

Mental Health & Emotional Wellbeing—Support & Help for Primary School Age Children in Stockport

Where more than one service is listed, please use the additional information on the reverse of the sheet to help you choose the most appropriate service

CONCERNS	SCHOOL	COMMUNITY	ONLINE
Drugs and Alcohol: young person's own misuse or concerns about a family member	Mosaic (Children of Substance Misusing Parents Team)	Mosaic Treatment Team	
Behaviour management and difficulties relating to school Risk of exclusion Referrals and assessment for diagnosis re ADHD/ASD/LD	Behaviour Support Service Education Psychology Team Primary Jigsaw		http://www.oakgrovestockport.co.uk/
Behaviour management and difficulties relating to home	Behaviour Support Service Primary Jigsaw Education Psychology	Parenting Team Paediatrician or CAMHS assessment via referral from GP or School Nurse	http://www.oakgrovestockport.co.uk/
Stress and anxiety Bereavement Depression and low mood Self-harm	GP for referral/further assessment Primary Jigsaw	CAMHS assessment via referral from GP or School Nurse Beacon Counselling	
Family breakdown Domestic abuse	Behaviour Support Service Primary Jigsaw	Relate Stockport Without Abuse Beacon Counselling	www.stockportwithoutabuse.org.uk www.thehideout.org.uk
Concerns around body image and diet Eating disorders	Primary Jigsaw	Oakwood House— via GP referral	www.oakwoodhouse.co.uk

Mental Health & Emotional Wellbeing Services for Primary School Age Children in Stockport—Service Contact Details

- ◆ **Behaviour Support Service (BSS)** is part of Stockport's provision for children with social, emotional and behavioural difficulties and works with schools, teachers and parents / carers as well as young people. Call **0161 437 4956 Opt.2**.
- ◆ **Beacon Counselling** exists to improve the lives of adults, young people and children who experience mental and emotional distress. The service works in schools and from our community-based B2 service to offer 1-1 counselling, group programmes (covering resilience, managing anger and conflict, bereavement, exam stress and other issues), self-help information for children and young people, and support for school development around emotional well-being and mental health. Call **0161 440 0055** or visit www.beacon-counselling.org.uk
- ◆ **CAMHS (Child & Adolescent Mental Health Services)** provide a range of services to support children and young people who may be experiencing mental health difficulties. There is a single point of referral to meet Tier 2 (lower level) and Tier 3 (higher level) need. Call **0161 419 2050**.
Kite provide a Tier 2 service to meet the mental health needs of Children in Need and Looked After Children aged 0-18. Call **0161 480 5939**.
- ◆ **Education Psychology Team** helps young people with emotional or behavioural issues in school, within the Youth Offending Service and in Social Care settings. Referrals should be made by the school, calling **0161 474 3870**.
- ◆ **MOSAIC** provide information, support and advice to young people (aged up to 25) around drugs and alcohol. They also offer counselling to their clients. Call **0161 480 5939**.
- ◆ **Oakwood House** provide, online or via GP referral, counselling and therapy for people affected by eating disorders /issues relating to food and eating. Visit www.oakwoodhouse.co.uk or call **0161 480 0882** for more information (but referrals must come from the GP).
- ◆ **Parenting Team** provides professional and specialist group or one to one parenting support. Call **0161 426 5554**.
- ◆ **Primary Jigsaw** aims to improve the emotional health and wellbeing of those children experiencing mental health difficulties. Call **0161 437 4956 Opt 2**.
- ◆ **Relate** provide children and young people's counselling on any issue plus family counselling for those experiencing difficulties with family life. Call **0161 872 0303** or visit www.relategms.co.uk.
- ◆ **Stockport Without Abuse** provide 1 to 1 therapeutic support to children and young people who: a) are or have been in unhealthy dating or intimate relationships; b) are currently or have recently been affected by domestic abuse within their family or c) are identified as being at risk of sexual exploitation. Call **0161 477 4271**