger to themselves or another person CALL 999 or take CYP to nearest Accident & Emergency Department

### Crisis Team:

North - **0800 6522865**  
South - **0800 9530110**

Papyrus Suicide Help line  
For emergency situations contact 999 or take direct to A&E

**Don't stop encouraging parent involvement and self care, keep getting advice and seeking help from all professionals**

**Think Family:** consider Early/Family Help to support wider needs of the family that may be impacting the child's emotional wellbeing and mental health: Cumberland Children Advice & Support Service (CCASS): **0333 240 1727** Westmorland and Furness Multi Agency Children's Hub: **0300 373 2724**

**The school age children and young people self-harm pathway (PDF, 6.3MB)**

# Contents

About This Directory	2
Emotional Wellbeing and Mental Health	3
<b>Self Care</b>	<b>7</b>
Kooth (Online)	7
Healthy Young Minds (Online)(Lancashire & South Cumbria ICB)	7
Young Minds	8
1GiantMind – Meditation App	8
Calm Harm App	8
BlueIce App	8
Feeling Good Teens App	8
The Mix – Support for Ages 16-25	9
Active Cumbria	9
Carlisle Youth Zone (Eden)	9
Walney Community Trust (Barrow)	9
<b>Getting Advice</b>	<b>10</b>
Best Start Family Hub	10
Family Help	10
Health Visiting Team	10
School Nursing Team	11
Barnardo's Primary Mental Health Worker (PMHW) (South Cumbria)	11
Westmorland and Furness Safeguarding Children Partnership (WaFSCP)	11
Children with Disabilities (CWD Team)	12
Young Carers	12
Cumbria Youth Alliance (CYA)	13
General Practices (GPs)	13
Health and Wellbeing Coach (HAWC) Team	13
Social Prescribing	13
Barnardos LINK – Social Prescribing for CYP in Eden	14
Child Centred Policing Team – Cumbria Constabulary	15
Cumbria Family Support	15
Women's Community Matters (South Cumbria)	15
Drop Zone Youth Project (Barrow)	16

Wave Forward	16
I Matter Training (Kendal only)	16
OutREACH Cumbria (LGBT+ Youth Mental Health)	17
Anti Racist Cumbria	17
Annie Mawson's Sunbeams Music Trust	17
Childline – Support for Under 19s	18
R:pple – Suicide Prevention Tool	18
SAM – Self-Help App for the Mind	18

## Getting Help

19

Barnardo's MyTime – (South Cumbria)	19
Barnardo's MyTime – (North Cumbria Eden)	19
Barnardo's Mental Health Support Teams (MHST) – Morecambe Bay (South Cumbria)	20
Barnardo's MHST – North Cumbria (Eden)	20
Every Life Matters	20
SAFA (Self-Harm Awareness For All) (South Cumbria)	21
LSCFT Eating Disorder Service	21
BEAT (UK Eating Disorder Charity)	22
Youth Justice - Westmorland and Furness Youth Justice and Prevention Service	22
Substance Use - Westmorland and Furness Youth Substance Misuse Team	23
Substance Use - CADAS (Cumbria Addictions Advice & Solutions)	23
Educational Psychology Service	24
Behaviour and Emotional Wellbeing Officers (BEWO)	24
Education & Inclusion - Specialist Advisory Teachers (SEN Support)	24
Emotional Health and Wellbeing Team	25
Brathay Trust	25
Virtual Schools Team	25
Cancer-Care	26
Bereavement & Illness Support - Child Bereavement UK	26

## Getting More Help

27

Children and Young People's Mental Health Service (CYPMH) – South Cumbria	27
CAMHS – (North Cumbria)	27
Papyrus (Suicide Prevention)	29
Crisis & Abuse Support - Bridgeway Sexual Assault Support Service (SARC)	29
SafetyNet (Eden)	29
Birchall trust (Barrow based)	30

**Getting Risk Support****31**

Accident and Emergency Departments

31

Papyrus – HOPELINE247

31

RAIS – Responsive and Intensive Support Team (Westmorland &amp; Furness) - Access to this service is through the Initial Response Service (IRS) only.

31

Shout 85258 – Crisis Text Service

31

## Self Care

### Kooth (Online)

**Key areas:** Online Counselling, Out-of-Hours Support, Emotional Wellbeing

Kooth is free to access via any internet-connected tablet, computer or smartphone. There are no waiting lists or thresholds to meet and a referral from a medical professional is not needed.

Kooth offers young people a range and choice of support options under one digital roof. It has services that are accessible 7 days a week, 365 days a year. This includes one-to-one text-based sessions with experienced counsellors and wellbeing practitioners run from midday to 10pm on weekdays, and from 6 -10pm at the weekend.

Appointments can be booked in advance or accessed via a drop-in text-based chat. Kooth also provides a fully safeguarded and pre-moderated community with a library of peer and professional created articles. And there are discussion forums too. All content is pre-moderated and age appropriate.

Kooth covers many topics including relationships, LGBTQIA+, exam stress, anxiety, eating difficulties, self-harm, suicidal thoughts, body image, social media, bullying and family worries. All these subjects affecting young people's mental health are presenting issues that Kooth and other mental health providers see from all age groups. Kooth is commissioned by the NHS and clinically approved for children from the age of 10 and is the only digital mental health provider to hold a

BACP (British Association for Counselling and Psychotherapy) accreditation across the Country.

### Kooth

### Healthy Young Minds (Online)(Lancashire & South Cumbria ICB)

**Key areas:** Emotional Wellbeing, Neurodiversity, Family Support

Resources and online support for children, young people, families, and professionals.

**Topics Covered:** Anxiety, ADHD, Autism, Self-Harm, Gender & Sexuality, Resilience, and more

### Healthy Young Minds

## Young Minds

**Key areas:** Mental Health, Family Support, Inclusion

Online mental health charity supporting young people, parents, and professionals.

**Topics Covered:** ADHD, Identity, Mental Health Conditions, Emotions, Medication

[Young Minds Website](#)

## 1GiantMind – Meditation App

**Key areas:** Anxiety, Relaxation, Mental Focus

Free app teaching meditation with guided sessions by trained facilitators.

[1GiantMind](#)

## Calm Harm App

**Key areas:** Self-Harm Prevention, Mindfulness, CBT

Free app to help manage or resist the urge to self-harm through evidence-based techniques.

[Calm Harm App](#)

## Bluelce App

**Key areas:** Self-Harm Support, Emotional Regulation

Evidence-based app to reduce urges to self-harm, including mood diary and calming tools.

[Bluelce App Info](#)

## Feeling Good Teens App

**Key areas:** Resilience, Motivation, Positive Psychology

Audio tracks for 10–15-year-olds focusing on relaxation, self-esteem, sleep, and exam stress.

[Feeling Good Teens | Waiting Room](#)

## The Mix – Support for Ages 16-25

**Key areas:** Mental Health, Life Advice, Peer Support

The Mix is a UK-based mental health and well-being service specifically designed for young people aged 16 to 25. The Mix aims to offer confidential, accessible support in a variety of ways:

- Online Counselling: The Mix offers free, confidential online counselling through one-to-one chats with trained professionals.
- Helpline: You can contact them via phone or web chat to speak to a counsellor for advice and emotional support.
- Peer Support: The Mix has an online community where young people can share experiences, advice, and support each other in a safe, moderated environment.
- Resources: Articles, blogs, & other resources on a variety of topics like mental health, relationships, sexual health, money management & more.
- Self-Help Tools: The platform provides tools and tips to help you manage stress, anxiety, and other mental health concerns.

### [The Mix Website](#)

## Active Cumbria

**Key areas:** Physical Activity, School Engagement, Health Promotion Active Cumbria provides support to schools across the county.

The offer is centred around supporting schools to embed physical activity and active travel into their ethos, and is captured in the following five key aims:

- Help schools understand their current position regarding physical activity, active travel and sport provision.
- Provide access to a variety of extra-curricular physical activity, active travel initiatives and sport provision.
- Deliver relevant CPD, learning and networking opportunities.
- Develop skills and confidence in subject leadership in Physical Education.
- Increase opportunities for participation in sport for less active and SEND children through a comprehensive School Games offer.

They offer specific support to the 251 Primary Schools, 21 Junior Schools and 37 Secondary Schools in Cumbria with their PE & School Sport helping to tackle the rising levels of inactivity in Cumbria through whole school approaches.

### [Children & Young People - Active Cumbria](#)

## Carlisle Youth Zone (Eden)

**Key areas:** Safe Spaces, Social Activities, Youth Engagement

Safe space open six nights/week and school holidays. Offers social activities and support.

### [Carlisle Youth Zone](#)

## Walney Community Trust (Barrow)

**Key areas:** Youth Activities, Community Support, Emotional Resilience

Registered charity Community hub providing youth activities and emotional resilience programmes.

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

## Getting Advice

### Best Start Family Hub

**Key areas:** Integrated Support, Family Wellbeing, Resource Navigation

A single access point for families to reach integrated support services covering social, emotional, physical, and financial needs. Best Start Family Hubs also offer parenting support, information, advice, and inclusive activities for all families, including those with SEND.

There are physical hubs across Westmorland and Furness, supported by an expanding outreach offer to ensure all communities can engage with services.

The website is accessible to all families in Westmorland and Furness and provides direct links to key resources, information, and services.

[Best Start Family Hubs | Westmorland and Furness Council](#)

### Family Help

**Key areas:** Early Help, Family Support, Multi-Agency Working

Family Help is the response made when a professional identifies unmet needs with a child or family, and works in collaboration with families, networks and other agencies to meet those needs at the earliest opportunity.

An Early Help Assessment should be completed with the child and family <https://wfscp.org.uk/resources-and-guidance/family-help-resources/family-help-assessments>

Tel: 0300 373 2723

Email: [family.help.waf@cumbria.gov.uk](mailto:family.help.waf@cumbria.gov.uk)

[Families Information | Early Help](#)

### Health Visiting Team

**Key areas:** Child Development, Parenting Advice, Health Guidance

Part of the 0–19 Healthy Child Programme, offering 4 levels of intervention:

- Advice and guidance for ages 0–5
- Five mandated checks (antenatal, new birth, 6 to 8 weeks, 1- and 2-year-old check) with additional contacts to support families around development and school readiness.
- Support with behaviour, growth, development, feeding including weaning, immunisations, direct family support, school readiness etc. through drop-in and appointment clinics both face to face and virtual.

[Children's Health Services 0 -19 | Growing Healthy | HDFT](#)

[Download Our App | HDFT Childrens Health Service](#)

## School Nursing Team

**Key areas:** Adolescent Emotional and Physical Health, Resilience, School Support Provides:

- School nurse and E-Emotional Resilience clinics – on-line health support and advice for parents, carers and professionals who are supporting children and young people aged 5-19. The book an appointment Call: 03003 049039 or email [hdfc.spoc0-19waf@nhs.net](mailto:hdfc.spoc0-19waf@nhs.net)
- School based drop-in sessions to support young people to reduce teen pregnancy and termination of pregnancy rates and support
- Support with health conditions, mental health, lifestyle choices, toileting, digital wellbeing, and more
- Training for schools

[Children's Health Services 0 -19 | Growing Healthy | HDFT](#)

[Download Our App | HDFT Childrens Health Service](#)

## Barnardo's Primary Mental Health Worker (PMHW) – (South Cumbria)

**Key areas:** Mental Health Guidance, Professional Consultation, Service Navigation

You can reach out to your local Primary Mental Health Workers for guidance or recommendations regarding any young person you are supporting. They can help direct you to appropriate services in the area that support children and young people's mental health and emotional well-being.

Note: They do not require children's details or parent/carer consent to provide consultation to professionals.

Referral Route: Through the MyTime inbox.

Tel: 01539 742 626

Email: [pmhw.mytime@barnardos.org.uk](mailto:pmhw.mytime@barnardos.org.uk)

[MyTime South Cumbria | Barnardo's](#)

## Westmorland and Furness Safeguarding Children Partnership (WaFSCP)

**Key areas:** Safeguarding, Interagency Collaboration

The purpose of WaFSCP is to support and enable local organisations and agencies to work together in a system where:

- Children are safeguarded and their welfare promoted.
- Partner organisations and agencies collaborate, share and co-own the vision for how to achieve improved outcomes for vulnerable children.
- Organisations and agencies challenge appropriately and hold one another to account effectively.
- There is early identification and analysis of new safeguarding issues and emerging threats. Learning is promoted and embedded in a way that local services for children and families can become more reflective and implement changes to practice. Information is shared effectively to facilitate more accurate and timely decision making for children and families.

[Cumbria Safeguarding Children Partnership | Cumbria Safeguarding Children Partnership](#)

## Children with Disabilities (CWD Team)

**Key areas:** SEN, Complex Needs, Family Support

Social care for disabled children and young people in need of intensive support This service works with children and young people aged 0-18 who have:

- Severe physical disabilities that significantly impact on their wellbeing.
- Severe learning disabilities.
- Multiple or severe disabilities.
- Severe sensory impairment in conjunction with a severe learning disability.
- Complex health needs.

The above list is not exhaustive.

[Families Information | Children with Disabilities \(CWD\) Team](#)

## Young Carers

**Key areas:** Family Support, Mental Health, Respite Young Carers Support – Carers Support Cumbria

Offers assessments, personalised care plans, and access to health and emotional support. Young people aged 5-18 who care for someone at home due to illness, frailty, physical or mental health problems can receive support from Carers Support Cumbria.

This service includes:

- Carers assessments
- Care support plans
- 1 to 1 support
- Respite activities
- Time with other young carers
- After school clubs
- A friendly listening ear

Tel: 08443 843230

[Support for young carers and young adult carers | Westmorland and Furness Council](#)

[Carers Support Cumbria](#)

[Carer Support South Lakes - Young Carers Support](#)

[Young Carers \(Eden YC\)](#)

[Young Carers - Carer Support Furness](#)

## Cumbria Youth Alliance (CYA)

**Key areas:** Youth Development, Capacity Building, Strategic Support

Cumbria Youth Alliance is an organisation that supports youth-focused charities, community groups, and organisations across Cumbria. The aim is to strengthen the third sector by providing training, funding opportunities, and strategic support. CYA facilitate collaboration between organisations, ensuring high-quality service delivery for young people. CYA also directly supports young people through targeted programmes, helping them achieve sustainable and positive futures.

### Cumbria Youth Alliance

## General Practices (GPs)

**Key areas:** Primary Care, Mental Health Referrals, Medical Advice When to seek support from a GP:

- Persistent emotional struggles
- Difficulty managing life events
- Self-harm/suicidal thoughts
- Withdrawal or drop in school performance GPs can offer support, referrals, and resources.

## Health and Wellbeing Coach (HAWC) Team

**Key areas:** Coaching, Resilience, Behaviour Change

The HAWC Team provides coaching for individuals aged 16+, addressing mental/physical health, social issues, addictions, and more. Drop-in sessions available. The team is made up of Health and Wellbeing Coaches and Health and Wellbeing Officers who are all trained to offer support and guidance through coaching.

The team adopts a coaching approach to support as they believe that people have a key part to play in achieving their goals and outcomes. Using coaching facilitates behaviour change and helps to take control of issues, by developing coping mechanisms and helping to build resilience.

The aim is to help people achieve a good life by addressing any factors that are impacting them. This could be relating to mental and physical health, your social situation, addictions or your living conditions.

They will work with people to build relationships with friends, family and the community in which they live.

**[Health and wellbeing service | Westmorland and Furness Council](#)**

## Social Prescribing – Westmorland and Furness

**Key areas:** Social Prescribing, Holistic Support, Community Health

Community-based health approach connecting individuals to activities, peer support, and advice. The social prescribing services across Westmorland and Furness includes social, emotional, and financial support

Different roles: cradle to grave, youth-specific, over-16s

Access is via GP, MH services, or community organisations.

## Barnardos LINK – Social Prescribing for CYP in Eden

**Key areas:** Social Prescribing, Youth Support, Community Engagement

LINK is a Social Prescribing Service for Children and Young People aged 5 to 19 in North Cumbria. They currently work alongside selected PCNs in North Cumbria to support children and young people with their emotional health and wellbeing. LINK is a co-produced, flexible and responsive service offering a range of interventions and pathways of support. The LINK service offer includes pathways such as:

- Co-ordination of support and onward referrals to other organisations
- Up to 12 weeks of one-to-one wellbeing support with a LINK worker
- A unique and bespoke Green and Blue social prescribing offer
- Wellbeing group work within schools and other settings
- Virtual group work
- Drop-in sessions within a range of different settings
- Community development support
- Presence at community events

Children and young people must be registered to a GP surgery within a PCN with whom we are currently funded to work with. LINK can take referrals from a range of pathways including GPs and other health professionals, schools and other organisations.

Cumbria LINK - Young People's Social Prescribing Service | Barnardo's

## Child Centred Policing Team – Cumbria Constabulary

**Key areas:** Youth Justice, Early Intervention, Risk Reduction

The Policing of Children in Cumbria.pdf

The Child Centred Policing Team have an emphasis on early intervention to divert away from offending, prevent the unnecessary criminalisation of children and reduce risk of harm.

If you have concerns of a person under 18, displaying risk taking behaviour or escalating behaviour, they may be suitable for early intervention, and you can complete the below form which will be reviewed and acted on where appropriate by Cumbria's Child Centred Policing Team.

Call 101 or 999 in emergencies.

### [CCPT Referral Form](#)

## Cumbria Family Support

**Key areas:** Family Support, Volunteer Support, Crisis Intervention

Cumbria Family Support helps families with children in Cumbria to get through difficult times. The team including trained volunteers which provide support to families in their own homes until their difficulties have passed.

This is a charity offering support for children and families who are experiencing stress or difficulties. They help families by providing practical and emotional support to reduce isolation and health inequalities and help them to overcome issues or challenges they may be facing.

### [Cumbria Family Support](#)

## Women's Community Matters (South Cumbria)

**Key areas:** Trauma Support, Women's Services, Community Wellbeing

Women's Community Matters is a trauma-informed organisation. They facilitate gender-responsive programmes with the constant understanding of working in a trauma-informed way for the people in our community. The Centre embodies love, care, compassion and kindness and we believe that working with this ethos make a difference for an individual and society.

### [Women's Community Matters](#)

## Drop Zone Youth Project (Barrow)

**Key areas:** Youth Work, Education Support, Mental Health Resilience

The Drop Zone Extended Education Programme in Barrow provides support to those who find engagement in mainstream education difficult. They work with small groups supporting GCSE work, delivery of functional skills and preparation for exams.

Youth Work - Young people can access a variety of projects, from accessing drop-in sessions and socialising with friends to taking part in activities designed to improve skills and knowledge.

Teen Talk - Drop Zone's new low level mental health support service. Drop Zone support's young people to develop emotional resilience to improve their emotional wellbeing.

Based in Barrow Tel: 01229 812888

### Drop Zone Youth Projects

## Wave Forward

**Key areas:** Mental Health, Counselling, Youth Empowerment

Wave Forward is a Kendal based charity that works with young people to create projects that will work for them. They offer counselling, programmes, workshops and support to young people to improve their emotional wellbeing and mental health. The counselling service is only available for 16+.

## I Matter Training (Kendal only)

**Key areas:** Professional Training, Parenting Support, Mental Health

Parenting and professional development training designed to support children with challenging behaviour or mental health difficulties. Referral Route: Self-referral online. This service is only free to clients of Kendal based GP's

### I Matter Training

## OutREACH Cumbria (LGBT+ Youth Mental Health)

**Key areas:** LGBT+, Mental Health, Youth Empowerment

OutREACH Cumbria is a mental health and well-being service in Cumbria that provides specialised support for young people aged 16-25 who are experiencing mental health difficulties. The service focuses on supporting those who may not be accessing other traditional forms of mental health care, offering a range of services aimed at promoting mental well-being, reducing social isolation, and providing a safe and supportive environment.

What OutREACH Cumbria Offers:

- One-to-One Support
- Group Support and Activities

Tel: 01900 602139 [OutREACH Cumbria](#)

## Anti Racist Cumbria

**Key areas:** Equity, Education, Community Voice, Structural Change

**The Vision:** To make Cumbria the first actively anti-racist county in the UK by dismantling racism, embedding anti-racist practices, and uplifting the voices, experiences, and contributions of Black and Brown people.

**The Offer:**

- Training & Support - They offer training and workshops for individuals and organisations, racial trauma support for Black and Brown adults, and specialist resources for schools. Young people can also access our ARC youth club and tailored support.
- Counselling & Therapeutic Services - They run Living Whilst Black—free monthly sessions led by an anti-racist embodiment coach. These are safe, supportive spaces to explore the mental and physical toll of racism and begin healing together. Sessions are mostly online. If you identify as Black, Brown, South Asian, East Asian, Global Majority, or a similar term and are unsure if this is for you, email us to find out more.
- Online Resources & Self-Help - Explore free blogs, educational videos, and social media content to deepen your understanding of anti-racism.

Interested or want to get involved? Follow us on Instagram, Facebook, and LinkedIn for regular updates.

Email: [hello@antiracistcumbria.org](mailto:hello@antiracistcumbria.org) [antiracistcumbria.org](http://antiracistcumbria.org)

## Annie Mawson's Sunbeams Music Trust

**Key areas:** Music Therapy, Disability Support, Mental Health

Sunbeams music trust based in Penrith provides Community Music Therapy to children and adults with a wide range of disabilities and complex medical needs including physical disabilities and severe mental health problems, sensory impairments, emotional and behavioural difficulties.

Contact: [annie@sunbeamsmusic.org](mailto:annie@sunbeamsmusic.org) or Tel: **01768 892909**

[Sunbeams Trust](#)

## Childline – Support for Under 19s

**Key areas:** Safeguarding, Emotional Support, Wellbeing 24/7 support service for children and young people.

Services Include:

- Free confidential counselling via phone, webchat & email
- Mental health advice, articles & self-help tools
- Childline App for ongoing support

Tel: 0800 1111

[Childline Website](#)

## R;pple – Suicide Prevention Tool

**Key areas:** Online Safety, Suicide Prevention

R;pple is an innovative online interceptive tool designed to ensure more help and support is provided to individuals conducting searches related to self-harm or suicide. Our focus is on proactive intervention, bridging the gap between individuals in crisis and the help they require.

[R;pple Website](#)

## SAM – Self-Help App for the Mind

**Key areas:** Anxiety, Depression, Self-Management

A wellbeing app with exercises and tools to manage anxiety, depression, and low mood.

[SAM App](#)

## Getting Help

### Barnardo's MyTime – (South Cumbria)

**Key areas:** Early Intervention, Counselling, Family Support, Emotional Wellbeing

MyTime South Cumbria is in the Getting Help quadrant of Thrive support and supports children and young people with mild to moderate mental health challenges by providing early, targeted interventions, typically up to 8 sessions. The service also offers guidance and support to parents, carers, school staff, and professionals working with children across South Cumbria. MyTime South Cumbria works with young people experiencing difficulties such as anger, anxiety, low mood, self-harm, and depression. They provide counselling, play therapy, and Decider Skills.

Referral Route: Through the inbox.

Tel: 01539 742 626

Email: [MyTimeSouthCumbria@barnardos.org.uk](mailto:MyTimeSouthCumbria@barnardos.org.uk)

[MyTime South Cumbria | Barnardo's](#)

### Barnardo's MyTime – (North Cumbria Eden)

**Key areas:** Emotional Wellbeing, Therapeutic Support, Counselling

MyTime North is part of the CAMHS service provision for children and young people aged 5-18yrs, needing emotional health and wellbeing support. MyTime North work with mild to moderate emotional health presentations such as anger, anxiety, low mood, self-harm and depression. MyTime North Practitioners work by putting the young person at the heart of the intervention and focus on what they do well, as well as what they have in their power to change, calling on the various systems such as family and schools, to support the desired changes. They offer support through various therapeutic interventions:

Counselling: 6-8 sessions where the young person can talk about issues affecting their emotional wellbeing. Therapists and Practitioners work within the CSSO model but will integrate various approaches such as Person Centred, CBT and creative techniques.

[MyTime North Cumbria | Barnardo's](#)

## Barnardo's Mental Health Support Teams (MHST) – Morecambe Bay (South Cumbria)

**Key areas:** Mental Health Support, School Collaboration, Resilience Building

The MHST (Mental Health Support Teams) accept requests for support for children and young people in school years 1-13 attending targeted schools across the South Lakes and Furness area. They provide early intervention for mild to moderate emotional and mental health needs, such as low mood, anxiety, behavioural and interpersonal challenges, sleep difficulties, and issues with self-esteem and confidence. Working closely with children, young people, their parents/carers, and schools, MHSTs aim to build resilience, enhance problem-solving skills, and develop effective coping strategies to support mental health.

The service operates across three bases: Northgate in Morecambe, The Hub at Project John in Barrow-in-Furness, and Stricklandgate House in Kendal.

Referral Route via school. Each secondary school has a dedicated MHST.

[Moving Mindsets - Morecambe Bay Mental Health Support Teams | Barnardo's](#)

## Barnardo's MHST – North Cumbria (Eden)

**Key areas:** Mental Health in Schools, Early Intervention, Staff Support

The MHST (Mental Health Support Teams) accept requests for support for children and young people in the schools in North Cumbria. This includes all secondary schools in the Eden area and selected primary schools. The children and young people must be attending targeted schools to access support.

They provide early intervention for mild to moderate emotional and mental health needs, such as low mood, anxiety, behavioural and interpersonal challenges, sleep difficulties, and issues with self-esteem and confidence. The service also supports Senior Mental Health Leads in the schools to provide whole school approach to mental health and wellbeing. Referral Route via school.

## North Cumbria Mental Health Support Team

## Every Life Matters

**Key areas:** Mental Health, Training, Bereavement Support

Every Life Matters Cumbria is a suicide prevention and suicide bereavement mental health support charity that provides a range of services to individuals, families, and communities across Cumbria. Their focus is on raising awareness, providing training, and offering direct support to those affected by suicide.

### Key Services:

- Suicide Prevention & Mental Wellbeing Training
- Support for People Bereaved by Suicide
- Crisis Support & Signposting
- Community Outreach & Awareness Campaigns

Tel: 07908 537541 Email: [info@every-life-matters.org.uk](mailto:info@every-life-matters.org.uk)

[Every Life Matters - Suicide Safer Cumbria](#)

## SAFA (Self-Harm Awareness For All) (South Cumbria)

**Key areas:** Self-harm, Mental Health, Training, Bereavement Support

SAFA Cumbria is a mental health charity that provides support for individuals struggling with self-harm and emotional distress. They offer specialised therapeutic services to help people understand and manage their emotions in a healthier way.

What SAFA Offers:

- Free & Confidential Counselling and Therapy
- Services for both adults and young people (aged 11+).
- Support for Families & Carers
- Mental Health Awareness & Training
- Suicide Prevention & Crisis Support

Tel: 01229 832269

Email: [info@safa-selfharm.com](mailto:info@safa-selfharm.com)

### [SAFA](#)

## LSCFT Eating Disorder Service

**Key areas:** Eating Disorders, Therapy, Family Support

This service provides specialised care and treatment for individuals experiencing eating disorders. The service is available to people of all ages, including children, young people, and adults, and offers a range of interventions aimed at supporting recovery including:

- Assessment and Diagnosis
- Individualised Treatment Plans
- Multidisciplinary Team Approach
- Outpatient Services
- Inpatient and Day Services
- Family Support and Therapy
- Ongoing Support and Aftercare

Referral Process: Refer through a GP, mental health professionals, or directly to the service depending on the individual's situation.

**[Eating Disorder Service : Lancashire and South Cumbria NHS Foundation Trust](#)**

## BEAT (UK Eating Disorder Charity)

**Key areas:** Eating Disorders, Peer Support, Awareness

BEAT is a UK-based charity that supports individuals affected by eating disorders. The organization provides a range of services aimed at helping people with eating disorders, their families, and friends. BEAT focuses on providing information, support, and guidance to those struggling with conditions like anorexia, bulimia, and binge eating disorder.

What BEAT Offers:

Helpline and Support Services

- Helplines: BEAT offers free, confidential helplines for individuals with eating disorders and for their loved ones. These helplines are available via phone, text, and email, providing immediate emotional support and advice.
- For Adults: 0808 801 0677 (Helpline)
- For Young People (Under 18): 0808 801 0711 (Youthline)
- Text Support: Text "Beat" to 85258 for text-based support.

Online Support

Online Peer Support: BEAT provides online chatrooms where individuals can connect with others who understand their experiences and offer mutual support.

## Youth Justice - Westmorland and Furness Youth Justice and Prevention Service

**Key areas:** Youth Justice, Diversion and Targeted Prevention

We work with children and young people aged between 10 to 18 with the aim of preventing offending and reoffending. We support children and young people who have been directed to work with us by the court or police. We also support children and young people on a voluntary basis referred to us via different agencies on our prevention route.

Tel: 01229 407560

Email: YJS YJS@cumbria.gov.uk

[Youth Justice Service | Westmorland and Furness Council](#)

## Substance Use - Westmorland and Furness Youth Substance Misuse Team

**Key areas:** Substance Misuse, Youth Support

Services for anyone under the age of 18 are available via the Youth Substance Misuse Service. The service will start by assessing the issue and then develop a tailored intervention package. This includes harm reduction and drugs education, as well as support in making and maintaining change.

Self-referrals or referrals from family, schools, or professionals.

Tel: 01229 407560

Email: [youthsubstancemisuse.waf@cumbria.gov.uk](mailto:youthsubstancemisuse.waf@cumbria.gov.uk)

[Drugs and alcohol-related problems | Westmorland and Furness Council](#)

## Substance Use - CADAS (Cumbria Addictions Advice & Solutions)

**Key areas:** Substance Misuse, Youth Support, Family Support

CADAS provides support for young people in Cumbria dealing with alcohol, drug, and substance misuse. The service offers confidential, non-judgmental help to address substance use and related emotional, social, and psychological challenges.

Services Offered:

- One-to-One Support
- Harm Reduction
- Psycho-education
- Educational Workshops
- Family Support

**How to Access CADAS:**

Self-referrals or referrals from family, schools, or professionals.

[Call me back | CADAS Cumbria Addictions](#)

Reception: 0300 111 4002 (Mon-Fri 10am-5pm)

Helpline: 0800 254 5658 (Mon-Fri 11am-5pm, Wed 11am-7pm)

Email: [contact@cadass.co.uk](mailto:contact@cadass.co.uk)

## Educational Psychology Service

**Key areas:** Education Support, SEND Assessment, Early Intervention

Education Psychologists (EPs) are a specialist service that works within education and inclusion, with children and young people aged 0-25 to support them to solve problems and improve learning. EPs often collaborate with specialist advisory teachers, health professionals, behaviour and wellbeing officers and other services.

The service offers:

- Training to schools and support with council projects
- Consultation with schools and early years settings
- Consultation with parents/carers
- Observations and assessments as part of the early support process
- Psychological advice for all statutory assessment (EHCP) of children's special educational needs

To access the EP team a school will need to have consent from parents/carers and complete an early support referral form.

[Families Information | Educational Psychology \(EP\) Service](#)

## Behaviour and Emotional Wellbeing Officers (BEWO)

**Key areas:** SEMH Support, School Intervention, Behavioural Support

BEWOs, work closely with Educational Psychologists, to offer help, advice and support to schools and families for pupils with social, emotional and mental health (SEMH) needs. BEWOs work with all primary schools across the county via the Early Support process.

To access the BEWO team a school will need to have consent from parents/carers and complete an early support referral form.

[Families Information | Behaviour and Emotional Wellbeing Team](#)

## Education & Inclusion - Specialist Advisory Teachers (SEN Support)

**Key areas:** SEN, Inclusion, Early Years

Specialist Advisory Teachers have additional training and qualifications in Early Years, Autism/Communication and Interaction, Severe Learning Difficulties, Physical/Medical needs, Sensory needs (deaf / hearing impairment or blind / vision impairment)/ Developmental Language Disorder or English as an Additional Language.

To access the SAT team a school will need to have consent from parents/carers and complete an early support referral form. Find additional information on the above teams on the Local Offer:

[Families Information | Listings in Special Educational Needs](#)

## Emotional Health and Wellbeing Team

**Key areas:** Trauma-Informed • Mental Health • Therapeutic Work • Family Support • Care Experience

This team provides emotional and therapeutic support for children and young people aged 0–18 who are working with a social worker and are on a Child Protection Plan, Child in Need Plan, or are Children Looked After. The team offers a flexible and trauma-informed approach to supporting emotional wellbeing through:

- Tailored Emotional Wellbeing Support
- Therapeutic Advice and Consultation for Professionals and Carers
- One-Off Informal Guidance or Signposting to Other Services
- Access to Training, Resources, and Emotional Health Tools

Explore More: Visit the [The Emotional Health and Wellbeing Team](#) for a full overview of the service, including training offers and downloadable resources.

## Brathay Trust

**Key areas:** Mental Health, Youth Development, Social Inclusion

Brathay Trust delivers residential and community programmes. Areas of support include:

- Mental health
- Social isolation
- Education & Employment
- Financial and domestic challenges

Email: [community@brathay.org.uk](mailto:community@brathay.org.uk)

[Brathay Trust](#) | [Brathay Hall](#)

## Virtual Schools Team

**Key areas:** Education, Care Leavers, Inclusion

The Virtual School provides training and support to schools and professionals to promote the educational achievement of:

- Children in care
- Children who have been adopted from Care,
- Children who have been previously looked after
- Children who are in Kinship care
- Children on Special Guardianship Orders (SGOs) or Child Arrangement Orders (CAOs)
- Children with a social worker (those on CIN/ CP plans).

Whilst we have direct involvement with the education of children in care we offer support, advice and guidance for the other groups of children. Most of our training relates to trauma and attachment and the impact of this on children's ability/ availability to learn.

We offer the service across the whole of W&F (and there is similar service in Cumberland from their Virtual School).

We also offer BUSS interventions (Building Underdeveloped Sensori-motor Systems) to individuals aged 5-16 or in groups in specific locations for children

aged 3-7 yrs, which promotes school readiness and relationships between the child and their parent/ carer. Whilst not an overtly emotional health intervention, enabling children to have their bodies 'work with them' rather than against them, impacts on their emotional health.

### [Virtual school for children in care | Westmorland and Furness Council](#)

## Cancer-Care

**Key areas:** Bereavement, Young Carers, Family Support

CancerCare is a charity that provides free, professional support services to individuals affected by cancer in the Northwest. They offer a range of services aimed at helping individuals of all ages, including young people, cope with the physical, emotional, and psychological impacts of cancer.

CancerCare Services for Young People:

### Emotional and Psychological Support

- **Counselling Services:** CancerCare provides one-to-one counselling for young people affected by cancer. This service helps them express and understand their feelings, whether they are dealing with their own cancer diagnosis or supporting a family member who is affected.
- **Therapeutic Support:** Specialised therapy sessions, including art therapy and play therapy, are available to help young people cope with complex emotions and express themselves in a non-verbal way.

### Support for Young People with a Family Member Affected by Cancer

- **Young Carer Support:** CancerCare offers support to young people who are acting as carers for a family member with cancer. This includes emotional support, peer group activities, and help in managing the challenges of being a young carer.
- **Family Support Services:** They provide counselling and guidance to families where a young person's parent or sibling has been diagnosed with cancer. This service helps families navigate difficult conversations and cope with the emotional strain.

## Bereavement & Illness Support - Child Bereavement UK

Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. They support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

They provide training to professionals in health and social care, education, the emergency services and the voluntary and corporate sectors, equipping them to provide the best possible care to bereaved families.

### [CBUK](#)

## Getting More Help

### Children and Young People's Mental Health Service (CYPMH) – (South Cumbria)

**Key areas:** Mental Health, Complex Needs, Therapeutic Support, Family Support

CYPMH (formerly CAMHS) provides access to specialist psychological and emotional support for children and young people experiencing a wide range of mental health difficulties. The Tier 3 CAMHS service is for children and families facing complex, persistent, or severe emotional or mental health concerns.

The multidisciplinary team includes professionals trained in working with a broad spectrum of mental health issues. Supports with:

- Anxiety and mood disorders
- ADHD / ADD
- Self-harm
- Eating disorders
- OCD
- PTSD
- Somatic disorder
- Psychosis
- Dual diagnosis (co-occurring conditions)
- Severe behavioural concerns

Tel: 01225 408660

Email: CAMHSSouth@lscft.nhs.uk

### Children and Young People's Mental Health Services (CYPMH) :: Lancashire and South Cumbria NHS Foundation Trust

### CAMHS – (North Cumbria)

**Key areas:** Mental Health, Trauma, Risk, Referral Pathways

Cumbria, Northumberland, Tyne and Wear NHS foundation trust (CNTW) provide the Specialist Children and Young People's Mental Health services for those young people (0 – 18) in North Cumbria who are experiencing severe persistent and complex mental health disorders that have not responded to previous targeted intervention. Our specialist services work collaboratively with the local targeted services to support young people to receive the right level of care at the right time. For additional information on our specialist services please see the CNTW website: <https://www.cntw.nhs.uk/services/north-cumbria-community-children-and-young-peoples-services/>

**Within the specialist children's mental health service there are pathways:**

**Children's and Young People's Crisis (CYPS Crisis).** The Children's Crisis team in North Cumbria is for young people experiencing acute mental health distress such as a severe deterioration in their mental health disorder, or significant concerns regarding severe risk to self or others. The Crisis Pathway provides mental health and risk assessment, safety planning, and follow up. The service can be contacted on freephone 0800 652 2865 24 hours a day 7 days a week.

**Specialist Child and Adolescent Mental Health Service:** Specialist CAMHS provides mental health assessment, diagnosis, formulation, and treatments for a range of severe mental health disorders. Working as a multidisciplinary team young people's care packages are tailored to their needs and interventions are guided by the relevant NICE Guidelines. Referrals can be made by any professional involved in the young person's care.

**Community Eating Disorder Service (CEDS)** Our children's Community Eating Disorder Service provides specialist assessment and NICE concordant treatment for children and young people (referrals up to the age of 18) with Anorexia Nervosa, Bulimia Nervosa, or Binge Eating Disorder. Referrals can come from any professional and recent physical health information is required for the team to triage the referral. Where there is a presentation of eating related disorder where the physical presentation suggests a possible risk to life, or severe physical impact urgent admission to an acute paediatric ward should be sought in addition to referral to specialist CEDS.

### **Children's Neurodiversity:**

**Children's Learning Disability:** We are able to offer a service when a child or young person requires specialist support arising from their Learning Disability and its impact on their health. We often do this by working to advise parents or other health professionals working with the child.

We work with Children aged 2-18 years with evidence of Global Developmental Delay (aged 5 and under) or a presumed/diagnosed Learning Disability (aged 6 up to 18), who require specialist support beyond mainstream services (e.g. Health Visitors, Children's Centres etc).

Referrals to the team are accepted from any parent, carer or professional working with a child, young person or their family. Referrals are accepted by email, telephone or by post.

**Children's Early Intervention Behaviour Support:** We are able to offer early intervention support through a group-based approach to learning for parents and carers of: Children aged 2-11 years who have evidence of a diagnosis of Autism and require early intervention support. Parenting a child with neurodiversity involves a complicated set of emotions, tasks and skills. Our programmes and workshops aim to provide support based on theory, research and experience of what works best. Referrals can be made by any professional involved in the young person's care.

**Attention Deficit Hyperactivity Disorder (ADHD):** The ADHD service provides specialist assessment, ADHD diagnosis, and if required medical treatment. The ADHD Parenting Group provides time limited post-diagnostic support to families and carers to support their children with ADHD. Referrals can be made by any professional involved in the child's care.

**[Child and Adolescent Mental Health Service \(CAMHS\) East Cumbria - CNTW253 - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust](#)**

## Papyrus (Suicide Prevention)

**Key areas:** Crisis intervention, Suicide Prevention

Providing practical suicide prevention guidance and support to young people (up to 35) or concerned others.

**Services:**

- **[HOPELINE24/7](#)** – a free, confidential, and anonymous practical helpline service, open 24/7 every day.
  - Young people (up to 35)
  - Concerned others (e.g. families, professionals etc.)
  - **[Language interpretation](#)**
  - **[British Sign Language](#)** supported 8am – 8pm everyday
- Community Outreach – training and awareness raising.
- Call: 0800 068 4141 | Text: 88247 | Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) | Webchat: available via [website](#)

## Crisis & Abuse Support - Bridgeway Sexual Assault Support Service (SARC)

**Key areas:** Safeguarding, Crisis Intervention

The Bridgeway Sexual Assault Referral Centre (SARC) provides coordinated, forensic, counselling and aftercare services to men, women and children living in Cumbria who have experienced rape or sexual assault, recent or non-recent.

Our full range of services include:

- Crisis Worker Support
- Forensic Medical Examination (if appropriate)
- Emergency Contraception
- Pregnancy Testing
- Sexual Health Screening for Sexually Transmitted Infections and HIV PEP Risk Assessment
- Referral to Independent Sexual Violence Advisor (ISVA), Counselling or other supporting agencies

Tel: 0808 118 6432 Email: [info@thebridgeway.org.uk](mailto:info@thebridgeway.org.uk)

### **[Contact - The Bridgeway](#)**

## SafetyNet (Eden)

Safety Net is a free service supporting young people aged 3-18 who have experienced or been affected by rape, exploitation, sexual or domestic abuse. Early therapeutic support can help prevent more serious emotional and behavioural problems developing as a young person matures.

### **[Safety Net - support after domestic and sexual abuse in Cumbria](#)**

Contact the Emotional Health and Wellbeing Team directly for informal advice, consultation, or signposting to appropriate support.

## **Birchall Trust (Barrow based)**

**Key areas:** Trauma, Therapeutic Support, Safeguarding

Barrow based trauma-informed counselling for survivors of rape or abuse aged 4+.

Tel: 01229 820828

Email: [enquiries@birchalltrust.org.uk](mailto:enquiries@birchalltrust.org.uk)

[Trauma Informed Support Services | The Birchall Trust | England](#)

## Getting Risk Support

### Immediate danger: Call 999 or attend A&E

#### Accident and Emergency Departments

**Key areas:** Crisis Care, Urgent Intervention, Suicide Risk

Young people should attend A&E if they are in immediate danger of harming themselves or others, experiencing extreme emotional distress, or need urgent psychiatric care.

#### Papyrus – HOPELINE247

**Key areas:** Suicide Prevention, Youth Support, Crisis Intervention

Tel: HopelinkUK - 0800 068 41 41 [Papyrus UK](#)

#### RAIS – Responsive and Intensive Support Team (Westmorland & Furness) - Access to this service is through the Initial Response Service (IRS) only.

**Key areas:** Crisis Mental Health, Community-Based Support, Intensive Intervention

RAIS provides tailored, in-home support for individuals in crisis to avoid hospital admission. Supports with:

- Rapid crisis response
- Community-based care
- Individualised support plans
- Avoiding admission wherever safe and possible

[Urgent Help : Lancashire and South Cumbria NHS Foundation Trust](#)

#### Shout 85258 – Crisis Text Service

**Key areas:** Crisis Support, Emotional Regulation

Free, 24/7 confidential text support for anyone struggling with mental health, including self-harm.

Text: 85258

[Shout Support](#)

