



Mental Health and Wellbeing: Supporting Parents to Support their Child

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Supporting the Mental Health and Wellbeing of Young People

Introducing the i-THRIVE Model



The i-THRIVE framework is a national needs based model that aims to improve services designed to support children and young people with their mental health and wellbeing. This model supports the delivery of **targeted, evidence-based support** to children, young people and their families across North Yorkshire.

Advice and Signposting

Useful apps and websites for parents or carers who are raising concerns about their child's mental health and wellbeing

1

YOUNGMINDS.ORG.UK

A comprehensive website for young people and their families with lots of detailed information about common mental health issues and what support is available to them.

Parent Telephone Helpline, Webchat and Email Service

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

2

SHOUT

Shout provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

Text YM to 85258

3

WEHEARTCBT.COM

A website with free downloadable CBT based resources to help support young people with common mental health problems such as anxiety and low mood.

4

RECOVERYCOLLEGEONLINE.CO.UK

A website for parents and young people providing a range of online educational courses and resources for those who might be struggling with their mental health.

5

THEGOTO.ORG.UK

A North Yorkshire signposting website that provides information, advice and signposting to services for children and young people's mental health and wellbeing

6

FREE MENTAL HEALTH APPS

MY POSSIBLE SELF

Learn ways to deal with stress, anxiety and unhelpful thinking

CHILL PANDA

Learn relaxation techniques to help you relax

MINDSHIFT

Useful for learning to deal with all types of anxiety

THINK NINJA

Develop skills and knowledge about mental health and emotional wellbeing

Mental Health Services in North Yorkshire

Getting Help



THE GO TO WEBSITE - MINI MARKETPLACE

<https://thegoto.org.uk/minimarketplace>

A useful website that explains the mental health and wellbeing support available to young people and their families in North Yorkshire



HAMBLETON AND RICHMONDSHIRE WELLBEING IN MIND TEAM (WIMT)

A mental health support team based in schools across the Hambleton and Richmond area offering early help, intervention and support for young people experiencing mild to moderate mental health issues such as low mood and anxiety.



COMPASS PHOENIX

1. Offering consultation and support to schools and colleges across North Yorkshire to increase skills and confidence of staff dealing with emotional and mental health concerns.
2. Providing early help and intervention support to young people with their mental health. Support is offered either 1-to-1 or in groups. This can be done face-to-face or remotely.
3. Confidential text service for young people aged 11-18. Text "**BUZZ US**" to **07520 631168** for confidential support.



HEALTHY CHILD PROGRAMME 0-19

Emotional health and resilience team offering support for 6-19 year olds experiencing low level emotional issues caused by bullying and friendship issues, low self-esteem, low mood and anxiety.

Mental Health Services in North Yorkshire

Getting More Help



CAMHS

A specialist service for children and young people up to the age of 18 experiencing **moderate to severe** emotional and mental health issues that **significantly** impact on their everyday lives.

Referrals to CAMHS can be made by GPs, schools, other mental health services or directly by parents.

Email: tewv.northyorkshirecamhsreferrals@nhs.net

Single Point of Access (SPA) Tel: 0300 0134778

CAMHS Crisis
Team Tel:
0800 0516171

CAMHS CRISIS TEAM

A service for young people up to the age of 18 experiencing **moderate to severe** mental health needs that require **immediate** attention in the community. The crisis team is available 24 hour a day, 7 days a week.



EARLY HELP

Early Help falls into both "getting help" and "getting more help" in the i-THRIVE model. It is a service offered to young people and their families where additional needs have been identified that cannot be met or coordinated by one single agency. For more detailed information on the services that Early Help can offer, visit thegoto.org.uk.

Referrals to Early Help can be made by GPs, schools, and professionals from other health and social care agencies.

Email: EarlyHelpCentral@northyorks.gov.uk

Tel: 01609 534829

Other Mental Health and Wellbeing Services in North Yorkshire

There are a wide range of voluntary and community organisations across North Yorkshire that support children's mental health and wellbeing.

To find out more, visit <https://northyorkshireconnect.org.uk/>

