West Essex Services

Adult Mental Health

Adult Mental Health and Wellbeing Team: Adults (18-65) who are experiencing a mental health concern which is causing a social care difficulty.

Adult Mental Health ECC.docx

Healthy Minds: Evidence-based psychological therapies for clients *14 years & older* with mild to moderate mental health difficulties

NHS HEALTHY MINDS.docx

Mind in West Essex: Counselling, social inclusion services, volunteering opportunities, mental health training and psychoeducation courses *For adults & young people*

Mind in West Essex.docx

Mind in West Essex: www.mindinwestessex.org.uk

Adult Learning Disability Team: Psychiatric, psychological and community nursing support for adults with learning disabilities

West Essex Adult Learning Disability Te

Child/Young People Mental Health

Emotional Wellbeing and Mental Health Service: For those *aged 0-18* (25 with SEN) experiencing (or concerned about) struggles with emotional wellbeing or mental health problems. Any young person or any parent, guardian, professional or teacher of a child who is experiencing emotional wellbeing and mental health difficulties, may access this service.

EWMHS Emotional Wellbeing and Mental

Kooth: Online support for 11-25 years with emotional wellbeing. www.kooth.com

Big White Wall: 16 years + online emotional wellbeing support www.bigwhitewall.com

YCT: Harlow based therapeutic counselling for children and young people, group work and parent-child work. Telephone: 01279 414 090 Website: http://www.yctsupport.com/contact.html

Kids Inspire: Therapeutic service for 10-14 year olds (not open to Tier 3 or 4) to reduce likelihood of young people being drawn into violence or crime.
clinicaladmin@kidsinspire.org.uk or call on 01245 348707.

Risky Behaviour and Exploitation

Mentoring via CAVs: support and encourage children and young people to make positive lifestyle choices, support them to be ready for the next stage in life by 19years of age. Support needs: Employment or training, Isolation, Self-confidence, Anxious/worried, friendships/relationships, family life, bullying, managing behaviour, loneliness, in a situation they cannot deal with, information on clubs or activities in the local area etc. Referrals via School Nurse.

Rainbow Services Project: preventative scheme of work for young people who are presenting challenging behaviours. Young people that are risk of exclusion from school/who have been excluded from school or are not engaging in education, or who are known to the Police and Youth Services can be referred into the project. For more information or to make a referral, please contact Kelly Tarling on 07793 007737 or kelly@rainbowservices.org.uk
www.rainbowservices.org.uk

Children at Risk of Exploitation (Children's Society): intervention for young people at risk of sexual or criminal exploitation. Referral via website https://www.childrenssocietyeast.org.uk/care/

SAFE in Essex (Children's Society): support for young people around e-safety, bullying, self-esteem, sexual health etc. Referral online https://www.childrenssocietyeast.org.uk/safe-in-essex/

Finances and Employment

Peabody – formerly Family Mosaic: short term support for people experiencing a range of problems maintaining their current home or accessing housing that meets their needs.
Contact number: 08002888883 Email: Efsco-ordinator@peabody.org.uk

Employability and Skills Team – 16+: https://www.whatsyourthing.org.uk/young-people/essex-employability-skills-team
We also have a new Advisor (Maria) who will work specifically with young people that are suffering with Mental Health issues or have SEND, providing a more intensive and supportive service to move them into education, employment or training.
To access this service you can contact the Advisor directly as follows:
Maria Power ESF – Employability & Skills Adviser T:03330138280 M:07584262976
Maria.Power@essex.gov.uk

Young Carers

Essex Young Carers Service: We offer free personalised one to one support to young carers and their families. An assessment will be undertaken by senior keyworkers to establish appropriate support.

For more information please contact Victoria.dash@essex.gov.uk or
Joanna.morgan@essex.gov.uk Tel: 0345 743 0430
young.carers@essex.gov.uk

Young Carers Leaflet.pdf

Children's Centres/ Family Support

Essex Child and Family Wellbeing Service: Pre-Birth to 19 years. The Family Hub sites in Brambles (Epping Forest), Treehouse (Harlow) and Spangles (Uttlesford) are open 50 hours each week and deliver services direct to families
Essex Family Wellbeing website

Family Lives: Work with families via helpline. Contact: 0808 8002222 available 24 hours a day, 7 days a week.

Integration Support Services: working with migrants', refugees and BME community members. Tel: 01279 639442
www.iss.org.uk https://www.facebook.com/integration.support.services

Children's Society Family Intervention Team: support for parents struggling with challenging behaviour. Referral https://www.childrenssocietyeast.org.uk/family-intervention-team/

Gingerbread Project: Lone-parents support project to make progress towards work. Single Parent Helpline: 0808 802 0925

TAFSO: Team Around the Family Support Officer. Support for partner agencies to engage challenging and hard to reach families through managing TAF meetings. TAFSO@essex.gov.uk

Parenting Together: Support for parents experiencing stress and conflict in their relationship to reduce the impact on their family's wellbeing.
www.parentingtogethersupportprogramme.org.uk

Evolve Intervention: Mentoring for young people and solution-based family work around behaviour management and improving communication.
https://www.evolve-intervention.com/referrals

Addiction

Children's Society CHOICES: family support for those affected by substance and alcohol addictions. https://www.childrenssocietyeast.org.uk/

Essex Young People's Drug and Alcohol Services: support for young people using alcohol and substances. Single Point of Access 084444991323.

Children's Society CHHAT: support for young carers of parents using alcohol and substances. Building resilience, emotional wellbeing and safety. Referral form
https://www.childrenssocietyeast.org.uk/community-hidden-harm-awareness-team/

S.W.E.A.T Project: free support around using steroids and performance enhancing drugs. Needle exchanges.

SWEAT Project.pdf

CHATT: 8-19 year old's affected by hidden harm and substance misuse

chhatreferrals@childrenssociety.org.uk

Domestic Abuse

Change Project: The Perpetrator Outreach Service is available to men and women aged 18 and over, regardless of background, ethnicity and sexuality, who are abusive/violent to an intimate partner and/or family members aged 16 and above.
Referrals are made via The Single Point of Access on 07568432146 (Mon – Fri 9.00am – 5.00pm); we also accept self-referrals.

Compass: support for victims of domestic abuse call 0330 333 7444 and https://www.essexcompass.org.uk/

Goodman Project: mentor intervention for young boys (13-18) who witnessed domestic abuse. https://youth.essex.gov.uk/schools/good-man-male-mentoring/

Sisters in Strength: five week mentoring programme for girls who are at risk of becoming a perpetrator or entering an abusive relationship. https://youth.essex.gov.uk/schools/sisters-in-strength-female-mentoring/

Monica Programme: a female only, safe environment, for survivors of current or historical abuse and assault. This is a small group of women who support each other and embark upon a full programme of psycho-education to help heal them, together with workshops and coping strategies. 1:1 counselling and group work.
Tel: 07775 107 520 or 01992 537 344.
https://www.futurelivinghertford.co.uk/monica-programme/

Parental Imprisonment

CAPI: support for children whose parents or carers are in prison.

CAPI.doc

Education

ECC Education Access: Exclusions – exclusions@essex.gov.uk
Medical referrals – medical@essex.gov.uk
Reduced timetables – provision@essex.gov.uk
Children Missing Education – cme@essex.gov.uk telephone helpline tel: 0333 032 2968
Deborah Swann – Education Access CME/EHE West Essex: Deborah.swann@essex.gov.uk

Disabilities

PACT: support for families with a child with autism or a similar condition. Call 07837606089 and https://www.pactforautism.org.uk/

Accuro: Support for families with additional needs and disabilities. Holiday schemes play clubs and parent support. https://www.accuro.org.uk/ and 01279 870 297

Mentoring

Changing Lives: Changing Lives in Harlow programme will consist of 2 sessions. 2 times a week.3pm-6pm will target primary children and secondary students (ages 6 -16). 2-hour sporting activities or music/drama workshops.1 hour mentoring and behavioural workshops provided by Essex Police and the NHS. 1 hour sessions every week providing emergency first aid training. (Child will receive certificate on completion).
https://www.changinglivesinharlow.com/new-page

Sexual Health

Brook: Our My Life programme consists of one hour weekly sessions over a period of six weeks. Once enrolled on the programme, the young person will meet with the specialist assigned to them. As this is a 1:1 programme, the young person will only meet with their specialist. Brook's My Life programme enables individuals and groups of young people to take charge to improve their own health and wellbeing by exploring skills, goal setting and becoming more emotionally resilient. Referral form (below) to joanne.quinn@brook.org.uk.

My_Life_Referral_Form.doc