

# Children & Young People's Mental Health Support Map

A navigational guide for supporting children and young people residing in Staffordshire.



## 1. Things to do, where to go, activities

- **SCVYS Staffordshire Council of Voluntary Youth Services**  
<https://staffscvys.org.uk/activities/>
- **Sports Clubs** - <https://togetheractive.org/>
- **Libraries**  
 Public Library Reading Well offer for children. 2 collections of expert-endorsed books focussing on mental health for children can be found in libraries across Staffordshire.  
[https://reading-well.org.uk/books/books-on-prescription/children for 7-11yrs](https://reading-well.org.uk/books/books-on-prescription/children-for-7-11yrs)  
[https://reading-well.org.uk/books/books-on-prescription/teens for 13-18yrs](https://reading-well.org.uk/books/books-on-prescription/teens-for-13-18yrs)

## 2. It's good to talk

- **GP**
- **Family and Friends**
- **Youth worker**  
<https://staffscvys.org.uk/activities/>
- **0-19 service (Health Visiting and School Nursing)**  
<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing>

## 3. Digital Tools

- **Action for Children**  
<https://www.staffordshire-ewb.actionforchildren.org.uk/>
- **0-19 service (Health Visiting and School Nursing)**  
<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing>
- **Silver Cloud**  
 Online platform for young people 15+ to help understand anxiety and worries.  
<https://actionforchildren.silvercloudhealth.com/signup/>
- **Tellmi**  
 A free app for teenagers (11+) providing resources and a fully moderated community.  
<https://www.tellmi.help/how-tellmi-works>
- **Chat Health** For young people aged 11-19years:  
 Text: **07520 615 721** (Staffordshire)  
 Text: **07520 615 723** (Stoke) Mon -Fri 9am - 5pm  
 Parents/Carers text: **07520 615 722.**  
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=KfMsVyKCoaA>

## 3. Digital Tools Cont...

- **Resources for Children, parents, and professionals**  
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=4Pf3vU6K9yM>
- **The Sandbox**  
 Online hub for children and young people in the south of the county where they can safely seek help and advice about their mental health.  
<https://sandbox.mindler.co.uk/>
- **Health for Teens**  
<https://www.healthforteens.co.uk/staffordshireandstoke/>  
 Aged 11 to 19 in Staffordshire or Stoke on Trent text your Public Health Nurse (School Nurse) on:  
 ☎ Staffordshire: **07520 615721**  
 ☎ Stoke on Trent: **07520 615 723**  
 ☎ Or call local school nurse on **0300 404 2993**

## 4. Education

- **SEND**  
 Special Educational Needs and Disabilities (SEND) Local Offer and Graduated Response  
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/localoffer.page?localofferchannel=0>  
[https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=J9rS4V94\\_r4](https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=J9rS4V94_r4)
- **Mental Health Support Teams**  
 Mental Health Support Teams (MHST) work within educational provisions to deliver evidence-based early interventions for children and young people experiencing mild to moderate mental health problems.  
 x/Twitter: @MhstNorth @SouthStaffsMHST  
 Facebook: @SouthStaffsMHST Instagram:@mhst\_northstaffs

## 5. Single point of access (SPA) North

- Newcastle-under-Lyme, Staffordshire Moorlands**
- ☎ **0800 032 8728**  
**Online referrals:**  
<https://combinedwellbeing.org.uk/da-our-services/>

## 6. Children & Families Single point of access (CaFSPA) South

- Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth**
- **Children & Families Single point of access**  
 ☎ **0808 178 0611**  
 ✉ Email referrals to: [CaFSPA@mpft.nhs.uk](mailto:CaFSPA@mpft.nhs.uk)

## 7. Crisis Centre

- **North**  
<https://www.combined.nhs.uk/our-services/adult-community/crisis-care-centre/>  
 Anybody that is experiencing a mental health crisis call:  
**The All-Age Crisis Centre Team**  
 ☎ **0800 0 328 728 (option 1)**  
**24/7 service**
- **South**  
<https://www.mpft.nhs.uk/emergency-help>  
 Anybody that is experiencing a mental health crisis call:  
**The All-Age Crisis Centre Team**  
 ☎ **0300 555 5001**  
**24/7 service**

## 8. Suicide prevention

- **SHOUT**  
 Text Shout to **85258 (24/7)**
- **Samaritans**  
 ☎ **116 123 free from any phone**  
 ✉ [jo@samaritans.org](mailto:jo@samaritans.org) (replies will take several days)
- **NHS links to support:**  
<https://www.nhs.uk/conditions/suicide/>
- **PAPYRUS Prevention of Young Suicide**  
<https://www.papyrus-uk.org/>  
**Hopeline247 - 24/7 service**  
 ☎ **0800 068 41 41** Text: **07860 039 967**  
 ✉ [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

## 9. A&E services

- **Nearest A&E services 24/7**  
 Find your nearest A&E  
<https://www.nhs.uk/service-search/find-an-accident-and-emergency-service>

## 10. Emergency services

- **Is there a serious concern about the safety of a child or young person?**  
 ☎ **Emergency services 999 or NHS 111**
- **First Response: 0800 0 328 728**  
**24/7 service**