

# Are you worried about a child, young person or their family?

Here are some useful numbers and links for services that can provide support

## 24/7 Crisis line

For urgent calls for children and young people who are experiencing a mental health crisis contact the 24/7 Rise Crisis team on

**Freephone 08081 966798**  
(select option 2)

## Coventry City Council Early Help

Families, children and young people can get information, advice, guidance, and family support through Early Help. We will make sure children and young people get the right help at the right time.

**0800 887 0545**

[www.coventry.gov.uk/earlyhelp](http://www.coventry.gov.uk/earlyhelp)

## Family Health and Lifestyles Service

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**

[www.swft.nhs.uk/our-services/children-and-young-peoples-services/coventry-family-health-and-lifestyle-service-0-19-years](http://www.swft.nhs.uk/our-services/children-and-young-peoples-services/coventry-family-health-and-lifestyle-service-0-19-years)

## Positive Choices

A free confidential service for young people aged between 5 and 24 to talk about drug and alcohol issues, relationships and sexual health. The service helps young people make positive choices and changes, with support is through groups, one-to-one or online – or even through the new Ecotherapy allotment project.

**Kelly: 07776 963938**

**Craig: 07741 900799**

**Sharon: 07741 900829**

[coventryyp.info@cgl.org.uk](mailto:coventryyp.info@cgl.org.uk)

[www.changegrowlive.org/positive-choices-coventry](http://www.changegrowlive.org/positive-choices-coventry)

## Children and young people MH Service

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. You can also talk to the Primary Mental Health Team, who can provide wider training for professionals around identifying and supporting mental health needs in children and young people.

**Rise Navigation hub**  
**0300 200 2021**

[cwrise.com](http://cwrise.com)

**Primary Mental Health Team**  
**024 7696 1476**

## Virtual School

Is the child a Looked after Child (LAC) or previously looked after (PLAC)? 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)

[www.coventry.gov.uk/virtualschool](http://www.coventry.gov.uk/virtualschool)

## CAMHS Looked After Childrens (LAC) Services

Children Looked After service offers therapeutic interventions to children and young people aged 5-18, who are currently looked after by Coventry local authority and are living within a 20-mile radius of Coventry. Support includes Attachment difficulties, breakdown of relationships, Self-harm, early trauma, and behavioural difficulties Therapeutic parenting PACE, DDP. Referrals from Professionals sent to Rise Navigation hub on

**0300 200 2021**

[www.cwrise.com](http://www.cwrise.com)

## Coventry and Warwickshire Relate

We are part of the Reach service in Coventry providing counselling support for children and young people aged 5-18 years of age experiencing poor mental health, bereavement and loss and family change.

We offer the Wish service supporting children and young people that have witnessed / experienced Domestic violence and abuse. All referrals to this project need to come via social care.

Services are provided remotely during COVID-19.

**024 7622 5863**

Our office is open 9-5 but the delivery of our appointments include evenings and Saturday mornings

[info@relatecoventry.org](mailto:info@relatecoventry.org)

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

## 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. In the event of 'critical incidents' including sudden or unexpected deaths, members of the school leadership team can contact the Educational Psychology Service to seek advice and support - please ring 024 7678 8400 and an EP will get back to you as soon as possible and where possible on the same day.

**024 7678 8400**

**BSCLimbrickWoodCentre**  
[@coventry.gov.uk](mailto:@coventry.gov.uk)

[www.coventry.gov.uk/recoverycurriculum](http://www.coventry.gov.uk/recoverycurriculum)

## NSPCC National Services

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.

We work with primary schools up and down the country through our Speak Out Stay Safe programme, helping children to keep themselves safe.

Our projects such as Together for Childhood help children who've experienced abuse, support parents, and work to transform the way communities come together to prevent child cruelty.

Do you know how to keep your kids safe online? In partnership, NSPCC and O2 have developed Net-Aware, a great guide to the latest and most popular social networks, apps and games kids are using.

[www.net-aware.org.uk](http://www.net-aware.org.uk)

**0808 800 5000**

**Childline Tel: 0800 1111**

## ● NSPCC Local services

The Coventry Service Centre provides targeted support to children and families living in Coventry and Warwickshire. During the pandemic, we are able to offer support virtually as well as face to face within our service centre.

**The services we offer at the Coventry service centre are currently:**

### InCtrl

Keeping children aged 9 to 13 safe online to prevent technology-assisted child sexual abuse (TA-CSA)

### Turn the Page

supports children and young people overcome feelings that have made them display harmful sexual behaviour

### Building blocks

creative, home-based programme for parent and carers of children under 7 who may need support in gaining the skills and knowledge they need to care for their child.

If you wish to enquire about our local services in Coventry, please contact us to speak with one of our practitioners.

**02476 222 456**

**[coventry.servicecentre@NSPCC.org.uk](mailto:coventry.servicecentre@NSPCC.org.uk)**

Monday, Tuesday, Thursday or Friday 9am – 1pm

## ● CW Mind – Reach Service

Coventry and Warwickshire Mind have the Reach service for children and young people living in Coventry, aged 5-18, who are experiencing poor mental health, for example low self-esteem, anger or anxiety. During COVID-19, all provision of support from this service continues remotely.

To make a referral following the link

**[www.cwmind.org.uk/children-and-young-peoples-service/](http://www.cwmind.org.uk/children-and-young-peoples-service/)**

**024 7663 1835**

Monday to Thursday from 9am until 4.30pm and Friday from 9am until 4.00pm.

**[Reach@cwmind.org.uk](mailto:Reach@cwmind.org.uk)**

**[www.cwmind.org.uk/reach/](http://www.cwmind.org.uk/reach/)**

## ● CW Mind – Community Children's Autism Support Service (CCASS)

Coventry and Warwickshire Mind offer Community Children's Autism Support Service, which offers various (digital) support for children and young people up to 18 years with Autistic Spectrum Disorder (ASD) in Coventry and Warwickshire and training or drop in sessions to parents/carers and professionals. Referrals for social clubs made directly to CW Mind please email **[vibes@cwmind.org.uk](mailto:vibes@cwmind.org.uk)**, referrals for CCASS will be accepted from education provision (SENCo, Educational Psychology etc) and must include the Dimensions Tool report

**[www.dimensions.covwarkpt.nhs.uk](http://www.dimensions.covwarkpt.nhs.uk)**

## ● Buddy Service

The Buddy Service helps reduce social isolation and loneliness - expected to be a growing concern due to COVID - alongside anxiety, new phobias, and OCDs. The service helps those aged 13-18 to build their social connections, confidence, happiness and independence and overcome barriers to accessing support.

**[www.cwmind.org.uk](http://www.cwmind.org.uk)**

## ● Young Black Men's Project

An early intervention and prevention mental health programme run by black men, for young black men. The service works to raise awareness of mental health and tackle stigma within the community.

**024 7655 2847**

**[ybm@cwmind.org.uk](mailto:ybm@cwmind.org.uk)**

**[www.cwmind.org.uk/young-black-men-2](http://www.cwmind.org.uk/young-black-men-2)**

## ● Positive Youth Foundation

The Positive Youth Foundation (PYF) is a registered charity that provides a wide range of high-quality programmes and opportunities for some of the most vulnerable young people in Coventry aged 8-25.

Our work offers a valuable early intervention for children and young people experiencing lower-level mental health problems such as stress, anxiety, or depression. We offer a range of interventions for young people depending on their needs, including very flexible one-to-one support; alternative learning for those struggling at school; open access youth work; sports and physical activity sessions; tailored short programmes and on-line and home-based support.

To refer a young person or to find out more about our services,

**[info@positiveyouthfoundation.org](mailto:info@positiveyouthfoundation.org)**

**[www.positiveyouthfoundation.org/our-work/](http://www.positiveyouthfoundation.org/our-work/)**

## ● Grapevine Coventry and Warwickshire

**Teenvine plus (COVID Next Steps)** is an intensive programme available for young people with learning disability or autism who are struggling with school/service engagement. They may also face additional barriers like mental health needs, isolation or cultural barriers to support. A formal diagnosis is not required to access the project. Each young person will receive between 6 and 12 months help where they will be supported to develop a plan for a better future and self identify ways to engage with support available to them. They will be supported both one to one in in groups to help develop confidence, friendship and make connections to the wider youth community.

**07984 160840**

**[nmadden@grapevinecovandwarks.org](mailto:nmadden@grapevinecovandwarks.org)**

**[www.grapevinecovandwarks.org/](http://www.grapevinecovandwarks.org/)**

**Coventry Youth Activists (CYA)** are a campaigns group changing young lives in Coventry. CYA members decide on the issues that matter to them and set about making positive change for themselves and others.

**[sgreener@grapevinecovandwarks.org](mailto:sgreener@grapevinecovandwarks.org)**

**[candrew@grapevinecovandwarks.org](mailto:candrew@grapevinecovandwarks.org)**

**[www.grapevinecovandwarks.org/what-we-do/shifting-power/](http://www.grapevinecovandwarks.org/what-we-do/shifting-power/)**

## ● Adult MH Support

A wide range of support including one-to-one, mental health courses to help people better understand and manage their own mental health.

**[www.cwmind.org.uk](http://www.cwmind.org.uk)**

### ● Pathfinder One-to-Ones

**024 7622 9988**

**[pathways@cwmind.org.uk](mailto:pathways@cwmind.org.uk)**

**[www.wbc.cwmind.org.uk/pathfinder](http://www.wbc.cwmind.org.uk/pathfinder)**

### ● Recovery Wellbeing Academy

**[www.recoveryandwellbeing.co.uk](http://www.recoveryandwellbeing.co.uk)**

### ● Community Support

**024 7601 7226**

**[www.cwmind.org.uk/](http://www.cwmind.org.uk/)**

**[community-support-service](http://www.cwmind.org.uk/community-support-service)**

## ● Coventry Safe Haven

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)**

**[www.mhm.org.uk/coventry-safe-haven](http://www.mhm.org.uk/coventry-safe-haven)**

## ● Improving Access to Psychological Therapy (IAPT)

Helping those aged 16+ with symptoms of anxiety or depression.

**024 7667 1090**

**[www.covwarkpt.nhs.uk/IAPT](http://www.covwarkpt.nhs.uk/IAPT)**

## ● Other useful websites:

**[cwmind.org.uk/get-help/](http://cwmind.org.uk/get-help/)**

**[www.coventry.gov.uk/adultmhs](http://www.coventry.gov.uk/adultmhs)**

**[www.coventry.gov.uk/sendiasmhw](http://www.coventry.gov.uk/sendiasmhw)**



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