

We're still here for you

Access to emotional and mental health support for children and young people (CYP) is still available in South Staffordshire. We hope you find this helpful to know how to reach us.

Families Health and Wellbeing Service 0-19

The Hub

Telephone advice from school nurse/ health visitor (Families Health and Wellbeing Service 0-19) - any query about CYP.

(West) 0300 303 3923

(East) 0300 303 3924

9am-5pm Monday to Friday

Chat Health

Youth and parent text service— any query about CYP

Youth (11-19) Text line: 07520 615721

Parent/Carer Text Line: 07520 615722

Response within 24 hours

Action for Children

Staffordshire emotional health and wellbeing service for children and young people.

Lower level emotional wellbeing needs.

<https://www.staffordshire-ewb.actionforchildren.org.uk/>

01543 510145

Self Help

This is a really useful website- with lots of self help resources and information.

<https://www.camhs-resources.co.uk/>

National Helplines

NSPCC— 0808 800 5000

Childline – 0808 1111

Winston's Wish for bereavement support - 0808 802 0021

YoungMinds Crisis Messenger Service— text YM to 85258 (free for Young People in crisis)

Specialist Services

If your child is currently open to these specialist services, please contact your local team to access support in accordance with your care plan.

We are operating as usual and are welcoming new referrals, please call us to discuss.

CAMHS

Stafford, Cannock & South Staffs – 01785 221665

Lichfield – 01543 442012

Tamworth – 01827 51183

Burton – 01283 505820

CYP Autism Service

CYP Autism: 0300 303 0691

Email: cypautismservice@mpft.nhs.uk

Children's Learning Disability Service

0300 790 7000 ext 702 1512

Team Email : Childrensld.team@nhs.net

CYP Eating Disorder Service

0300 123 0997

Camhs Early Years' Service (0-4 years)

01785 221160

All Age Mental Health Access Service

The current situation is generating a lot of anxiety and we are doing all that we can to support those who are experiencing this.

We have set up a 24/7 **urgent NHS mental health service** providing telephone support, advice and triage.

Please note: this telephone line can not provide advice on Coronavirus symptoms

If you live in South Staffordshire: 0300 555 5001

<https://www.mpft.nhs.uk/emergency-help>