



A guide to young peoples mental health services in Birmingham for schools

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Forward Thinking Birmingham Continuum of Care

Welcome Service Information & Triage





Early Years

Collaborative offer from Birmingham Forward Steps, Forward Thinking Birmingham and Birmingham Children's Trust to provide guidance, support and where appropriate, providing therapeutic interventions to our under 5's in the city.

Pause

Open Access person centered support via city wide call back service, digital groups plus (when covid safe) community based face to face support.

Young Person led goal setting to empower, build resilience and boost selfesteem.





STICK

Assessment, intervention, consultation and group work for CYPA requiring a higher level of intervention than Pause can provide but who does not require secondary care. Partnership working with BCT, BCC and Education to provide a skilled workforce wrapped around each CYPA.

CASS Early Help

Universal Plus

Key:

Green - Universal Yellow - Universal Plus/Primary Care Orange - Additional Needs/Secondary Care Red - Complex & Significant Needs//Secondary Care

Purple - Forward Thinking Birmingham provision

Population measure

Core Forward Thinking Birmingham

via referral to Access Centre

CASS

Additional Needs

FTB Urgent Care

CASS Complex &

Significant Needs

Kooth	Online support for 11 + Available free at any time to young people . A number of online chat sessions can be provided	http://www.kooth.com/	City wide
Pause (part of forward thinking Birmingham)	For those under 25 and registered with a GP in Birmingham, young people can receive support from Pause. They also provide support for parents and carers who are concerned about their child or young person's wellbeing.	To request a session register at link below https://forwardthinkingbirmingham.nhs.uk/pause	City wide
	Pause can help with Anything relating to emotional wellbeing	or call 020 784 14470	
Birmingham Healthy Minds	Young people over 16 with anxiety and depression can self-refer by	call 0121 301 2525. Use online referral form https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/	City wide
Living Well Consortium	Broad range of therapies and alternative ways to improve mental health for young people 16 and over	https://livingwellconsortium.com/ 0121 663 1217	
Bereavement support /Cruse	For all bereavement support for people of all ages	Email support@crusebirmingham.co.uk This will be collated and the correct service will get in touch	City wide
Cherished	Mentoring for girls Groups in schools for girls	https://www.cherisheduk.org/	City wide

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Evolve -Health mentoring service	Weekly mentoring for primary age children around emotional heath	Contact Wenna Pietrantonio; Call 07966 750318 Email wenna@evolvesi.com	City wide
Forward Thinking Birmingham	Mental health services for young people	For urgent help 0300 300 0099 and you'll be able to speak to someone. You can also contact the Birmingham and Solihull 24/7 crisis number: 0800 915 9292 Make a referral https://forwardthinkingbirmingham.nhs.uk/make-a-referral	City wide
Forward thinking Birmingham urgent care	Accessed via above		

Online advice and resources for young people

Young Minds Good variety of online resources for young people to use	https://www.youngminds.org.uk/young-person/find-help/
Use the resources on the Childline website including a wide range of Tools and techniques	https://www.childline.org.uk/
Writing for Mental health Downloadable tool kits for young people and adults facilitating the activity	https://www.actionforchildren.org.uk/our-work-and- impact/children-and-families/good-mental-health/writing-for- mental-health/

Places young people can contact when they need

If you are feeling overwhelmed or are struggling to cope, you can:

Text SHOUT or AFC to 85258. It's a free and confidential 24/7 text message support service. They'll connect you with someone you can chat to. <u>Find out more</u>.

Call Childline on 08001111 or log onto https://www.childline.org.uk/ to access online chat and other resources

Support for parents where a young person is experiencing emotional well-being or mental health issues

Action for Children Parent Talk website has a section on mental health and emotional well being Parents can also Chat on line to a Parenting coach on this site	https://parents.actionforchildren.org.uk/mental-health-wellbeing/
Young Minds website has a parents section also	https://www.youngminds.org.uk/parent/find-help/
Autis Community group providing parents who have children with additional needs including mental health needs Run support groups and activities –runs from Highcroft centre Erdington	https://www.autisbirmingham.com/ support@autisbirmingham.com phone 07799 762992