

## Choose well for young people's mental health and wellbeing

Demand for Calderdale Open Minds (CAMHS) children & young people's mental health services is higher than it's ever been before.

Calderdale is no different to the rest of the country where, right now, more children and young people are struggling with their emotional wellbeing and mental health, compared to the start of the COVID-19 pandemic.

Many referrals made by children and young people, families, and professionals are about being worried and anxious. This is not surprising – children, young people and families have had a lot to deal with over the last couple of years.

### Did you know?

There is a wide range of support options in place to help children or young people who are struggling with worry, anxiety or mood. Many of these can be accessed quickly and easily **without the need to refer into Open Minds (CAMHS)**.

Any non-urgent referrals into Open Minds (CAMHS) will normally be asked to try at least one of these services first before any other interventions can be considered.

### Some support options include:

- **Open Minds Calderdale website** - designed by young people for young people, parents/carers & professionals. **Wellbeing resources, self-help guides and links to other organisations** [www.openmindscalderdale.org.uk/](http://www.openmindscalderdale.org.uk/)
- **Kooth** - safe, confidential and anonymous **online support 7 days a week till 10pm**. This includes counselling, online (moderated) forums with other young people, resources and other support options [www.kooth.com/](http://www.kooth.com/)
- **School Nursing** - **parents/carers, teachers, GPs and other healthcare staff** can refer any Calderdale child (regardless of which school they attend) to the school nursing service for support on **emotional wellbeing, bullying, continence, sleep, healthy eating, long-term conditions, sexual health and any general health concerns**. Call 030 3330 9974 or refer online <https://www.locala.org.uk/services/school-nursing/calderdale>
- **Chat Health** - parents/carers and young people can get advice and support from a school nurse for emotional wellbeing and physical health issues through this NHS-approved secure and confidential **text messaging** service **Young people** can text: 07480 635297 or chat online **Parents/carers** can text: 07507 332157 or <https://chathealth.nhs.uk/>
- **West Yorkshire Night OWLS** - emotional listening & mental health **overnight crisis support** for ALL children, young people, and parents/carers. 8pm to 8am every day. Call 0300 2003900 or text 07984 392700 <http://www.wynightowls.org.uk/>