

Emotional Health Directory of Services for Children and Young People

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What to do in an emergency

In emergency situations the young person must attend the nearest 24 hour A&E unit or call **999**

Following admittance into A&E:

- A mental health professional will assess the young person following a medical assessment by A&E staff
- Depending on the age of the young person, this may be a professional from CAMHS (Child & Adolescent Mental Health Service) or Adult Mental Health Team
- If the young person needs ongoing mental health input, a referral to the appropriate team will be made by the assessing professional

Worried about a child

If you are worried about the welfare or safety of a child it is very important that you contact us.

Salford City Council and partners have a multi agency hub called the Bridge Partnership that screens all contacts concerning the welfare or safety of a child to children's services.

The Bridge Partnership can be contacted by telephone on **0161 603 4500**, alternatively you can complete an [online referral form](#)

Introduction

Emotional Health in Salford

Emotional health and well being (EHWB) is everyone's business. Emotional health and well being can be supported through good parenting, quality experiences in school and through leisure and social engagement. EHWB needs arise for most children and young people at some points in their lives and this is 'normal' and access to information and advice or support from family/friends usually helps. However, some children and young people may experience needs and difficulties that are severe and chronic and they will need more targeted or specialist advice and support.

We recognise that many people, including professionals and volunteers who are working with children and young people, and friends and family members or carers are best placed to recognise the signs of declining mental health and wellbeing. This Directory is designed to help you access useful information about different types of resources that are available to support children and young people's emotional health and wellbeing and to provide guidance with making a referral into appropriate services when targeted/specialist help is needed.

Introduction and Context

A useful definition of emotional wellbeing is offered by the Mental Health Foundation: *'A positive sense of wellbeing which enables an individual to be able to function in society and meet the demands of everyday life; people in good mental health have the ability to recover effectively from illness, change or misfortune.'*

Good emotional well-being involves being able to identify, and utilise your personal strengths rather than focusing on or being affected by problems or difficulties. The better a young person is able to harness their emotions, feel good about themselves and confident/optimistic about their future, the greater their capacity to enjoy life, the more resilient they are to cope with stress, and focus on priorities.

We are committed to improving children and young people's mental and emotional health and wellbeing in Salford. We know that issues such as anxiety, low mood, depression, conduct and eating disorders, and family breakdown, separation and loss can impact significantly on their happiness and future life chances. This is an important element of our Emotional Health and Wellbeing Partnership work, 0-25 integration work and Child and Adolescent Mental Health Services (CAMHS) Transformation Plan.

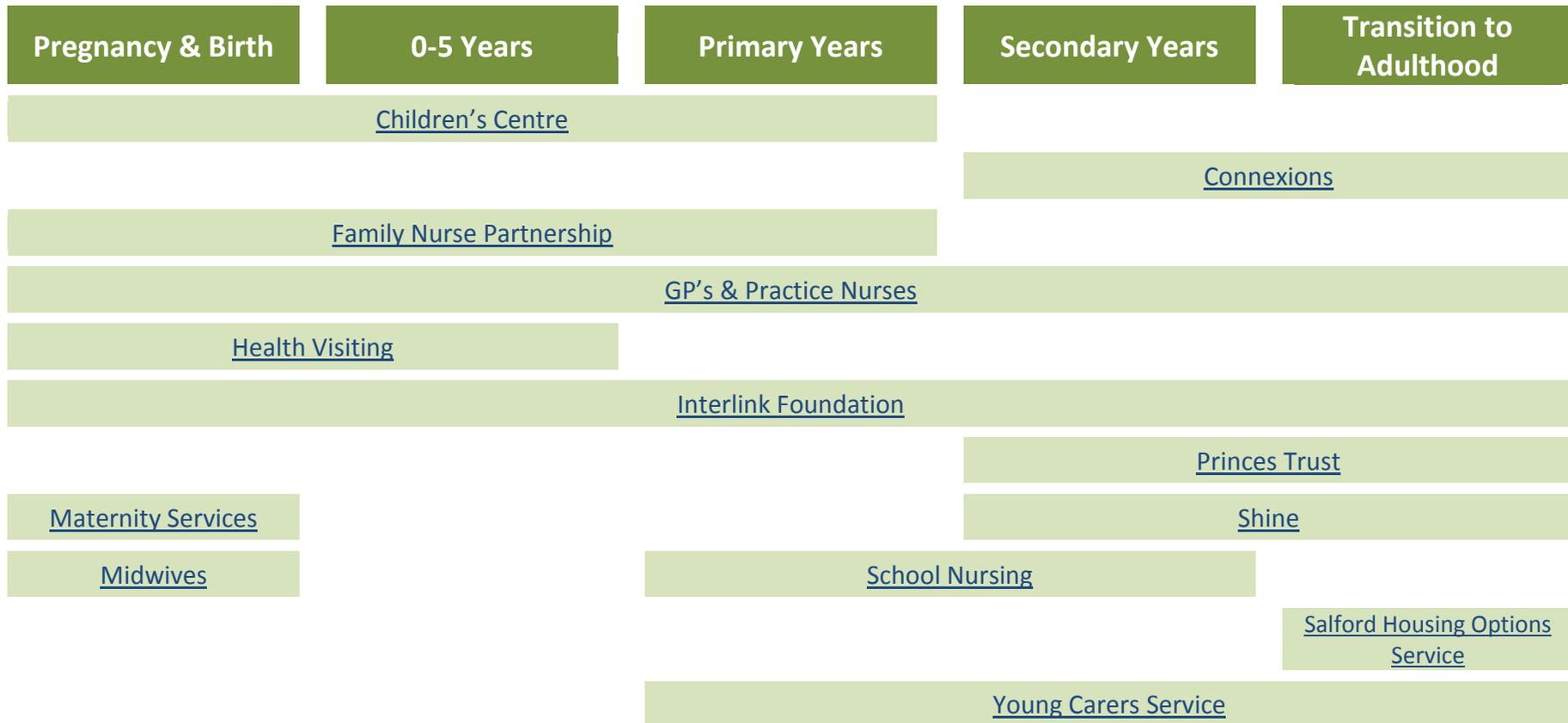
It is thought that around 10% of children and young people experience mental health difficulties, but not everyone is able to access the help and support they need, when they need it. We also know some children and young people are at greater risk of mental health issues and may need early help and support. Being a young person carries many risk factors which may have a negative impact on their emotional wellbeing, such as economic disadvantage, illness and disability, bullying, abuse or bereavement. Any of these factors can have a significant impact on a young person's self-esteem, their ability to learn and achieve and to be happy and healthy.

Some of the most vulnerable groups in Salford include young people living in poverty, especially those living in households where parents claim out of work benefits and have no qualifications. Children and young people subject to child protection plans in Salford are at significantly increased risk of adverse mental health disorders, where underlying risks include domestic violence, parental mental health problems and alcohol/substance misuse.

Children and young people engaging in risky behaviours are particularly vulnerable and hospital admissions for this are particularly high, with admissions due to alcohol above the England average. The numbers of looked After Children in Salford remains the second highest in GM, and although numbers of first time entrants to the Youth Justice system have reduced significantly the numbers in Salford are still one of the highest.

Universal Services

Children and young people may experience anxiety or difficulties in response to life events or changes in circumstances which are generally temporary episodes between otherwise good emotional health and wellbeing. Many of these children can find appropriate support and advice through existing networks (e.g. family and friends) or via services that are open to all children and young people ('universal services') like health services and schools/college.



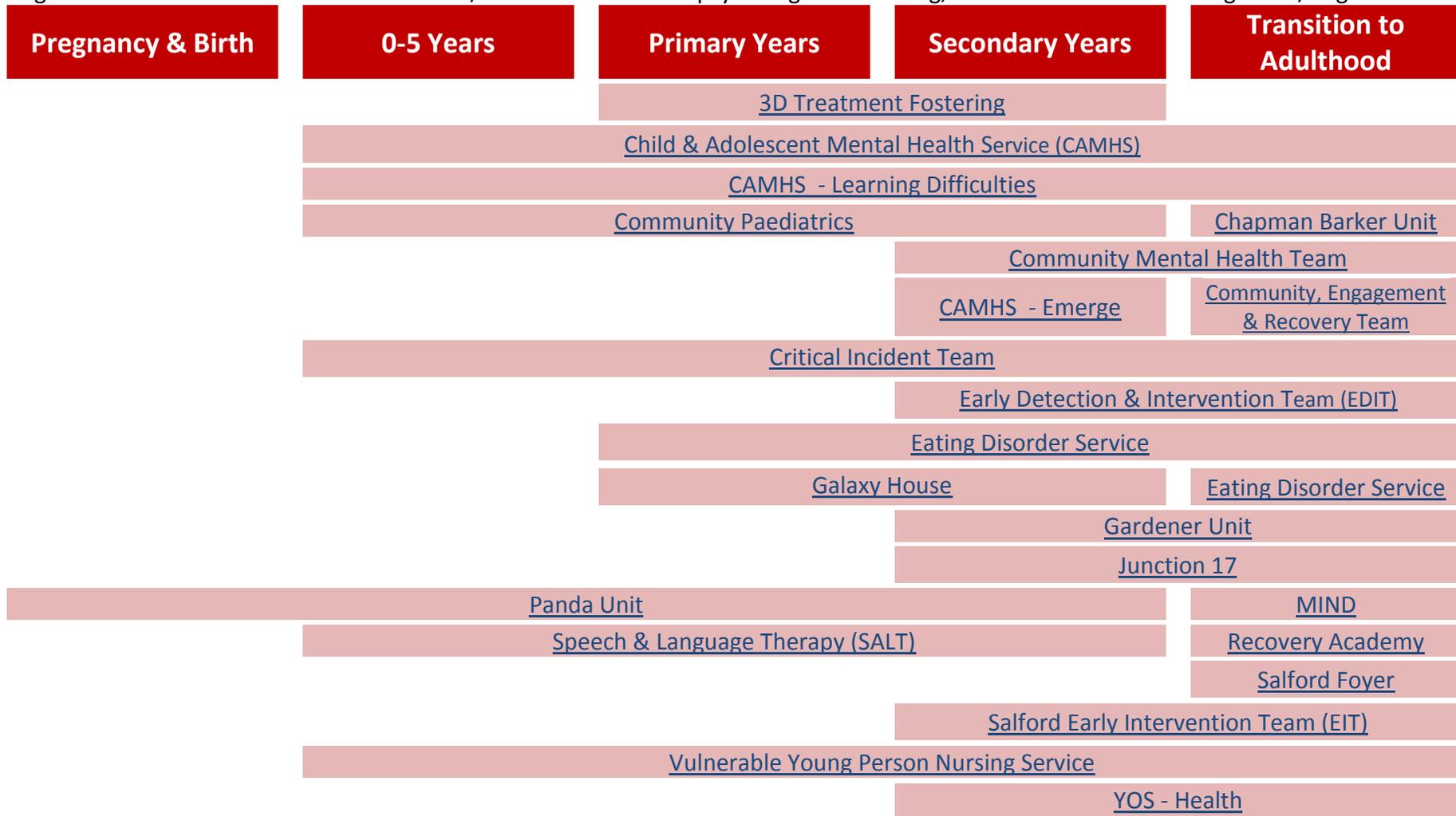
Targeted Services

There is a range of services that are 'non-medical' and are often community based, that identify and support children with emotional / mental health difficulties with the aim of intervening earlier to prevent escalation of need and risk. Some of these services may target specific groups of children and young people. Many offer a range of skills and therapies to engage and support children and young people.

Pregnancy & Birth	0-5 Years	Primary Years	Secondary Years	Transition to Adulthood
	<u>Achieve</u>			
			<u>42nd Street</u>	
<u>Health Visiting</u>			<u>Connexions</u>	
	<u>Early Intervention & Prevention (EIP)</u>			
	<u>Educational Psychologists</u>			
<u>Family Nurse Partnership</u>		<u>EMTAS</u>		<u>MIND</u>
<u>IYSS</u>			<u>Integrated Youth Support Service (IYSS)</u>	
	<u>Portage Service</u>	<u>Place2Be</u>	<u>Princes Trust</u>	
			<u>Relate</u>	
	<u>Salford Information, Advice & Support Service (SIASS)</u>			
	<u>Salford Therapeutic Advisory & Referral Service for LAC (STARLAC)</u>			
	<u>Salford Adoptive Families Support Service (SAFSS)</u>		<u>Start in Salford</u>	
		<u>School Nursing</u>		<u>Self Help Services</u>
	<u>Speech & Language Therapy (SALT)</u>			
			<u>Secondary Inclusion</u>	<u>Six Degrees</u>
	<u>The Gaddum Centre</u>			
		<u>Young Carers Service</u>		
			<u>Young Fathers Project</u>	

Specialist Services

There may be occasions where some children and young people need support from specialist mental health services where there are significant concerns related to their mental / emotional health or psychological wellbeing, or the concerns are of a high risk / urgent nature.



3D Treatment Fostering

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3D Treatment Fostering aims to bring about positive changes in key areas of a young person's life through an individually tailored programme of intervention. It involves a designated multi-disciplinary clinical team with professionals from education, child mental health and Children's Services working together to provide a wrap-around service to address the young person's difficulties.

The young people live with specialist trained foster carers for approximately 9 to 18 months and are provided with support in school. They have weekly sessions with a skills trainer, educational officer and an individual therapist who use social learning and cognitive approaches to improve problem behaviours at home, school and the community. In addition a birth family therapist works with the young person's birth family even when the young person may not be returning home. We believe that it is desirable and therapeutic to help young people build a constructive relationship with family members.

Outcomes for the young person may be to move onto a stable long term fostering placement or a rehabilitation home to birth family.

Age range	10-16 years
Referral route	Professional referral only – via Salford City Council Social Workers
Address	Salford Civic Centre, Chorley Road, Swinton, M27 5DA
Email	<u>Amanda.mcleod@salford.gov.uk</u>

42nd Street

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42nd Street provides support for young people experiencing difficulties with their mental health and wellbeing. Our diverse services include individual therapeutic support, advocacy, projects and activities, and a creative programme via The Horsfall, our new arts space.

Some of the problems we can support:

- Feeling worried, stressed and panicky
- Depression and feeling low
- Self-harm
- Anxiety
- Phobias
- Struggling to be around others or socialise
- Worrying about feeling driven to do certain
- Problems in relationships
- Issues around food and eating and how you feel about your body
- Feeling lonely
- Bullying

Support available	Advice, Counselling / Therapy; Drop-in session; Information; Groups and Projects; Arts-based activities
Age range	11-25 years
Referral route	Self referral / professional referral
Address	The Space 87-91 Great Ancoats Street, Manchester, M4 5AG
Telephone	0161 228 1888
Email	<u>theteam@42ndstreet.org.uk</u>
Website	<u>www.42ndstreet.org.uk</u>

Achieve

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Achieve has a dedicated team who work closely with young people up to the age of 25 offering support, information, harm reduction interventions and specialist substance misuse treatment. The team are co-located with the Integrated Youth Support Services, The Young Father Service and the Youth Offending Service.

Achieve provides the Early Break Holding Families programme which offers structured interventions to children, parents and families with problems associated with parental substance misuse.

The Achieve Young People team work in partnership with other services such as local schools, Youth Offending Service, CAMHS etc. in supporting young people who are using substances. The team use a variety of interventions to reduce the harm caused by substance misuse on the emotional, physical health and wellbeing of young people. These interventions can range from education and 1:1 confidential support to Blood Borne Virus vaccinations and prescribed treatment, depending on need.

Support available Advice and information on substance use and reducing substance misuse related harm and on your alcohol and drug intake; Group support; Access to inpatient and home detoxification

Age range Up to 25 years

Referral route Self referral / professional referral

Address Beacon Centre, 1 London Street, Salford, M6 6QT

Telephone 0161 358 1858

Email Young People's Team: achieveyps@gmmh.nhs.uk
Holding Family Team: achievehf@gmmh.nhs.uk

Website www.gmmh.nhs.uk/achieveyoungpeople

Child & Adolescent Mental Health Service (CAMHS)

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CAMHS provides support for children and young people aged 0 – 18 years (including those with disabilities), where there are concerns related to their mental/emotional health and well being. The difficulties must be having a negative impact on the young person's day to day life and/or family functioning that is beyond the remit and expertise of Primary Care Services. This service has been rated Outstanding in the latest CQC inspection 2016.

Some of the issues we can support:

- Depression or mood disorder
- Deliberate self-harm / suicidal thoughts
- Anxiety
- Obsessive compulsive presentations
- Psychosis
- Autistic Spectrum Disorders (ASD)
- Challenging behaviour
- Attention Deficit Hyperactivity Disorder (ADHD)
- Eating disorders
- Complex Behavioural and Relationship Difficulties

Support available Cognitive Behavioural Therapy; Dialectical Behaviour Therapy skills and groups; Eye Movement Desensitization and Reprocessing; Family Therapy; Parenting Interventions for Attention-Deficit / Hyperactivity Disorder (ADHD) and specialist parenting advice for other conditions; Psychotherapy.

Age range 0-18 years

Referral route **Professional referral only**

Address Salford CAMHS, 1 Broadwalk, Pendleton Gateway, Salford, M6 5FX

Telephone 0161 622 9848

Email cmm-tr.Salford-CAMHS@nhs.net

Website www.cmft.nhs.uk

CAMHS - Learning Difficulties

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The Specialist CAMHS LD team is provided by CMFT from Salford CAMHS at the Pendleton Gateway Centre. The service ensures that the mental health needs of children and young people with Learning Disabilities are identified, assessed and treated.

The service works closely with professionals from other agencies to support children, young people and their families. The service works particularly closely with professionals and services provided by Salford Royal Foundation Trust.

CAMHS has been rated Outstanding in the latest CQC inspection 2016.

Support available	Advice, consultation for professionals, information, signposting, support, training.
Age range	0-18 years
Referral route	Referral by a Paediatrician or GP or Health Professional
Address	1 Broadwalk, Pendleton Gateway, Salford, M6 5FX
Telephone	Tel: 0161 211 7260
Email	<u>cmm-tr.Salford-CAMHS@nhs.net</u>
Website	<u>www.cmft.nhs.uk</u>

CAMHS - Emerge

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This innovative young person's mental health service is targeted at 16 and 17 year olds in order to provide a flexible and responsive service. It is based in the community offering mental health services in a range of settings.

Emerge is a stand-alone CAMHS service which focuses on the specific needs of 16 - 17 year olds with moderate to severe mental health problems. The team will accept routine and urgent referrals. All accepted urgent referrals will be prioritised and assessed within two working days. This service has been rated Outstanding in the latest CQC inspection 2016.

The service can support young people with moderate to severe mental health problems, such as:

- Anxiety
- Fears and phobias
- Obsessive compulsive presentations
- Depression / low mood
- Self harm
- Autistic Spectrum Disorders (ASD)
- Issues related to unresolved trauma
- Attention Deficit Hyperactivity Disorder (ADHD)
- Eating disorders
- Dual (drug & mental health) problems

Support available	Counselling / Therapy; Assessment & treatment; crisis planning / management
Age range	16-17 years
Referral route	Self referral / professional referral: referrals can be made by young people, parents/carers, professionals, anyone who is concerned about a young person's mental health
Address	Millennium Power House, Moss Side, Manchester
Telephone	0161 226 7457

Chapman Barker Unit

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The Chapman Barker Unit is a 26 bed regional detoxification inpatient unit that offers a truly unique, medically managed and recovery-focused treatment for men and women with substance misuse problems.

We believe that each person with a drug and/or alcohol problem is unique and as such should be offered treatment programmes that are individually designed to meet their needs.

The unit has two admission pathways, pathway one is planned admissions for service users with complex substance misuse problems and co-existing physical and mental health concerns, and the second pathway is RADAR. At Greater Manchester West we are home to the UK first RADAR referral pathway (Rapid Access Detoxification Alcohol hospital) this pathway is a bespoke 5-7 day rapid alcohol detoxification programme.

Support available	Detoxification inpatient unit that offers a truly unique, medically managed and recovery-focused treatment for men and women with substance misuse problems.
Age range	18+
Referral route	Professional referral only - Planned Admissions: accept referrals from community based drug & alcohol services.
Address	Chapman Barker Unit, Bury New Road, Prestwich, M25 3BL
Telephone	0161 772 3558
Website	<u>www.gmw.nhs.uk/chapman-barker-unit</u>

Children's Centres

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Salford Sure Start Children's Centres offer universal and targeted support to children and their families. We can support families to access parenting courses, access play sessions, infant feeding support, baby groups and adult education courses.

Salford's children's centres are located across 4 locality hubs in 5 locations.

Support available

Services and activities will enrich and develop:

- Speech and language
- Play
- Social and emotional development
- Parenting skills
- Attachment
- Home safety scheme
- Support with Isolation/new to the area
- Infant feeding support
- Behaviour management support
- Early identification of develop delay
- Early identification of attachment or bonding concerns

Providing support for families and children. Holistic services to all families and in particular those who are in most need available.

Children's Centres enable families to access support from midwives, health visitors, early year's practitioners and family support.

Age range

0-18 years

Referral route

Self referral / Professional referral via [the Bridge](#)

Address

North: Swinton Gateway, 100 Chorley Rd, Swinton
East: Broughton Hub, 50 Rigby St, Higher Broughton
South: Brindley St, Winton, Eccles
West: Longshaw Dr, Little Hulton
Central: Langworthy Cornerstone, 451 Liverpool St, Salford

Telephone

North: 0161 778 0750 East: 0161 778 0080
South: 0161 686 5290 West: 0161 604 7660
Central: 0161 212 4480

Website

www.salford.gov.uk/find-a-childrens-centre.htm

Community Engagement & Recovery Team

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The Community Engagement Recovery Team (CERT) helps to enhance and maintain, service users' role in society, including supporting them into continued employment.

Our aim is to improve the quality of mental health and wellbeing of our service users.

We proactively support those who are seeking employment, we encourage service users to develop social contacts and promote independence, which can be a factor in preventing both physical and mental health difficulties. The ethos of CERT (a non-clinical team in a clinical organisation), is to think outside traditional roles within the caring profession and have a 'can do' attitude.

Support available We help our service users in the following ways:

- Retaining their current employment and have successfully returned into work after a period of sickness.
- Successfully winning disability tribunal appeal hearings for service users
- Support welfare benefit claims (new and renewals)
- Support service users to gain paid employment.
- Work placements and volunteering roles

Age range 18+

Referral route Self referral

Address Broadwalk Centre, 51 Belvedere Road, Salford, M6 5EJ

Telephone 0161 607 8280

Community Mental Health Teams

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There are 3 Community Mental Health Teams (CMHT) serving Salford, the service is an integrated specialist team offering a range of therapeutic interventions and treatments for adults over the age of 16 with severe and enduring mental health issues.

The team consists of mental health practitioners from various professional backgrounds including community psychiatric nurses, social workers, psychologists, occupational therapists, psychiatrists, administration staff and community care workers.

The team aim to work collaboratively with service users, carers and other agencies to promote recovery and social inclusion.

Support available	We provide needs-led support that is time-limited and responsive to changes in service users' and carers' circumstances.
Age range	16+
Referral route	Self referral
Address	Prescott House, Prescott St, Little Hulton, M28 0ZA Cromwell House, Cromwell Rd, Eccles, M30 0GT Ramsgate House, Ramsgate St, Higher Broughton, M7 2YL
Telephone	Cromwell House: 0161 787 6000 Ramsgate House: 0161 358 0732 Prescott House: 0161 702 9368
Website	<u>www.gmw.nhs.uk/salford</u>

Community Paediatrics

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The community paediatric team in Salford have special expertise in child development and disability and are part of the national networks in managing these areas. Our holistic approach for all clinics allows multiple issues to be dealt with at a single appointment.

Statutory duties are fulfilled with specific services for vulnerable children, including looked after children and those going through the adoption process; and medical assessment and advice for children undergoing statutory assessment of special educational needs.

Services delivered by the community paediatric consultant team include:

- General paediatric services
- Developmental paediatrics and disability medicine
- Educational medicine
- Vulnerable Children
- Public health

Support available	Community based advice, advocacy, consultation for professionals, family support, information and support.
Age range	0-18 years
Referral route	Referral by health, education and social care professionals
Address	Paediatric team, Sandringham House, Windsor St, Salford, M5 4DG
Telephone	0161 206 0276
Email	Paeds.referrals@srft.nhs.uk
Website	www.srft.nhs.uk

Connexions

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Salford Connexions work with young people aged 13-24 (and up to 25 for those with learning difficulties and disabilities).

We work with young people who are not in education, employment or training to help them move into new opportunities.

Our service includes:

- Careers advice
- Advice and support to apply for apprenticeships
- Job-searching
- CVs, job applications and interview preparation
- Information and advice on local, training opportunities (paid and unpaid)
- Help with housing, benefits, pregnancy, drug and alcohol issues and mental health difficulties
- Drop-in service

Support available	Information, advice, guidance, support
Age range	13-24 years (up to 25 for those with learning difficulties and disabilities)
Referral route	Self referral
Address	Salford Connexions Centre, 77 Pendleton Way, Salford Precinct, Salford, M6 5FW Walkden Connexions, Bolton Road, outside Ellesmere Centre, Walkden, M28 3ZH The service also operates from a range of venues across the city, please visit the Connexions website for more information.
Telephone	0800 0126 606
Email	adviser@careerconnect.org.uk
Website	www.careerconnect.org.uk/Salford-Connexions

Critical Incident Team

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The Educational Psychology Service work in schools, early years settings and colleges to offer support in the event of a Critical Incident.

A critical incident is an event that impacts on the school community, e.g. the sudden death of a pupil or teacher. They work to enhance the school's own support and coping strategies, following a critical incident. To help the school to understand and manage the range of responses to the incident.

In the event of a Critical Incident the EPS Critical Incident Team will offer schools;

- Phone advice / guidance.
- School visit, within 24 hours of the request to support in school response to the incident. This visit will usually be made by 2 educational psychologists. They can provide guidance on immediate, medium-term and long-term action relating to the specific incident. The aim will be to support school leadership to support their children, staff and parents.

Further work may also be agreed, e.g.:

- A briefing to all school staff.
- Small group work with the school staff most affected.
- A drop-in session for parents.
- Follow-up visits / phone calls to the headteacher.

Support available Advice, support, training, consultation for professionals

Age range Up to age 25

Referral route **Professional referral only** - Service can be accessed via the school SENCo.

Address Burrows House, 10 Priestly Road, Wardley Industrial Estate, Worsley, M28 2LY

Telephone 0161 7780476

Email EPS@Salford.gov.uk

Early Detection & Intervention Team

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EDIT is an award winning service aimed at detecting and providing cognitive therapy for people at high risk of developing mental health problems (e.g. psychosis). We aim to reduce distress, confusion, and the development of more serious mental health difficulties and help to get people's lives back on track.

Early Detection and Intervention Team (EDIT) is a specialist psychological therapy service that works with young people aged 14 – 35 years.

Some of the issues we can support:

- Hearing or seeing things that others cannot
- Feeling paranoid or suspicious of people or certain situations
- Unusually high or low moods
- Sleeping too much or too little
- Having difficulty concentrating and being easily distracted

Support available

- Full care-coordination
- Evidence based group and individual psychological interventions (including CBT and Family Interventions)
- Support with medication management
- Support with accessing employment, education and vocational activities
- Support for families and carers

Age range 14-35 years

Referral route Self referral – service can also be accessed by GP's, Mental Health Services, Voluntary Sector, Youth Services (Connexions, YOT)

Address Salford EDIT, Broadwalk Centre, 51 Belvedere Road, Salford, M6 5EJ

Telephone 0161 607 8270

Website www.gmw.nhs.uk/edit

Eating Disorder Service

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Manchester and Salford Eating Disorder (MSEDS) service provide community support to children and young people up to the age of 18 with a suspected or diagnosed eating disorder including early intervention.

The team is made up of a Psychiatrist, Eating Disorder Therapists, Dieticians and family therapy.

We are a Monday to Friday service, from 9.00am to 5.00pm, with MSEDS admin support available from 8.30am to 5.00pm.

Support available	Assessment and intervention to reduce eating difficulties. Family therapy and individual work to support the whole family. Dietetic advice and meal planning.
Age range	Up to age 18
Referral route	Self referral or via CAMHS service
Address	We are based within community CAMHS teams across both Manchester and Salford. The hub of this service is based within The Harrington Building, Royal Manchester Children's Hospital, Hathersage Road, Manchester, M13 9WL
Telephone	0161 701 0447
Email	<u>MSEDS@cmft.nhs.uk</u>
Website	<u>www.cmft.nhs.uk/MSEDS</u>

Early Intervention & Prevention (EIP)

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Early intervention tackles the causes of poor outcomes for children and their families, shifting the focus from dealing with the consequences of difficulties to preventing things from going wrong in the first place.

There are four locality teams within Salford. Each locality team is made up of staff from different professional backgrounds including family support workers, brief intervention officers, housing advisors and skills and work specialists.

We can provide:

- Parenting advice
- Home safety
- Welfare rights concerns
- Debt issues
- Support and signposting for more complex issues such as domestic abuse and substance misuse
- Preventing family breakdown
- Reducing the risk of permanent exclusions from school

Support available The EIP service offers a range of evidence based interventions and service, such as family support, brief intervention, evidence based parenting programmes

Age range All ages

Referral route Self referral

Contact details Central: Broughton Hub, 50 Rigby St, Salford
0161 778 0601 / Central.locality@salford.gov.uk
North: Burrows House, 1st Flr, 10 Priestley Rd, Worsley
0161 778 0495 / North.locality@salford.gov.uk
South: 1a Garden St, Eccles
0161 686 5260 / South.locality@salford.gov.uk
West: Little Hulton Children's Centre, Longshaw Drive
0161 686 7235 / West.locality@salford.gov.uk

Website www.salford.gov.uk/children-and-families/EIP

Educational Psychologist Service

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The Educational Psychology Service work in schools, early years settings and colleges to identify, support and monitor children with additional needs. Their aim is to promote learning and inclusion.

Educational Psychologists will work directly with individuals where school staff have highlighted concerns about an individual child's well being. This is usually for the purpose of gathering information to inform advising those who know the child, but could also involve a time limited number of individual therapeutic intervention sessions.

The service also offers group interventions and support programmes at the request of schools including motivational interviewing groups, coping power, circle of friends, friends, pyramid clubs and more.

The Educational Psychology Service have developed a manual for schools (Emotionally Friendly Schools Manual) to self evaluate how emotionally friendly they are and support schools to set themselves an action plan to develop and improve in this area.

Support available	Assessment of the child using observation, interviews and test materials. Educational psychologists offer a wide range of appropriate interventions, such as learning programmes and collaborative work with teachers or parents.
Age range	Up to age 25
Referral route	Professional referral only - Service can be accessed via the school SENCo.
Address	Burrows House, 10 Priestly Road, Wardley Industrial Estate, Worsley
Telephone	0161 7780476
Email	<u>EPS@Salford.gov.uk</u>

Ethnic Minority & Traveller Achievement Service

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Salford EMTAS provides a support service to all local authority schools to help them meet the additional needs of their ethnic minority pupils.

These may be children who have English as an additional language (EAL), may be of Gypsy Roma Traveller (GRT) heritage or have asylum or refugee status. Specialist teachers and teaching assistants support and monitor children from a wide variety of minority ethnic backgrounds. We support children in the classroom, deliver specialist teaching, liaise with school staff and families to address the particular needs of the child.

- Support available**
- Time limited direct pupil support on a one to one basis or in small groups
 - Training and advice on best practice ethnic minority achievement including new arrivals, advanced learners, GRT and asylum or refugee pupils
 - Assessment and tracking
 - Support on whole school policies and provision mapping
 - Resources
 - Interpreters for initial admission meetings for new arrivals
 - Liaison with parents and other agencies
 - Awareness training on cultural and religious matters

Age range 5-16 years

Referral route **Professional referral only** - referrals accepted from primary and secondary schools and other learning settings

Address School based

Telephone 0161 778 0477

Email emtas@salford.gov.uk

Website www.salford.gov.uk/emtas

Family Nurse Partnership

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Family Nurse Partnership (FNP) is a free and voluntary program for first time mums (and dads). A specially trained family nurse visits the young person regularly; from early pregnancy until the child is two.

We service can support the following:

- Personal health – building positive health practices
- Environmental health – Managing home and neighbourhood to ensure healthy child development
- Life course development – working towards future aspirations including education and employment
- Maternal role – developing skills and knowledge, promoting the health and development of their child
- Family and friends – developing the skills to build positive relationships and enhance social support
- Other health and human services – enabling access to services.

The Family Nurse Partnership Program aims to enable young mums to:

- Have a healthy pregnancy
- Improve their child's health and development
- Plan their own futures and achieve aspirations

Support available The FNP program is delivered by specially trained nurses. They use carefully designed materials, activities and evidence-based approaches within home-visits.

Referral route Self referral

Address Cleveland House, 224 Eccles Old Road, Salford, M6 8AL

Telephone 0161 206 0412

Email salford.fnp@nhs.net

Forensic Adolescent Consultation & Treatment Service

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A regional out-patient community multi-disciplinary team for young people who present with significant mental health problems displayed by high risk, offending behaviours and who have become, or are likely to become involved in criminal proceedings.

Assessment: In the FACTS team, there is a range of skills and expertise, so are able to offer multi-disciplinary holistic assessments of young people by child and adolescent psychiatrists, YOT workers, social workers and forensic clinical psychologists. The outpatient assessment package offered by FACTS will lead to recommendations to meet the needs and manage the risks. FACTS offer assessment of specific forensic behaviours including fire-setting, sexual offending, serious violence (including homicide), pre-occupation with weapons and explosives.

Treatment: The FACTS take on a limited number of out-patients for treatment.

Provision of Second Opinions, Training and Consultation: can be provided for other agencies involved in the care of young people with high-risk behaviours or mental health problems. Also involved in offering training to local YOTs and CAMHS and works on a consultancy basis with CAMHS workers.

Support available FACTS are able to do home visits to engage clients, offer appointments outside the clinic, and work closely with family and carers.

Age range 10-18 years

Referral route **Professional referral only**

Address Bury New Road, Prestwich, M25 3BL

Telephone 0161 772 3601 / 3600

Gaddum Centre

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Salford's bereavement counselling service works with children, adolescents and their parents.

The service can offer practical support and guidance to families, individuals, professionals and anyone concerned about a grieving child. They believe that the right support at the right time can enable a young people and adults to find a way to live with their grief and rebuild a positive future

The centre provides a needs-led therapeutic service for Salford children and families, as they begin to explore their unique process of adjustment following bereavement.

Children and young people often find it difficult to speak directly about their thoughts and feelings, and so play is used as an effective communication tool to facilitate symbolic expression and appear less threatening. Sessions usually take place each week or fortnight in an environment where the young person feels most comfortable e.g. home or school, and it is not a time-limited service so once contact has been established, the intervention will continue for as long as it is felt to be effective and necessary.

Support available	Advice, support, counselling
Age range	0-18 years
Referral route	Self referral
Address	The Gaddum Centre, Gaddum House, 6 Great Jackson Street, Manchester
Telephone	0161 834 6069
Email	<u>info@gaddumcentre.co.uk</u>
Website	<u>www.gaddumcentre.co.uk/bereavement-service/</u>

Galaxy House

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Galaxy House is a 12 bedded specialist mental health in-patient unit that provides care for children up to 13 years with a range of neuro-developmental and psychosomatic difficulties, and young people up to 18 with eating disorders (ED) and pervasive avoidance withdrawal syndrome. (PAWS). This service has been rated Outstanding in the latest CQC inspection 2016.

- Specialist mental health inpatient treatment for children and young people
- Inpatient assessment and treatment delivered by a multi-professional team.
- Education via in-house school.
- Rehabilitation programmes for young people with PAWS
- Dietetic and post-discharge support for young people with ED

Support available	Counselling / therapy, support
Age range	6-13 years (up to 18 years for ED and PAWS)
Referral route	Professional referral only - Referral by Consultant Child and Adolescent Psychiatrists in District Child and Adolescent Mental Health Services.
Address	Harrington Building, Royal Manchester Children's Hospital, Oxford Road, Manchester, M13 9WL
Telephone	0161 701 5197
Website	www.cmft.nhs.uk/childrens-hospitals

Gardener Unit

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The Gardener Unit caters to young people with serious mental illness or concern of a significant psychiatric disorder with significant levels of risk. These will be young people who require assessment and/or treatment and/or rehabilitation, and who could not otherwise safely receive this in a non-secure hospital setting or custody setting.

The service aims to maximise young people's hope about their future, enabling them to develop safe autonomy, and promoting opportunities for positive achievement. The unit is recovery oriented with recovery being client-centred. The Gardener Unit team recognise the unique and diverse needs of young people and provide quality residential care.

The unit contains ten- beds and is for boys between the ages of 11 and 18 years. Within the unit is a purpose built intensive care facility.

The multi-disciplinary team work within the Care Programme Approach (CPA). Wherever possible this involves working closely and collaboratively with the young person, involved professions, other agencies, families and carers.

Support available Adolescent Forensic Mental Health Assessment is multi-disciplinary, comprehensive and holistic; this includes psychiatric, neurological, psychological and educational assessments. Treatment interventions are cognitive-behavioural in emphasis and also draw upon psychodynamic therapies.

Age range Males aged 11-18

Referral route **Professional referral only** - Health Professional referrals

Address Gardener Unit, Bury New Road, Prestwich, M25 3BL

Telephone 0161 772 3425

Website www.gmw.nhs.uk/gardener-unit

GPs & Practice Nurses

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GPs deal with a whole range of health problems. They also provide health education, offer advice on smoking and diet, run clinics, give vaccinations and carry out simple surgical operations.

GPs usually work in practices as part of a team, which includes nurses, healthcare assistants, practice managers, receptionists and other staff. Practices also work closely with other healthcare professionals, such as health visitors, midwives, mental health services and social care services.

GPs surgeries can be found locally across Salford. GPs provide care during what are known as core hours from 8am to 6.30pm.

You can make an appointment with your practice for medical advice, examinations and prescriptions. GPs also provide an out-of-hours service - just ring your normal GP's number. You should make an appointment with your local GP when you have an illness or injury that will not go away.

To find your local GP practice please use the following website:

www.salfordccg.nhs.uk/local-services

Age range All ages

Referral route To access your local GP practice you will need to register with the practice

Website To find local GP practices:
www.salfordccg.nhs.uk/local-services

For more information: www.nhs.uk/NHSEngland

Health Visiting

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Support includes reviewing the children's health, development and progress, and supporting families in helping to ensure their children reach their maximum potential.

The service can support the following:

- Domestic violence
- Postpartum psychosis
- Post natal depression
- Anxiety
- Infant Mental health bonding / attachment
- Substance misuse
- Smoking / Alcohol

- Support available**
- New baby reviews
 - Providing antenatal/ postnatal parenting programmes
 - Supporting general access to 'talking therapies' and parental support
 - Providing assessment of parental mental health needs including maternal mental health
 - Early identification of attachment/bonding concerns
 - Delivering health promotion, advice and support
 - Supporting breast feeding and promoting secure attachment

Referral route Self Referral

Address The service has location across the city, for more information please visit the website (link below)

Telephone Higher Broughton: 0161 212 4582
Little Hulton & Walkden: 0161 212 5229
Swinton: 0161 212 5122
Irlam: 0161 212 5421
Eccles: 0161 212 5525
Langworthy: 0161 212 4321

Integrated & Targeted Youth Support Service (IYSS)

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Working in partnership with young people, youth services provides a range of activities and opportunities to:

- Encourage and inspire young people to achieve their full potential
- Enable young people to gain skills and experience new challenges
- Creatively explore issues that are important to young people
- Support young people to make informed choices
- Involve young people in decision making at all levels
- Ensure young people's inclusion as active and valued members of their community

The team can provide support for young people covering a range of issues, including:

- Emotional support
- School attendance
- Anger management
- Building positive relationships
- LGBT support groups

The service is delivered across Salford in youth centres, schools and community spaces.

Support available	Advice, advocacy, drop-in session, support, information, training, and group work
Age range	11-25 years
Referral route	For young people please either email or telephone for more information (details below) Professional referrals via The Bridge
Address	Integrated Youth Support Services, Beacon Youth Centre, 1 London Street, Salford, M6 6QT
Telephone	0161 778 0700
Website	www.wuu2.info

Interlink Foundation

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The Interlink Foundation is an independent charity serving the needs of the Orthodox Jewish community.

We are committed to improving the lives of those with disadvantage through the provision of high quality information, advice and guidance.

The service can support the following:

- Welfare rights advice
- Signposting to sources of support within the Jewish community (including Mental Health)
- Help with Budgeting
- Advocacy for End of Life Care or Clinical crises
- Motivational training

Additional languages spoken by staff: Hebrew, Yiddish, French

Support available	Advice, advocacy, information, training
Age range	All ages
Referral route	Self referral
Address	400-404 Bury New Road, Salford, M7 4EY
Telephone	0161 740 1877
Email	office@interlinknw.org.uk

Junction 17

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Junction 17 is a Specialist Adolescent Mental Health Service for young people aged 13-17 who require assessment and treatment for a range of complex mental health difficulties

The service provides support to those young people with the most complex of needs and who require admission into a specialist unit or require enhanced community services.

This includes young people with serious mental illness including:

- Psychosis
- Bipolar affective disorders
- Eating disorders
- Dual diagnosis
- Young people with emerging personality difficulties.

Support available Junction 17 provides a wide range of services both in the community and within a state-of-the-art inpatient unit 24/7. The service provides inpatient therapeutic care as well as education in a safe and nurturing environment.

Age range 13-17 years

Referral route **Professional referral only** - Young people are only admitted to Junction 17 if they are in crisis or cannot be safely cared for by community services or other alternatives.

Patients are referred through a number of routes including:

- Community Child and Adolescent Mental Health Services
- Accident & Emergency Departments
- Paediatric Inpatient Wards

Address Junction 17, Bury New Road, Prestwich, M25 3BL

Telephone 0161 773 9121

Website www.gmw.nhs.uk/junction-17

Maternity Services

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Saint Mary's Hospital provides maternity services for women living in central Manchester, Trafford and Salford with primary, secondary and tertiary obstetric care. The hospital is renowned both regionally and nationally for its clinical, research, fetal and maternal medicines services.

The models of care provided to women are both consultant and midwifery led with an established midwifery led team delivering care to low risk women and a multidisciplinary team comprising of obstetricians, midwives, anaesthetists, neonatologists and physicians providing care to women with specialist fetal and maternal needs.

The service can support, and where appropriate, make referrals with the following:

- Stress in pregnancy
- Low birth weight
- Parental mental illness (including post natal depression)
- Supporting the emotional and social wellbeing of the infant.
- Teenage pregnancy

Support available	Antenatal assessment units at Saint Mary's Hospital and Salford Royal.
Age range	We see young people regardless of their age range who require access to maternity services
Referral route	Professional referral only - Referral from GP/community midwife
Address	Saint Mary's Hospital, Oxford Road, Manchester M13 9WL
Telephone	0161 276 6429
Website	www.cmft.nhs.uk/saint-marys

Midwives

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Maternity services for the women and families of Salford are offered by the following NHS Trusts:

- Central Manchester University Hospitals NHS Foundation Trust
- Bolton Royal NHS Trust
- North Manchester General Hospital
- Warrington General Hospital

In the case of health visitors/midwives, identifying and referring appropriately in cases of stress in pregnancy, low birth weight, parental mental illness (including post natal depression), supports the emotional and social wellbeing of the infant.

Universal maternity care is provided to all pregnant women, in addition the following services are available:

- Specialist Midwife for Young Parents
- Specialist Midwife for Asylum Seekers and Refugees
- Specialist Midwife for Mental Health/Drugs and Alcohol
- Specialist Midwife for HIV and Screening
- Neonatal Outreach Team

Support available	Support can be provided in the home, community settings and clinics
Age range	We see young people regardless of their age range who require access to the Midwifery service
Referral route	Referral from GP
Address	Salford Royal, Stott Lane, Salford, M6 8HD (this would be dependent on Hospital of choice)
Telephone	0161 789 7373
Website	www.salford.gov.uk/health-visitors

Mind

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Mind in Salford is an independent, user focused charity providing quality services to make a positive difference to the Mental Health of the people of Salford.

Mind campaigns for the improvement of statutory services and fights the stigma and discrimination that many people with experience of mental or emotional distress still face.

We try to involve our volunteers and users of our services in our work, valuing diversity, focussing on quality and following principles of social inclusion and recovery.

Support available The core services we provide are:

- Advocacy
- Welfare Rights & Debt Advice
- Mindfulness
- Garden Needs

Age range 18+

Referral route Self referral

Address Mind in Salford, The Angel Centre, 1 St Philips Place,
Salford, M3 6FA

Telephone 0161 212 4880

Email info@mindinsalford.org.uk

Website www.mindinsalford.org.uk

Panda Unit

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The PANDA Unit (Paediatric Assessment and Decision Area) provides dedicated emergency and short stay care for children less than 16 years of age.

This is a consultant-led service within which children can be assessed, investigated, observed and treated within 24 hours and without recourse to inpatient areas. The unit also provides a Tier 2 Paediatric referral service for residents of Salford, or those patients with a Salford GP.

Gate-keeping by Paediatric and Emergency Medicine Consultants ensures that over 96% of attendees are currently discharged home direct from the Panda Unit.

Early discharge is supported by a dedicated team of children's community nursing staff that support integrated care between Panda and primary care services.

Age range	0-16 years
Referral route	Accessed via Accident & Emergency
Address	Salford Royal Foundation Trust, Stott Lane, Salford, M6 8HD
Telephone	0161 789 7373 (main switchboard)
Website	<u>www.srft.nhs.uk/about-us/depts/panda-unit</u>

Place2Be

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Place2Be provides a school-based therapeutic service at Key Stages 1 & 2 in primary schools and Key Stage 3 in secondary schools, offering children and young people with swift access to counselling and emotional support.

The service also works to help staff better understand the emotional needs of students and to devise action plans and activities to support these. The intention is to work with school staff to build internal capacity and skill-up staff and restore confidence in leading both preventative and responsive services to meet needs.

We can provide support with the following issues:

- Anger / conduct issues
- Anxiety / worries
- Eating disorders
- Loss / bereavement
- Substance misuse (including parental)
- Self-harm
- Friendship / relationship difficulties
- Emotional issues
- Parental separation / divorce / family conflict
- Domestic abuse
- Bullying / cyber bullying
- Transition issues

Support available	Advice, counselling / therapy, family support, information, training, consultation for professionals
Age range	Up to age 14
Referral route	Professional referral only - accessed through school
Telephone	07912 308 130
Email	<u>Dave.Fernyhough@PLACE2BE.org.uk</u>
Website	<u>www.place2be.org.uk</u>

Portage Service

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Portage Home Visitors, visit children and families at home, working in partnership with parents/carers to develop play based activities that support all areas of development.

Portage Home Visitors will use information from parents, observations and appropriate assessment tools to identify goals for future learning. They will work closely with other practitioners to ensure a consistent approach to the child's learning development.

Home Visitors focus on the development of play, communication, relationships and learning for young children.

Portage Home Visitors may loan toys and equipment to families. Home Visitors will also provide guidance and information to families, e.g. choosing suitable toys, adapting toys and signposting to specialist suppliers.

- Support available**
- Provide support, advice and guidance
 - Support parents to acquire the skills necessary to promote their child's development
 - Develop strong partnerships with parents and practitioners
 - Support the inclusion of children with additional needs into early years provision/school
 - Provide training and support to other Early Years practitioners
 - Signpost families to relevant services and support groups

Age range	0-5 years
Referral route	Self / professional referral
Telephone	0161 778 0384
Email	SLW@salford.gov.uk
Website	www.salford.gov.uk/children-and-families

Princes Trust

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The Prince's Trust helps 13 to 30 year-olds who are unemployed or struggling at school to transform their lives. More than three in four will achieve a positive outcome, moving into jobs, education and training.

Many of the young people we help are in, or leaving care, facing issues such as homelessness or mental health problems, or have been in trouble with the law.

Our free programmes give young people the practical and financial support they need to stabilise their lives. We help them develop key skills while boosting their confidence and motivation.

Our programmes support personal and social development through a range of activities which helps young people to build confidence, aspirations and resilience to enable progression into positive outcomes around education / training / employment.

Support available The Prince's Trust, while not a specialist mental health service, does deliver programmes that support emotional health and wellbeing.

Our programmes support personal and social development through a range of activities which helps young people to build confidence, aspirations and resilience to enable progression into positive outcomes around education / training / employment.

Age range 13-30 years

Referral route Self referral

Address The Princes Trust Centre, Maple House, Cemetery Road, Salford, M5 5WG

Telephone 0800 842 842

Text Text 'call me' to 07983 385418

Website www.princes-trust.org.uk

Recovery, Health & Wellbeing Academy

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Greater Manchester West Mental Health NHS Foundation Trust's Recovery Academy provides a range of free educational courses and resources for people with mental health and substance misuse problems, their families and carers as well as health care professionals.

The Recovery Academy offers courses to:

- Anyone who is experiencing mental health or substance misuse problems
- Their supporters (family, friends and loved ones)
- GMW staff, volunteers and students on placement
- Health Care Professionals

Support available	Educational courses and resources
Age range	18+
Referral route	Self referral
Address	Recovery, Health & Wellbeing Academy, Bury New Road, Prestwich, M25 3BL
Telephone	0161 772 3782
Email	recoveryacademy@gmw.nhs.uk
Website	www.nwppn.nhs.uk

Relate GMS

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Relate GMS provide children and young people's counselling from ages 5 - 25 years. Family counselling can also be offered to whole families together.

The counselling can take place in schools or at a Relate Centre in Trafford, Stockport or outpost in Eccles.

Relate GMS can also provide access to email counselling or counselling by Zoom. We can also provide specific support to children affected by domestic abuse, particularly access to individual counselling and peer support.

We can provide support with the following issues:

- Depression and feeling low
- Self-harm
- Anxiety
- Domestic abuse
- Family problems
- Issues around food and eating
- Feeling lonely
- Bullying

Support available	Counselling; Peer group support
Age range	Up to age 25
Referral route	Self referral
Address	Relate GMS, 346 Chester Road, Manchester, M16 9EZ
Telephone	0300 003 2331
Email	enquiries@relategms.co.uk
Website	www.relategms.co.uk

Salford Adoptive Families Support Service (SAFSS)

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The service provides post-adoption support to Salford children placed with adoptive parents. This may include assessment prior to being placed for adoption.

The service is available to children placed for adoption and their families (up to three years post-adoption), children with a plan for adoption.

The service can provide the following:

- Post-adoption support – This is offered up to three years post adoption order. Support is offered via evidence-based and research informed interventions in group, dyad and couple settings.
- Assessments – these are done with some children prior to being placed where there is a particular query about their emotional health and wellbeing.

Support available	Counselling / therapy; consultation for professionals, training
Age range	Up to age 10
Referral route	Professional referral only - the service is accessed via Children's Services Adoptive Team
Address	Salford Civic Centre, Chorley Road, Swinton, M27 5DA
Telephone	0161 779 7832

Salford Early Intervention Team

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The Early Intervention Service is a specialist service providing support to people aged 14 to 35 who have experienced a first episode of psychosis. The Early Intervention Service aims to address problems at the earliest opportunity to reduce the impact on a person's quality of life.

The focus of the service is on ensuring that the needs of the service user come first. Each person will be encouraged to think about what 'recovery' means for them and what help they need to work towards this.

Working in partnership with the person and their family, the service will offer support to help them to work towards their unique recovery goals.

Support available Included in the range of services we offer for people with experience of psychosis-related difficulties are:

- Access to a range of 'talking therapies', including Cognitive Behavioural Therapy (CBT)
- Support for families and carers
- A range of social, leisure and therapeutic groups
- Access to medication and support with managing medication
- Support and advice about housing and benefits
- Support in getting back to school, college, university and work
- Support to establish social and leisure activities that are important to you

Age range 14-35 years

Referral route If you think that our service might be helpful please discuss this with your GP. Alternatively, you can contact us directly and make a self-referral

Address Salford Early Intervention Service, Pendleton House, Broughton Road, Salford, M6 6LS

Telephone 0161 351 5302

Website www.gmw.nhs.uk/salford-early-intervention-team-eit

Salford Foyer

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Salford Foyer is a supported housing scheme for 16-25 year olds. We provide a service for 39 young people including four teenage parents, providing support with money management, job searching and accessing education/training.

Support available With Places for People Living+ you gain so much more than a place to live. Whatever support you need, we want to help you lead an independent life, feeling confident, happy and secure. This could mean providing a home that's exactly right for you, or giving you the support you need to deal with any care needs or difficulties you may have. Or it might just mean a friendly chat, and a few practical tips to make your life easier and happier. If you need to find a job or get on a training course, we can help with that too. And we can advise you on many other aspects of life – like looking after your home and money, saving on your energy bills, and getting involved with your local community. We're here to help you get more out of life, and to change it for the better.

Each young person is assessed before they move in and a support plan is created. Project Workers support the individual based on this plan.

Age range	16-25 years
Referral route	Young people should refer through the homeless pathway by contacting Liberty House – 0161 4920191
Address	Salford Foyer, 1 Lower Seedley Road, Salford, M6 5WX
Telephone	0161 737 7778
Email	salfordfoyer@placesforpeople.co.uk
Website	www.placesforpeople.co.uk/livingplus

Salford Information & Advice Support Service

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The Salford Information, Advice & Support Service (SIASS) offers information, advice and support to children, young people and parents about special educational needs and disability, including matters relating to health and social care. SIASS have a role in ensuring your views are heard, understood and respected.

SIASS are a free, dedicated, confidential and impartial service offering a single point of regular and consistent contact.

We can explain how special educational needs are identified and assessed, who you should talk to, and we can inform you of your rights and responsibilities

- Support available**
- Arranging or attending meetings with school, college, the local authority, health/social services or other agencies
 - Writing letters and reports
 - Annual reviews of statements and education, health and care plans
 - Salford City Council's processes for resolving disagreements and its complaints procedures

Age range Up to age 25

Referral route Self referral

Address Salford Information, Advice & Support Services, 3rd floor, Civic Centre, Chorley Road, Swinton, M27 5AW

Telephone 0161 778 0349 / 0343

Email siass@salford.gov.uk

Website www.salford.gov.uk/schools-and-learning

STARLAC

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Salford Therapeutic Advisory & Referral Service for Looked After Children (STARLAC) provides an accessible and responsive CAMH service to Looked After Children and young people, their families, carers and significant adults in their lives. The service is delivered in a range of placements, including those from the private, voluntary and independent sector.

We provide support to:

- Children who are subject to a Special Guardianship Order (SGO) if such support is described in the plan.
- Children transitioning into and out of care, there will be input from this service or Core CAMHS as appropriate.
- Salford Looked After Children and young people who are resident outside of Salford but within reach of the service will be able to access a service.

For those placed further away telephone consultation will be offered or support to access local services.

Support available Direct CAMHS assessment, care and intervention service for Looked After and Adopted Children and young people alongside their families and carers. This would include the Initial screening of children and young people for whom a psychiatric diagnosis is sought (ADHD, ASD).

Age range 0-18 years

Referral route **Professional referral only** – via Salford City Council Social Workers

Address Salford Civic Centre, Chorley Road, Swinton, M27 5DA

Telephone 0161 779 7832

Email Deborah.Leadbetter@cmft.nhs.uk
Louisa.thornton@cmft.nhs.uk

Salford Housing Options Service

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The service provides advice on how to access social housing through registration with Salford Home Search and private rented accommodation through a Rental Bond Scheme.

The service seeks to prevent homelessness in the first instance through liaison with current landlord, family addressing issues such as rent arrears by assisting with housing benefit claims, discretionary housing payment claims and referral to Welfare rights and Debt Advice where multiple debts.

Support available The service can provide advice and information on housing needs and homelessness

The service is open Monday, Tuesday, Thursday and Friday 8:30am to 4:30pm, Wednesday 1:00pm to 4:30pm.

It is a sit and wait service – client presents and will be seen by a Housing Options Advisor.

Please note: Where client has no accommodation available that night they will be seen same day but might have to wait several hours.

Age range 18+

Referral route Self referral

Address Salford Housing Options Point, 7 Wesley Street, Swinton, M27 6AD

Telephone No public telephone number available

Email Housing.advicecentre@salford.gov.uk

Website www.salford.gov.uk

Salford Young Carers

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A young carer is a child or young person under 18 who provides regular and ongoing care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances.

There is also a service for young carers which also provides services for 18 to 24 year old young adult carers.

For young carers and young people adult carers:

- Individually tailored support packages
- Regular individual sessions
- Support while attending school and in transition
- Opportunities to achieve, have fun and have breaks from the caring role
- Support in accessing other support and financial help
- Family support

Support available	One to one support; newsletters, carers support groups, carers personal budgets. Training includes sessions for professionals & community groups, along with focused training sessions for young people
Age range	Up to age 18
Referral route	Self referral
Address	Salford Carers Centre, 1 St Philips Place, Salford, M3 6FA
Telephone	0161 833 0217
Email	carerscentre@salford.gov.uk
Website	www.salfordyoungcarers.org

School Counselling

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Effective counselling is a key part of a whole school approach to mental health and wellbeing and contributes to achieving positive outcomes for children and young people.

Issues such as anxiety, low mood, depression, conduct and eating disorders, family breakdown, separation and loss can impact significantly on children and young people's happiness and future life chances.

The Approved Provider Register for Schools Counselling

An 'Approved Provider Register for Schools Counselling' has been developed to support schools with commissioning counselling services for their pupils. The Register includes providers of counselling for primary schools and secondary schools in Salford. Schools in Salford will be able to access the Register to secure quality assured and compliant counselling for their pupils (and potentially their families).

The Register builds on the good practice that a number of schools in Salford have already put in place through commissioning school counselling services, and the real difference this can make to the support offered by schools for children and young people and their families. Schools have said that effective counselling services help to tackle the issues that consistently affect behaviour, attendance and achievement in schools, helps improve relationships in and out of school and provides children and families with access to confidential and independent advice.

Please contact your child's School or college directly to see if they provide access to Counselling Services.

www.salford.gov.uk/schools-and-learning

School Nursing

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When your child starts school, the school nursing service takes over their care from their health visitor.

The health visitor will give us your child's health records and they'll stay with us until your child is 19.

We'll help to make sure that children and young people with disabilities, long-term illnesses or other needs can receive extra support when they need it. If we can't provide the help ourselves, we'll put you into contact with someone who can.

School nurses are based in your local clinic / area and are accessible Monday to Friday between the hours of 8.30am and 5.00pm.

Support available Health promotion and education, emotional health and wellbeing support, health assessments, parenting and family advice, childhood injections.

Age range 5-19 years

Referral route Self referral / professional referral

Contact Lance Burn Health Centre, Churchill Way
0161 206 1078 / Sn.Central@nhs.net
Walkden Clinic, Bridgewater Road, Worsley
0161 206 1976 / Snwest1@nhs.net
Irlam Medical Centre, Macdonald Road Irlam
0161206 1720 / Sn.Irlam@nhs.net
Newbury Place Health Centre, 55 Rigby Street
0161 206 1757 / Sn.Broughton@nhs.net
Swinton Gateway 100 Chorley Road
0161 793 3869 / Sn.Swinton@nhs.net
Eccles School Nursing Team
0161 206 3823 / Sn.Eccles@nhs.net

Website www.salford.gov.uk/school-nurses

Secondary Inclusion Service

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The Secondary Inclusion Service is a Salford Local Authority Education Support Service.

The team is made up of education professionals with extensive experience of working with children and young people in both mainstream and specialist provision.

The service work alongside mainstream Salford schools to support secondary age children and young people who may be experiencing difficulty, resulting in challenging behaviour which may be affecting their engagement, learning and progress with education.

We support children and young people to manage in the education setting by addressing difficulties including the following:

- Anxiety
- Bereavement and loss
- Conflict resolution
- Emotional resilience
- Managing anger and aggression
- Self esteem and assertiveness
- Stress management

Support available	Advice, information, support, training, consultation for professionals
Age range	11-16 years
Referral route	Professional referral - Mainstream Salford secondary schools can refer for support for CYP on their roll via their named team member.
Address	The New Broadwalk KS3 PRU, Belvedere Road, Salford, M6 5EJ
Telephone	0161 778 0931
Email	deborah.turner@salford.gov.uk

Self Help Services

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Self Help Services is a user-led mental health charity, providing services across the North West. We offer a wide range of support and services for young people and adults living with mental health difficulties such as anxiety, depression, phobias and panic attacks.

In Salford we offer e-Therapy (online CBT), the e-Therapy service is free and has no waiting list. Once a referral has been received the assessment appointment will usually take place within a maximum of 14 days.

e-Therapy is a an online Cognitive Behavioural Therapy (CBT) programme aimed at:

- Helping people experiencing common mental health problems such as anxiety, depression or insomnia.
- Focuses on helping people to understand how their thoughts impact on their feelings, physical symptoms and behaviour
- Delivers techniques and strategies to help people cope better with negative thoughts, feelings, low mood and anxiety
- The 6-8 weekly sessions are supported by a service coordinator.

Support available	Online Cognitive Behavioural Therapy
Age range	16+
Referral route	Self referral / professional referral
Address	The service can be accessed at home, alternatively there are centres around Salford that can be accessed: <ul style="list-style-type: none">▪ Walkden Gateway▪ Energise Healthy Living Centre▪ Irlam Fire Station
Telephone	0161 212 4981
Email	etherapy.admin@selfhelpservices.org.uk

Shine

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Shine young people's service in Salford is a confidential sexual NHS health service.

Our dedicated team of doctors, nurses, health advisors and support staff provide confidential, free sexual health advice, screening and treatment including HIV. We can assess and provide free contraception suitable to your needs.

Our Education and Training staff can provide tailored sessions within schools, colleges, other providers of young people training and 1 to 1 sessions if required.

We also provide some specialist clinics, for example sexual dysfunction and genital dermatitis, these are not self-referral but your GP can refer you to them.

Support available Shine young people's service in Salford provides:

- Advice and support on all aspects of sexual health and relationships
- Free testing and treatment for sexually transmitted diseases including HIV
- Walk in clinics and appointments
- Free contraception

Age range Up to age 25

Referral route Self referral

Address Drop in clinics are available at the following locations:

- Lance Burn Health Centre
- Irlam Medical Centre
- Eccles Gateway
- Walkden Gateway
- Swinton Gateway
- New Bury Place Health centre

Telephone 0161 206 1099

Website www.boltonft.nhs.uk/services

Six Degrees

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Six Degrees is a Community Interest Company (CIC) specifically set up to provide mental health support to people suffering from common mental health problems such as anxiety and depression.

We provide 1:1 talking therapy for people who are struggling with common mental health problems such as depression or anxiety.

Following your referral you will be invited to attend an initial appointment, this appointment will normally be with a Psychological Wellbeing Practitioner (PWP). The purpose of this appointment is to try to pin-point your current problems and to help you to consider how you might deal with the difficulties you may have.

In these sessions you will be given space to explore new ways of tackling issues that you may feel 'stuck' with. Typical interventions might include increasing your activity and motivation, relaxation work or problem solving, to help you think about new solutions to your life problems.

We also run courses and groups that you can access by talking to your therapist if you want to.

Support available	Talking Therapies
Age range	16+
Referral route	Professional referral - the service can be accessed via GP practices across Salford
Address	Southwood House, Greenwood Business Centre, Regent Road, Salford, M5 4QH
Telephone	0161 212 4981
Email	sixdegrees@nhs.net
Website	www.six-degrees.org.uk

Speech & Language Therapy (SALT)

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The Speech and Language Therapists work in close partnership with families and carers, as well as other professionals, to provide the best possible help for children with communication difficulties.

Some of the people we help:

- Newborn babies with feeding or swallowing difficulties
- Pre-school children who have difficulties with development of communication / speech / language and feeding.
- School aged children whose communication difficulties are affecting their education and/or social development
- Children who stammer
- Teachers who want to know the best way to support children with communication difficulties in their classrooms.

Good communication is key to management of behaviour and by knowing what a child understands, appropriate behaviour management is facilitated. Children with communication difficulties can have difficulties in expressing themselves and this can lead to inappropriate behaviour / frustration and poor self-esteem.

Support available Therapists will work with families carers and education staff to provide direct therapy as well as support, advice, training and onward referrals as required

Age range 0-18 years

Referral route Self referral / professional referral

Address Sandringham House, Castle Courts, Windsor Street, Salford, M5 4DG

Telephone 0161 212 4020 / 4037

Email SALTADMIN@srft.nhs.uk

Website www.speakupsalford.nhs.uk

Start In Salford

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Start in Salford exists to nurture those talents and bring about a newfound confidence in those who feel isolated or excluded. With our help, members learn valuable new skills and their stories are truly inspirational.

From our centre at Brunswick House, members have access to some excellent facilities, including art and media studios, craft workshops and gardens.

It is here that professional tutors bring out the best in our members, so that they can grow in confidence, build self-esteem and become valued contributors to the wider community.

Start Youth Arts can help you learn new skills, change your perspective and grow in confidence. If you're feeling excluded from society or having trouble at school, it can seem like everyone just wants to shut you away. The Start Youth Arts programme – aimed at young people between the ages of 5-18 – can help you get back on the right track.

Through our series of artistic workshops, you'll pick up new life skills and be guided back into mainstream education, vocational training or employment. All our workshops are given in a supportive and friendly atmosphere, and geared towards your specific needs.

Support available	Workshops and activities
Age range	5-18 years (Salford Youth Arts)
Referral route	Self referral
Address	Start in Salford Creative Arts & Wellbeing Centre Brunswick House, 62 Broad Street, Salford, M6 5BZ
Telephone	0161 351 6000
Email	info@startinsalford.org.uk
Website	www.startinsalford.org.uk

Vulnerable Young Person Nursing Service

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The service is made up of the following:

Looked After Children's Service: the team provides a dedicated health service to children and young people who are 'looked after' by Salford Local Authority and children and young people living in Salford who are 'looked after' by other local authorities.

The team provides a variety of training to promote the health of 'looked after children and young People'. The service also offers health services to Barton Moss Secure Care Centre.

Youth Offending Service (YOS): the service offers a dedicated health service to children and young who are involved with youth justice services in Salford.

Family Liaison Service: the service provides assessments within the PANDA Unit at Salford Royal to identify those cases that need to be brought to the attention of other allied health professionals in Salford and to family liaison nurses within other NHS trusts.

Support available	Advice, family support, information, support, training, support for professionals
Age range	0-18 years
Referral route	Professional referral: YOS Health Provision - professional referral via YOS Looked after Childrens Nurse – Professional referral via SCC Children's Services Family Liaison Service – via admittance to PANDA Unit
Address	YOS Health Provision & Looked after Childrens Nurse – Sandringham House, Windsor St, Salford, M5 4DG Family Liaison Service – PANDA Unit, Salford Royal Foundation Trust, Stott Lane, Salford , M6 8HD
Telephone	YOS Health Provision: 0161 206 2215 / 2216 Looked after Childrens 0161 206 2215 / 2216 Family Liaison Service: 0161 206 2198
Website	www.srft.nhs.uk

Young Fathers Project

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The project works with young men who are fathers, expectant fathers, or acting as fathers in a family unit, aged up to 25 years old and live in Salford.

The project meet up with the young man once they are referred in, often in their own home and carries out a youth work based assessment to ascertain where the young person is up to in relation to involvement with their child/ren, education, training and employment, experiences of children if they are expectant, support, benefits, housing and relationships.

The project discusses breastfeeding, offers support in giving up smoking, access to contraception and looks at what kind of support the young person would want from the project.

Most of the work with young men is one to one, but the project also runs several young parents groups, in Children's Centres, alongside their workers, offers dads and kids and mums and dads kids trips out, and delivers bespoke sessions with young men (and their partners if relevant,) around relationships, dealing with anger, anxiety and domestic abuse.

Support available The support offered covers issues such as coping with being a father, benefits, housing, relationships, education and training, and wider services for parents. In addition, the project offers activities and day trips for young fathers and their children to attend

Age range Up to 25 years old

Referral route **Professional referral** – service accessed via social services, Youth Service, ante-natal services, community midwives, Youth Offending Teams, teenage pregnancy team, schools, and Connexions.

Address Beacon Centre, 6 London Street, Salford, M6 6QT

Telephone 0161 603 6874

Email Tom.cole@salford.gov.uk

YOS Health

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Salford Youth Offending Service works with children and young people between the ages of 10 and 17 years, who are involved in the criminal justice system and their carers. This will be via voluntary diversion contact and supervision following the imposition of an Out of Court disposal, community based or custodial sentence.

The YOS also provides a service for the victims of youth crime and will support them to access services where needs are identified. This includes children and young people.

All children and young people involved with the YOS will be assessed using the Youth Justice Boards assessment tool, this assessment addresses the child/young person's emotional well being. If issues are highlighted further assessments are completed and where appropriate the child/young person will meet the YOS linked CAMHS worker.

The YOS also has a Nurse, Substance Misuse worker and Speech and Language Therapist. These specialist professionals will also support the work of the YOS case workers where emotional wellbeing concerns are highlighted.

Support available Children and young people involved in the YOS can also access support from mentors, and are involved in 1:1, group interventions and activities, to enhance their personal development, resilience and well being.

Age range 10-17 years

Referral route **Professional referral only** - Children and young people become involved with the YOS via contact with the Police and Courts

Address Salford Youth Offending Service, St Simon Street, Salford, M3 7ES

Telephone 0161 607 1900

Email soc.yot@salford.gov.uk

Youth Groups

The Proud Trust – Afternoon TEA

We're a cool, quirky group of young people who come from all walks of life.



What we all have in common is that we're trans or questioning our gender identity. If you're 13-25 and trans or unsure about your gender, we'd love you to join us!

Being trans means feeling like your gender is different from what you were told when you were born, (usually an M or an F on your birth certificate). Some people feel like boys, some feel like girls, and some feel like something else – maybe a third gender, or none, or a mix between the two. All of these are trans identities if they differ from what others expect you to be.

Going to a new place and meeting new people is often scary. We can't change that, but we can promise that we're really friendly and will make you feel welcome. We usually start by sitting in a circle as people arrive, and we like to make tea/coffee and eat cake!

Some of the things we like to do:

- Arts & crafts
- Serious discussions
- Chill out and chat
- Design posters and resources for schools, doctors and others
- Support each other through difficult patches
- Swimming
- Play on the Wii
- Canoeing

When: 2nd and 4th Sunday of every month

Contact: info@theproudtrust.org
07813 981338

Where: LGBT+ Centre, Sidney Street,
Manchester, M1 7HB
[LGBT+ Centre map](#)

Website: www.theproudtrust.org



A **FREE** youth group for young people aged 11-19 years who identify as LGBT or who are questioning their sexuality and/or gender.

First and foremost it's a social group, a place to make friends, but we also take part in lots of events like Pride, IDAHOT, LGBT history month and go on trips and visits.

We will support any young person that identifies as Lesbian, Gay, Bisexual or Transgender.

Young people receive support from staff and peers looking at LGBT related issues. We explore issues surrounding sexuality and gender and do this so we become a support group for each young person. The group is a safe place for young people to explore their identity which can help them discover who they want to become.

Mondays 5.30pm-8pm

Bridgewater Youth
Centre
72 Bridgewater Street
Little Hulton
M38 9WD
0161 799 6674
[Bridgewater map](#)

Tuesdays 5.30-8pm

Eccles Youth Centre
Gladstone Street
Eccles
M30 0WY
0161 789 6622
[Eccles map](#)

Thursdays 5.30pm-8pm

Beacon Youth Centre
8a London Street
Salford
M6 6QT
0161 778 0700
[Salford map](#)

Contact: Chris Rice
chris.rice@salford.gov.uk
0161 778 0700

Website: www.salford.gov.uk

Helplines

Anxiety UK 08444 775 774
Helpline for people living with anxiety and anxiety-based depression
www.anxietyuk.org.uk

Anorexia & Bulimia Care 03000 11 12 13
Helpline for people struggling with an eating disorder
www.anorexiabulimiare.org.uk

B-eat 0345 634 7650
Information & advice for people affected by eating disorders
www.b-eat.co.uk

Bullying UK 0808 800 2222
Free helpline for parents and young people affected by bullying
www.bullying.co.uk

ChildLine 0800 1111
Free helpline for children and young people up to the age of 19.
www.childline.org.uk

Cruse Bereavement Care 0808 808 1677
Freephone helpline for anyone affected by bereavement
www.cruse.org.uk

Frank 0800 77 66 00
Drugs website providing advice and information
www.talktofrank.com

www.partnersinsalford.org/youngemotionalhealth



free • 24/7 • confidential
**runaway
helpline**

Text 116 000 for free - even if you have no credit

*Are you missing or thinking
of running away?*

- They will listen and help you work out what you want to do
- They can get a message home for you, set up a three way call to help with someone you need to speak to, or support you if you're ready to return
- They are NOT the police or social services and will NOT make you go home

TIPS FOR STAYING SAFE

Talk through your options before you decide whether to go

Make sure someone you trust knows where you are

Avoid hitch-hiking or getting into a stranger's car

If you're on the streets try to stay in well-lit public areas

Drinking and taking drugs can mean you're less aware of risks and can make you a target for people who may hurt you

Take warm clothes, medication, money, mobile phone, charger and phone numbers (in case your phone is lost or has no charge)

If you feel you can't say 'no' then you may be in an unsafe situation

If you feel unsafe at any time call the police on 101 or 999 in an emergency

Greater
Manchester
SAFEGUARDING
PARTNERSHIP

You're more vulnerable when you're missing.
Know the risks and find your local team
to talk to at:
www.gmsafeguardingchildren.co.uk/missing

LGBT Foundation **0345 3 30 30 30**

Helpline for lesbian, gay and bisexual and trans (LGBT) communities.

www.lgbt.foundation

Muslim Women's Helpline

Helpline for mobile phones

0303 999 5786

Helpline for landlines

0800 999 5786

www.mwnhelpline.co.uk

NSPCC

Helpline for children and young people under 18

0800 1111

Helpline for adults concerned about a child

0808 800 5000

www.nspcc.org.uk

Prevention of Young Suicide (PAPYRUS)

0800 068 4141

For confidential help and advice

www.papyrus-uk.org

Safeline **0808 800 5007**

Safeline is a leading specialist charity for sexual abuse and rape

www.safeline.org.uk

Samaritans **116 123**

Whatever you're going through, call us free any time, from any phone

www.samaritans.org

Women's Aid **0808 2000 247**

Freephone 24 hour national domestic violence helpline

www.womensaid.org.uk

Young Minds **0808 802 5544**

Parents helpline

www.youngminds.org.uk

Hate Crime

What is a hate crime incident?

A hate crime incident is an offence committed against a person or property that is motivated by an offender's hatred of someone because of their:

- race, colour, ethnic origin nationality or national origins
- religion
- gender or gender identity
- sexual orientation
- disability
- age

Hate crime incidents include:

- physical attacks - to people or property, including offensive graffiti or arson
- the threat of attack - including offensive letters, telephone calls or groups of people hanging around to intimidate
- verbal abuse or insults - including offensive leaflets and posters, abusive gestures and bullying at school or in the work place

Report a hate crime

Calling: You can report any form of hate crime anonymously by calling **Crimestoppers on 0800 555 111** or phone the police's non-emergency reporting number on **101**.

In an emergency ring 999.

More information

[True Vision](#) is a national website set up by the government for people to report hate crime. The information is collated and then passed to the victims local police force for action.

Further information is available on the Greater Manchester Police website: www.gmp.police.uk