

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)



Working for Cumberland Council and Westmorland & Furness Council