

Emotional Health and Wellbeing and Mental Health Services in Cheshire East 0-25 Years

THRIVE

The THRIVE framework is an integrated, person centred, and needs led approach to delivering mental health services for children, young people, and their families. It conceptualises need in five categories: Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support.

<https://www.annafreud.org/mental-health-professionals/thrive-framework/>

Getting Advice

Getting Help

Getting More Help

Getting Risk Support

Services Offered

- [My Mind](#) – information for Children, young people, parents and carers
- [Childline](#) – 0800 1111 24hr support line
- [Kind to Your Mind](#) – A range of useful resources to help with your mental wellbeing
- [Gov UK documents](#) - To help with coping strategies during COVID 19
- [Every Mind Matters](#) – Support for those feeling stressed, anxious, low, or struggling to sleep
- [Young Minds](#) - Mental health charity for children, young people, and their parents, making sure all young people can get the mental health support they need
- [Student Minds](#) - Empowering students and members of the university community to look after their own mental health, support others and create change
- [Mental Health Apps](#)
- [The Hub of Hope](#)- Mental health database for national and local
- [NHS Think Ninja](#) App free in the app store
- [Anna Freud](#) – National Centre for Children and Families, aims to empower young people to make informed choices about their mental health and wellbeing
- [You in Mind](#) - Is an online platform helping you find mental health and wellbeing services in Cheshire
- [Samaritans](#) - We're here 24 hours a day, 365 days a year
- [Inner Trust](#) - Mental Health Support for Young People using a unique approach.
- [Young Carers Hub](#) –
- [Mind](#) - advice and support

- Emotionally Healthy CYP Service for Professionals - [Emotionally Healthy Children](#)
- CWP Crisis line 0800 145 6485 [Crisis Line](#)
- [Visyon](#) supports emotional health of children, young people and their families
- [Just Drop In](#) – Counselling and support for children and young people
- [Kooth](#) - Online anonymous counselling
- [Cheshire without Abuse](#) - Cheshire-based charity supporting families affected by domestic abuse.
- [Alumina](#) 7-week course for young people struggling with self-harm 14–19-year-olds
- [Shout](#) - The UK's first 24/7 text service, free for anyone in crisis anytime, anywhere
- [No Panic](#) - A registered charity that helps and supports those living with Panic attacks, Phobias, Obsessive Compulsive Disorders, and other related anxiety disorders.
- [The Mix](#) - Essential Support for under 25s
- [Rage](#) - Supports communities to improve their physical, mental & emotional wellbeing
- [Clasp](#) - Counselling support, parenting support, group work with young people and primary school aged children in South Cheshire
- [Child & Educational Psychology Service](#)
- [Wilmslow Youth](#) - One-to-one mentoring service for young people
- [Live Well](#) - school workshops giving strategies to develop Positive Sense of Self, Emotional Intelligence and Emotional Resilience
- Congleton Education Community Partnership - Online 1-to-1 emotional wellbeing sessions – referral by schools
- [Youth Justice Service](#) - to help young people to lead a life free from crime and help to reduce crime in the local community.
- RESPECT – course ran by Cheshire Fire & Rescue - christine.mitchell@cheshirefire.gov.uk
- [Rest Easy](#) - Mental Health training initiative for schools

Bereavement Services

- [Listening Ear](#)
- [Child Bereavement UK](#)
- [East Cheshire Hospice](#)
- [Winston's Wish](#)
- [Cruse Bereavement](#)

- Improving Access to Psychological Therapies (IAPT) service is for adults and older people aged over 16 years [Talking Therapies](#)
- Our Crewe 0-16 CAMHS (Child and Adolescent Mental Health Service) team provides treatment and support to young people aged 0-16 that are experiencing mental health difficulties. Tel: 01270 253841
- Our East Cheshire 0-16 CAMHS (Child and Adolescent Mental Health Service) team provides treatment and support to young people aged 0-16 that are experiencing mental health difficulties. Tel: 01625 712042
- Cheshire and Merseyside Adolescent Eating Disorder Service (CHEDS) is our regional outpatient service for 13–18-year-olds who present with an eating disorder. Tel: 01244 393220

Ancora House
<https://www.cwp.nhs.uk/ancorahouse/>
 Specialist inpatient unit for young people who are having difficulties with their thoughts, feelings or behaviour and need a short stay in hospital.
[Forensic Child and Adolescent](#)
 support

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- [Youth Council](#) have your say and be involved in decision making processes locally and regionally
- [Sane](#) – advice and support

- [Hope Again](#)
 - [The Dove Service](#)
- Suicide Prevention Support**
- [Papyrus](#)
 - [Stay alive](#)
 - [Calm Harm](#)