



Emotional Health Directory of Services for Children and Young People

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

If you are worried about a young person in emotional distress and think they need urgent help, but are not sure which service is best placed to help, you can also get advice from:

Salford CAMHS – 0161 518 5400 (Mon – Fri, 9.00am – 5.00pm)

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 which A&E they attend and on their age, the young person will be initially assessed by either a professional from the All Age Mental Health Liaison team (which supports young people and adults) or 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



Introduction

Emotional Health in Salford

Emotional health and wellbeing (EHWB) is everyone’s business. Emotional health and wellbeing 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.

The Directory had been designed to reflect the THRIVE model which has been adopted by Salford to deliver services under the following headings:



The directory will 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.



Emotional Wellbeing Directory

<u>Anger / Aggression</u>	<u>Depression</u>	<u>Mental Health</u>
<u>Antenatal</u>	<u>Distressed Behaviour</u>	<u>OCD</u>
<u>Anxiety</u>	<u>Early Years</u>	<u>Parenting</u>
<u>ADHD</u>	<u>Eating Disorders</u>	<u>Psychosis</u>
<u>ASD</u> (Autism Spectrum Disorder)	<u>Fostering / Adoption / LAC</u>	<u>Sexual Health</u>
<u>Bereavement</u>	<u>General Wellbeing</u>	<u>Substance Misuse</u>
<u>Bullying</u>	<u>Housing</u>	<u>Suicide (incl. self-harm)</u>
<u>Confidence / Self Esteem</u>	<u>LGBT</u>	<u>Young Carers</u>



NHS 111 - if you're worried about an urgent medical concern, you can call 111 to speak to a fully trained adviser.

Information & Advice	Getting help	Getting more help
<p>Local Offer: gives children and young people with special educational needs or disabilities and their family's information about what support services are available in Salford. www.salford.gov.uk</p>	<p>Connexions: supports young people aged 13-24 who are not in education, employment or training to help them move into new opportunities Referral: Self-referral Contact: 0800 0126 606 / adviser@careerconnect.org.uk</p>	
<p>NHS Moodzone: online information offering young people advice and help on mental health, interactive tools, videos and audio guides. www.nhs.uk</p>	<p>Start in Salford: the creative activities provided Start can help people overcome emotional difficulties and learn new skills. Referral: Self-referral - Contact: 0161 351 6000</p>	
<p>Young Minds: online resources and information supporting the emotional wellbeing and mental health of children and young people. www.youngminds.org.uk</p>	<p>MIND: charity providing quality services to make a positive difference to the Mental Health of the people of Salford. Referral: self-referral - Contact: 0161 212 4880</p>	
<p>The Mix: online emotional health and wellbeing support for under 25s, includes online Q&As, expert advice, online resources and directories. www.themix.org.uk</p>	<p>School Nurses: When your child starts school, the school nursing service can support your child's health needs up to the age of 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. Referral: Self / professional referral - Contact: via school</p>	
<p>WUU2: information and advice for Salford young people aged 11 to 19. www.wuu2.info</p>	<p>42nd Street: provides support for young people aged 11-25 experiencing difficulties with their mental health and wellbeing. Referral: Self / professional referral - Contact: 0161 228 1888 / theteam@42ndstreet.org.uk</p>	
<p>Shout: 24/7 text service, free on all major mobile networks, for anyone in crisis, if you're struggling to cope and you need immediate help. Text Shout 85258</p>	<p>42nd Street – Online Counselling: a free and friendly service for young people in Salford aged 16-25. Referral: Self- referral Contact: www.onlinesupport.42ndstreet.org.uk</p>	

Information & Advice	Getting help	Getting more help	Getting risk support
<p>Local Offer: provides children and young people with SEN / disabilities and their families' information about Salford support services. www.salford.gov.uk</p>	<p>CAMHS Single Point of Contact: provides information, advice and consultation prior to making a referral to CAMHS. Contact: 07989 309269</p>	<p>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 wellbeing. Referral: Professional referral only Contact: 0161 518 5400 / cmm-tr.Salford-CAMHS@nhs.net</p>	
<p>Young Minds: supports the emotional wellbeing and mental health of children and young people. www.youngminds.org.uk</p>	<p>School Nurses: the school nursing service can support your child's health needs up to the age of 19, the team can support physical, mental, emotional & social health needs Referral: self / professional referral - Contact: via the school</p>		
<p>SIASS: offers information, advice and support to children, young people (up to age 25) and parents about special educational needs and disability, including matters relating to health and social care. Referral: Self-referral - Contact: 0161 778 0349 / 0343 / siass@salford.gov.uk</p>			
<p>Educational Psychologist Service: supports schools, early years and colleges to identify, support and monitor children with additional needs, to promote learning and inclusion. Referral: Professional referral only - via the school SENCo. Contact: EPS@Salford.gov.uk</p>			
<p>ADHD Foundation: works in partnership with individuals, families & professionals to improve understanding and self-management of ADHD, ASD and related learning difficulties. Referral: self / professional referral - Contact: 0151 237 2661</p>			

Information & Advice	Getting help	Getting more help	Getting risk support
<p>Childline: a free 24-hour confidential helpline for children and young people Helpline: 0800 1111 www.childline.org.uk</p>	<p>42nd Street: provides support for young people aged 11-25 experiencing difficulties with their mental health and wellbeing. Referral: Self / professional referral Contact: 0161 228 1888 / theteam@42ndstreet.org.uk</p>		
<p>The Mix: online emotional health and wellbeing support for under 25s, includes Q&As, expert advice, resources/directories. www.themix.org.uk</p>	<p>Primary Inclusion Team: primary school support with SEMH needs. Referral: Salford primary school only Contact: 0161 921 2653 / pitreferrals@salford.gov.uk</p>	<p>Community Paediatric Team: specialist children's doctors with training and expertise in developmental paediatrics and disability, social & educational paediatrics (including child protection). Referral: Health, education and social care professionals Contact: 0161 206 0276 / Paeds.referrals@srft.nhs.uk</p>	
	<p>CAMHS Single Point of Contact: provides information, advice and consultation prior to making a referral to CAMHS. Contact: 07989 309269</p>	<p>CAMHS: support for children and young people aged 0 – 18 years, where there are concerns related to their mental/emotional health and wellbeing. Referral: Professional referral only Contact: 0161 518 5400 / cmm-tr.Salford-CAMHS@nhs.net</p>	
	<p>Educational Psychologist Service: supports schools, early years and colleges to identify, support children with additional needs, to promote learning & inclusion. Referral: Professional referral only - via the school SENCo. Contact: EPS@Salford.gov.uk</p>		
<p>IYSS: The service is delivered across Salford in youth centres, schools and community spaces for 11-25 year olds Referral: Self / professional referral - Contact: 0161 778 0700</p>			<p>Emerge: a stand-alone CAMHS service which focuses on the specific needs of 16 - 17 year olds with moderate to severe mental health problems Referral: Self / professional referral - Contact: 0161 226 7457</p>

Antenatal

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Information & Advice

Getting help

Getting more help

Family Nurse Partnership: 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.

Referral: Self-referral - **Contact:** 0161 206 0412 / salford.fnp@nhs.net

GP's & practice nurses: GPs deal with a whole range of health problems, including health education, offer advice on smoking and diet, run clinics, give vaccinations and carry out simple surgical operations.

Referral: To access your local GP practice you will need to register with the practice - **Contact:** www.salfordccg.nhs.uk/local-services

Maternity Services: can support stress in pregnancy; low birth weight; parental mental illness (including post natal depression); supporting the emotional and social wellbeing of the infant; teenage pregnancy

Referral: Professional referral only – via GP/community midwife - **Contact:** 0161 276 6429

Anxiety

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Information & Advice

Getting help

Getting more help

Getting risk support

No Panic: advice and information for people suffering from panic attacks, phobias, OCD, related anxiety disorders. www.nopanic.org.uk

CAMHS Single Point of Contact: provides information, advice and consultation prior to making a referral to CAMHS.
Contact: 07989 309269

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 / wellbeing.
Referral: Professional referral only
Contact: 0161 518 5400 / cmm-tr.Salford-CAMHS@nhs.net

Anxiety UK: user-led organisation, with resources, text service and info line.
Info line: 03444 775 774
www.anxietyuk.org.uk

42nd Street: provides support for young people aged 11-25 experiencing difficulties with their mental health and wellbeing.
Referral: Self / professional referral
Contact: 0161 228 1888 / theteam@42ndstreet.org.uk

42nd Street – Online Counselling: a free and friendly service for young people in Salford aged 16-25.

Referral: Self- referral - **Contact:** www.onlinesupport.42ndstreet.org.uk

Headmeds: provides young people with accessible information about mental health medication during a time which can be often confusing, frightening and isolating for them.

www.headmeds.org.uk

Six Degrees: 1:1 talking therapy for people (aged 16+) who are struggling with common mental health problems such as depression or anxiety.

Referral: Professional referral Professional referral for children and young people; self-referral for 18+

Contact: 0161 212 4981 / sixdegrees@nhs.net

Educational Psychologist Service: supports schools, early years and colleges to identify, support children with additional needs, to promote learning & inclusion.

Referral: Professional referral only - via the school SENCo - **Contact:** EPS@Salford.gov.uk

Self Help Services: support and services for young people and adults living with mental health difficulties such as anxiety, depression, phobias and panic attacks

Referral: Self / professional referral

Contact: 0161 212 4981 / etherapy.admin@selfhelpservices.org.uk

Autism Spectrum Disorder (ASD)

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Information & Advice

Local Offer: gives children and young people with special educational needs or disabilities information about what support services are available in Salford.

www.salford.gov.uk

Getting help

CAMHS Single Point of Contact: can provide information, advice and consultation prior to making a referral to CAMHS.

Contact: 07989 309269

Getting more help

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 wellbeing.

Referral: Professional referral only

Contact: 0161 518 5400 / cmm-tr.Salford-CAMHS@nhs.net

Community Paediatric Team: specialist children's doctors with training and expertise in developmental paediatrics and disability, social & educational paediatrics (including child protection).

Referral: Health, education and social care professionals

Contact: 0161 206 0276 / Paeds.referrals@srft.nhs.uk

SIASS: offers information, advice and support to children, young people (up to age 25) and parents about special educational needs and disability, including matters relating to health and social care.

Referral: Self-referral

Contact: siass@salford.gov.uk

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

Referral: Self / professional referral

Contact: 0161 778 0384 / SLW@salford.gov.uk

Emerge: a stand-alone CAMHS service which focuses on the specific needs of 16 - 17 year olds with moderate to severe mental health problems

Referral: Self / professional referral

Contact: 0161 226 7457

Educational Psychologist Service: supports schools, early years and colleges to identify, support children with additional needs, to promote learning & inclusion.

Referral: Professional referral only - via the school SENCo.

Contact: EPS@Salford.gov.uk

Bereavement

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Information & Advice

Hope Again: support for children and young people affected by the death of someone close.

www.hopeagain.org.uk

Bereavement Support Group: The Bereavement Support Group meets fortnightly on Tuesdays from 10.00am – 12.00pm for anyone aged 16+.

Referral: Self-referral - **Contact:** 0161 707 7402 / admin@salfordheartcare.co.uk

Bereavement Trust: freephone helpline - 0800 435 455 offering support and practical advice for the bereaved, open from 6.00pm-10.00pm every day.

www.bereavement-trust.org.uk

Getting help

Chameleon Project: bereavement counselling service works with children, adolescents and their parents.

Referral: Self-referral - **Contact:** 0161 834 6069 / info@gaddum.co.uk

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

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

Contact: 0161 7780476 / EPS@Salford.gov.uk

Getting more help

Child Bereavement UK: Free helpline – 0800 02 888 40 - supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement. www.childbereavementuk.org

Cruse Bereavement Care: helpline 0808 808 1677, face-to-face and group support groups. www.cruse.org.uk

The Compassionate Friend: Helpline 0345 123 2104; provides information and support for bereaved parents and their families. www.tcf.org.uk

Winston's Wish: a childhood bereavement charity, we offer practical support and guidance to bereaved children, their families and professionals. www.winstonswish.org

Educational Psychologist Service: supports schools, early years and colleges to identify, support children with additional needs, to promote learning & inclusion.

Referral: Professional referral only - via the school SENCo.

Contact: EPS@Salford.gov.uk

Bullying

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Information & Advice

National Bullying Helpline: specialises in bullying and harassment.

Helpline 0845 22 55 787 (not Freephone)

www.nationalbullyinghelpline.co.uk

Bullying UK: online support and information for young people, parents / carers and professionals.

www.bullying.co.uk

eCrime: website containing advice and practical information on cyber bullying, trolling, mobbing and

Getting help

42nd Street: provides support for young people aged 11-25 experiencing difficulties with their mental health and wellbeing.

Referral: Self / professional referral

Contact: 0161 228 1888 / theteam@42ndstreet.org.uk

42nd Street – Online Counselling: a free and friendly service for young people in Salford aged 16-25.

Referral: Self- referral - **Contact:** www.onlinesupport.42ndstreet.org.uk

Getting more help

all forms of on line crime for adults and children alike. www.ecrime-action.co.uk

Kidscape: young people, parents and professionals with practical strategies to prevent bullying. www.kidscape.org.uk

Confidence / Self Esteem

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Information & Advice	Getting help	Getting more help	Getting risk support
<p>Childline: a free, 24-hour confidential helpline for children and young people who need to talk. Helpline: 0800 1111 www.childline.org.uk</p>	<p>CAMHS Single Point of Contact: can provide information, advice and consultation prior to making a referral to CAMHS. Contact: 07989 309269</p>	<p>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 wellbeing. Referral: Professional referral only Contact: 0161 518 5400 / cmm-tr.Salford-CAMHS@nhs.net</p>	
<p>Elefriends: a supportive online community where you can be yourself, a safe place to listen, share and be heard. www.elefriends.org.uk</p>	<p>42nd Street: provides support for young people aged 11-25 experiencing difficulties with their mental health and wellbeing. Referral: Self / professional referral Contact: 0161 228 1888 / theteam@42ndstreet.org.uk</p>		
<p>Young Minds: supports the emotional wellbeing and mental health of children and young people. www.youngminds.org.uk</p>	<p>42nd Street – Online Counselling: a free and friendly service for young people in Salford aged 16-25. Referral: Self- referral Contact: www.onlinesupport.42ndstreet.org.uk</p>		
	<p>Start in Salford: the creative activities provided Start can help people overcome emotional difficulties and learn new skills. Referral: Self-referral Contact: 0161 351 6000 / www.startinsalford.org.uk</p>		
	<p>Primary Inclusion Team: support for primary schools with SEMH needs within the classroom.</p>		

Referral: Salford primary schools only
Contact: 0161 921 2653 / pitreferrals@salford.gov.uk

Self Help Services: support and services for young people and adults living with mental health difficulties such as anxiety, depression, phobias and panic attacks

Referral: Self / professional referral
Contact: 0161 212 4981 / etherapy.admin@selfhelpservices.org.uk

Princes Trust: provides support to 13-30 year-olds through personal and social development activities to build confidence, aspirations and resilience to enable progression into positive outcomes around education / training / employment.

Referral: Self-referral - **Contact:** 0800 842 842

Depression [Back to list](#)

Information & Advice	Getting help	Getting more help	Getting risk support
<p>Childline: a free, 24-hour confidential helpline for children and young people Helpline: 0800 1111 www.childline.org.uk</p>	<p>CAMHS Single Point of Contact: can provide information, advice and consultation prior to making a referral to CAMHS. Contact: 07989 309269</p>	<p>Emerge: a stand-alone CAMHS service which focuses on the specific needs of 16 - 17 year olds with moderate to severe mental health problems Referral: Self / professional referral - Contact: 0161 226 7457</p>	
<p>Samaritans: available 24 hours a day for anyone struggling to cope and provide a safe place to talk. Helpline: 116 123 www.samaritans.org</p>	<p>Self-help Services: support for young people and adults living with mental health difficulties. Referral: GP referral Contact: 0161 212 4981 etherapy.admin@selfhelpservices.org.uk</p>	<p>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 wellbeing. Referral: Professional referral only Contact: 0161 518 5400 / cmm-tr.Salford-CAMHS@nhs.net</p>	
<p>Young Minds: online support for children and young people emotional wellbeing & mental health. www.youngminds.org.uk</p>	<p>42nd Street: provides support for young people aged 11-25 experiencing difficulties with their mental health and wellbeing. Referral: Self / professional referral Contact: 0161 228 1888 / theteam@42ndstreet.org.uk</p>		

Students Against Depression: website offering advice, information and guidance to those affected by low mood, depression and suicidal thinking.
www.studentsagainstdepression.org

42nd Street – Online Counselling: a free and friendly service for young people in Salford aged 16-25.
Referral: Self-referral
Contact: www.onlinesupport.42ndstreet.org.uk

Educational Psychologist Service: supports schools, early years and colleges to identify, support children with additional needs, to promote learning & inclusion.
Referral: Professional referral only - via the school SENCo.
Contact: EPS@Salford.gov.uk

Six Degrees: provides 1:1 talking therapy for people (aged 16+) with common mental health problems such as depression or anxiety.
Referral: Referral via GP
Contact: 0161 212 4981 / sixdegrees@nhs.net

Distressed Behaviour

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Information & Advice

Early Help (Locality Teams): the service offers a range of evidence based interventions and service, such as family support, brief intervention, evidence based parenting programmes
Referral: self-referral
Contact: www.salford.gov.uk/children-and-families/early-help-for-families

Getting help

CAMHS Single Point of Contact: can provide information, advice and consultation prior to making a referral to CAMHS.
Contact: 07989 309269

Getting more help

Community Paediatric Team: specialist children's doctors with training and expertise in developmental paediatrics and disability, social & educational paediatrics.
Referral: Health, education and social care professionals
Contact: 0161 206 0276 / Paeds.referrals@srft.nhs.uk

Getting risk support

CAMHS: provides support for children and young people aged 0 – 18 years where there are concerns related to their mental/emotional health and wellbeing.
Referral: Professional referral only
Contact: 0161 518 5400 / cmm-tr.Salford-CAMHS@nhs.net

42nd Street: provides support for young people aged 11-25 experiencing difficulties with their mental health and wellbeing.

Referral: Self / professional referral

Contact: 0161 228 1888 / theteam@42ndstreet.org.uk

42nd Street – Online Counselling: a free and friendly service for young people in Salford aged 16-25.

Referral: Self- referral

Contact: www.onlinesupport.42ndstreet.org.uk

Educational Psychologist Service: supports schools, early years and colleges to identify, support children with additional needs, to promote learning & inclusion.

Referral: Professional referral only - via the school SENCo.

Contact: EPS@Salford.gov.uk

Primary Inclusion Team: support for primary schools with SEMH needs within the classroom.

Referral: Salford primary schools only

Contact: 0161 921 2653 /

pitreferrals@salford.gov.uk

Emerge: a stand-alone CAMHS service which focuses on the specific needs of 16 - 17 year olds with moderate to severe mental health problems

Referral: Self / professional referral

Contact: 0161 226 7457

Early Years (0-5)

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Information & Advice

Getting help

Getting more help

Getting risk support

Early Help (Locality Teams): the service offers a range of evidence based interventions and service, such as family support, brief intervention, evidence based parenting programmes

Referral: self-referral - **Contact:** www.salford.gov.uk/children-and-families/early-help-for-families

Family Nurse Partnership: 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.

Community Paediatric Team: specialist children's doctors with training and expertise in developmental paediatrics and disability, social & educational paediatrics (including child protection).

Referral: Self-referral

Contact: 0161 206 0412 / salford.fnp@nhs.net

Referral: Health, education and social care professionals

Contact: 0161 206 0276 / Paeds.referrals@srft.nhs.uk

GP's & practice nurses: 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.

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

Contact: www.salfordccg.nhs.uk/local-services

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

Referral: Self-referral - **Contact:** full list of contacts available in service information

Speech & Language Therapy (SALT): Therapists will work with families / carers and education staff to provide direct therapy as well as support, advice, training and onward referrals as required.

Referral: Self / professional referral - **Contact:** 0161 212 4020 / SALTADMIN@srft.nhs.uk

SIASS: offers information, advice and support to children, young people (up to age 25) and parents about special educational needs and disability, including matters relating to health and social care.

Referral: Self-referral - **Contact:** siass@salford.gov.uk

Educational Psychologist Service: supports schools, early years and colleges to identify, support children with additional needs, to promote learning & inclusion.

Referral: Professional referral only - via the school SENCo.

Contact: EPS@Salford.gov.uk

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

Referral: Self / professional referral - **Contact:** 0161 778 0384 / SLW@salford.gov.uk

Panda Unit (SRFT): provides dedicated emergency and short stay care for children aged 16 & under.

Referral: Accessed via A & E

Information & Advice	Getting help	Getting more help	Getting risk support
<p>Anorexia & Bulimia Care: a national UK eating disorders organisation, providing on-going care, emotional support and practical guidance for anyone affected by eating disorders. www.anorexiabulimiacare.org.uk</p>	<p>Manchester and Salford Eating Disorder (MSEDS): provides community support to children and young people up to the age of 18 with a suspected or diagnosed eating disorder including early intervention. Referral: Self-referral or via CAMHS service Contact: 0161 701 0447 / MSEDS@cmft.nhs.uk</p>		<p>Galaxy House: specialist mental health in-patient unit for children up to 13 yrs, and young people up to 18 with eating disorders (ED) and pervasive avoidance withdrawal syndrome (PAWS) Referral: Professional referral only Contact: 0161 701 5197</p>
<p>Beat: information on anorexia, bulimia, binge-eating disorder, EDNOS and other kinds of eating disorders. www.beateatingdisorders.org.uk</p>	<p>CAMHS Single Point of Contact: can provide information, advice and consultation prior to making a referral to CAMHS. Contact: 07989 309269</p>		<p>Junction 17: specialist mental health service for young people aged 13-17 who require assessment/treatment for a range of complex mental health difficulties Referral: Professional referral only Contact: 0161 773 9121</p>
<p>Eating Disorders: provides advice and information on compulsive eating, anorexia, bulimia and weight problems. www.eating-disorders.org.uk</p>			<p>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/wellbeing. Referral: Professional referral only Contact: 0161 518 5400 / cmm-tr.Salford-CAMHS@nhs.net</p>
		<p>Emerge: a stand-alone CAMHS service which focuses on the specific needs of 16 - 17 year olds with moderate to severe mental health problems Referral: Self / professional referral Contact: 0161 226 7457</p>	

Information & Advice	Getting help	Getting more help	Getting risk support
<p>Adoption UK: provides support, awareness and understanding for those parenting or supporting children who cannot live with their birth parents. www.adoptionuk.org</p>		<p>Community Paediatric Team: specialist children's doctors with training and expertise in developmental paediatrics and disability, social and educational paediatrics (including child protection). Referral: Health, education and social care professionals Contact: 0161 206 0276 / Paeds.referrals@srft.nhs.uk</p>	
<p>The Fostering Network: provides advice and information to prospective and approved foster carers and those who support them on a range of issues. www.thefosteringnetwork.org.uk</p>	<p>I-Start (Stronger and resilient together): emotional health and well-being screening service for children and young people aged 5-18 years and who are newly LAC. Referral: Professional referral only – via SDQ analysis Contact: Amanda.mcleod@salford.gov.uk</p>		
	<p>STARLAC: an accessible and responsive CAMH service to Looked After Children and young people, their families and carers. Referral: Professional referral only – via Salford City Council Social Workers Contact: 0161 779 7832</p>		
	<p>Educational Psychologist Service: supports schools, early years and colleges to identify, support children with additional needs, to promote learning & inclusion. Referral: Professional referral only - via the school SENCo. Contact: EPS@Salford.gov.uk</p>		
			<p>Vulnerable Young Person Nursing Service: provides a dedicated health service to Looked after children and young people in Salford Referral: Professional referral via Children’s Services or Panda Unit</p>

Housing

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Information & Advice

Getting help

Getting more help

Salford Housing Options: provides advice and information on housing needs and homelessness, also advice on how to access social housing through registration with Salford Home Search and private rented accommodation through a Rental Bond Scheme.

Referral: self-referral - **Contact:** Housing.advicecentre@salford.gov.uk

Albert Kennedy Trust: supports young LGBT 16-25 year olds who are made homeless or living in a hostile environment.
www.akt.org.uk

Salford Foyer: a supported housing scheme for 16-25 year olds, providing support with money management, job searching and accessing education / training.

Referral: Young people should refer through the homeless pathway by contacting Liberty House – 0161 4920191

Liberty House: 16 bed accommodation with support for homeless young people aged between 16 and 24, priority is given to 16/17 year olds and applicants must have a Salford connection

Referral: Self / professional referral - **Contact:** 0161 492 0191 / liberty@adullam.org.uk

LGBT

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Information & Advice

Getting help

Getting more help

Imaan: supports LGBT Muslim people, their families and friends, to address issues of sexual orientation within Islam.

www.imaanlondon.wordpress.com

LGBT Foundation: support and advice, including homophobic bullying.

www.lgbt.foundation

LGBT Youth Group: for young people aged 11-19 years who identify as LGBT or who are questioning their sexuality and/or gender; provides support from staff and peers looking at LGBT related issues.

Referral: Self / professional referral - **Contact:** 0161 778 0700 / chris.rice@salford.gov.uk

The Proud Trust – Afternoon TEA: a youth support group for young people aged 13-25 who are trans or questioning their gender identity.

Referral: Self-referral

Contact: 07813 981338 / info@theproudtrust.org

WUU2: information and advice for Salford young people aged 11 to 19.

www.wuu2.info

T & Toast: A group for trans identifying young people that meets in Salford once a month, alongside the youth group there is a group for parents/carers of young trans identifying young people.

Referral: Self-referral - **Contact:** 0161 790 6950 / chris.rice@salford.gov.uk

Mermaids: supports children and young people up to 19yrs with gender identity issues, along with support for families, and professionals involved in their care. www.mermaidsuk.org.uk

Q42: 42nd Street's LGBTQ+ website offers information, advice and support for young people 13-18 www.q42.org.uk

The Proud Trust: organisation that helps LGBT young people empower themselves to make a positive change for themselves and their communities, provides youth groups, peer support, training and events. www.theproudtrust.org

Mental Health

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Information & Advice	Getting help	Getting more help	Getting risk support
<p>Young Minds: supports the emotional wellbeing and mental health of children and young people, provides online resources, training and development and publications. www.youngminds.org.uk</p>	<p>42nd Street: provides support for young people aged 11-25 experiencing difficulties with their mental health and wellbeing. Referral: Self / professional referral Contact: 0161 228 1888 / theteam@42ndstreet.org.uk</p>		<p>Gardener Unit: supports boys aged 11-18 years with serious mental illness or concern of a significant psychiatric disorder Referral: Professional referral only Contact: 0161 772 3425</p>
<p>Rethink Mental Illness: offers practical help and information for anyone affected by mental illness on a wide range of topics such as living with mental illness, medication and care. www.rethink.org</p>	<p>Self Help Services: support and services for young people and adults living with mental health difficulties such as anxiety, depression, phobias and panic attacks Referral: GP referral Contact: 0161 212 4981 / etherapy.admin@selfhelpservices.org.uk</p>		

Headmeds: provides young people with accessible and useful information about mental health medication.

www.headmeds.org.uk

Sane: young SANE is a virtual community that focuses on mental health for people aged under 25.

www.sane.org.uk

Stem4: a charity that supports positive mental health in teenagers. Information on mental health, mental health apps and education.

www.stem4.org.uk

CAMHS Single Point of Contact: can provide information, advice and consultation prior to making a referral to CAMHS.

Contact: 07989 309269

42nd Street – Online Counselling: a free and friendly service for young people in Salford aged 16-25.

Referral: Self-referral

Contact: www.onlinesupport.42ndstreet.org.uk

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 wellbeing.

Referral: Professional referral only

Contact: 0161 518 5400 / cmm-tr.Salford-CAMHS@nhs.net

Emerge: a stand-alone CAMHS service which focuses on the specific needs of 16 - 17 year olds with moderate to severe mental health problems

Referral: Self / professional referral

Contact: 0161 226 7457

Community Mental Health Teams (CMHT): the service is an integrated specialist team offering a range of therapeutic interventions and treatments for adults over the age of 16.

Referral: Self-referral - **Contact:** www.gmw.nhs.uk/salford

Community Engagement Recovery Team (CERT): 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.

Referral: Self-referral

Contact: 0161 607 8280

Galaxy House: specialist mental health in-patient unit for children up to 13 yrs with a range of neuro-developmental & psychosomatic difficulties.

Referral: Professional referral only

Contact: 0161 701 5197

Early Detection and Intervention Team (EDIT): a specialist psychological therapy service that works with 14 – 35 year olds to reduce distress, confusion, and the development of more serious mental health difficulties.

Junction 17: a Specialist Mental Health Service for young people aged 13-17 who require assessment and treatment for a

Referral: service can also be accessed by GP's, Mental Health Services, Voluntary Sector, Youth Services (Connexions, YOT)
Contact: 0161 607 8270

range of complex mental health difficulties
Referral: Professional referral only
Contact: 0161 773 9121

OCD

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Information & Advice	Getting help	Getting more help	Getting risk support
<p>OCD UK: provide advice, information, and support services for those affected by OCD, and campaign to end the trivialisation and stigma of OCD. www.ocduk.org</p>	<p>CAMHS Single Point of Contact: can provide information, advice and consultation prior to making a referral to CAMHS. Contact: 07989 309269</p>	<p>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 wellbeing. Referral: Professional referral only Contact: 0161 518 5400 / cmm-tr.Salford-CAMHS@nhs.net</p>	
<p>Young Minds: supports the emotional wellbeing and mental health of children and young people. www.youngminds.org.uk</p>	<p>42nd Street: provides support for young people aged 11-25 experiencing difficulties with their mental health and wellbeing. Referral: Self / professional referral Contact: 0161 228 1888 / theteam@42ndstreet.org.uk</p>		<p>FCAMHS NW: a regional specialist service for young people (under 18) with high risk behaviours Referral: Professional only Contact: 0161 358 0585</p>
<p>OCD Action: online support / information to anybody affected by OCD. www.ocdaction.org.uk</p>	<p>42nd Street – Online Counselling: a free and friendly service for young people in Salford aged 16-25. Referral: Self- referral Contact: www.onlinesupport.42ndstreet.org.uk</p>	<p>Emerge: a stand-alone CAMHS service which focuses on the specific needs of 16 - 17 year olds with moderate to severe mental health problems Referral: Self / professional referral Contact: 0161 226 7457</p>	
	<p>Self Help Services: support for young people and adults living with mental health difficulties such as anxiety, depression, phobias and panic attacks Referral: GP referral Contact: 0161 212 4981 / etherapy.admin@selfhelpservices.org.uk</p>		<p>Gardener Unit: supports boys aged 11-18 years with serious mental illness or concern of a significant psychiatric disorder. Referral: Professional referral only Contact: 0161 772 3425</p>

Parenting

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Information & Advice

Getting help

Getting more help

Early Help (Locality Teams): the service offers a range of evidence based interventions and service, such as family support, brief intervention, evidence based parenting programmes

Referral: self-referral - **Contact:** www.salford.gov.uk/children-and-families/early-help-for-families

Young Fathers 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.

Referral: Professional referral – service accessed via social services, ante-natal services, community midwives, schools, Youth Offending Teams and youth services - **Contact:** 0161 603 6874 / Tom.cole@salford.gov.uk

Educational Psychologist Service: supports schools, early years and colleges to identify, support children with additional needs, to promote learning & inclusion.

Referral: Professional referral only - via the school SENCo - **Contact:** EPS@Salford.gov.uk

Family Nurse Partnership: 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.

Referral: Self-referral - **Contact:** 0161 206 0412 / salford.fnp@nhs.net

Parent Peer Support Groups: Salford City Council are looking for parents or carers who want to pass on their skills and experience to other parents within a group setting, in different locations throughout the city.

More information: 0800 952 1000 / health.improvement@salford.gov.uk

Psychosis

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Information & Advice

Getting help

Getting more help

Getting risk support

Young Minds: children and young people, provides online resources,

CAMHS Single Point of Contact: can provide information, advice and

CAMHS: provides support for children and young people aged 0 – 18 years where there are concerns related to their mental/emotional health and wellbeing.

training and development and publications.

www.youngminds.org.uk

Rethink: provide expert, accredited advice and information to everyone affected by mental health problems.

Helpline: 0300 5000927

www.rethink.org

Samaritans: available 24 hours a day for anyone struggling to cope and provide a safe place to talk. **Helpline: 116 123**

www.samaritans.org

Headmeds: provides young people with accessible and useful information about mental health medication.

www.headmeds.org.uk

Bipolar UK: user lead charity working to enable people with Bipolar Disorder control of their lives.

www.bipolaruk.org

consultation prior to making a referral to CAMHS.

Contact: 07989 309269

Early Detection and Intervention Team (EDIT): a specialist psychological therapy service that works with young people aged 14 – 35 years to reduce distress, confusion, and the development of more serious mental health difficulties and help to get people's lives back on track.

Referral: accessed by GP's, Mental Health Services, Youth Services

Contact: 0161 607 8270

Early Detection and Intervention Team (EDIT): psychological therapy service for young people aged 14 – 35 years to reduce distress, confusion and development of more serious mental health difficulties.

Referral: accessed by GP's, Mental Health Services, Youth Services

Contact: 0161 607 8270

Referral: Professional referral only

Contact: 0161 518 5400 / cmm-tr.Salford-CAMHS@nhs.net

Emerge: a stand-alone CAMHS service for 16 - 17 year olds with moderate to severe mental health problems

Referral: Self / professional referral

Contact: 0161 226 7457

Community Mental Health Teams (CMHT): offering a range of therapeutic interventions and treatments for adults (16+) with severe and enduring mental health issues.

Referral: Self-referral

Contact: www.gmw.nhs.uk/salford

Gardener Unit: supports boys (11-18) years with serious mental illness or concern of a significant psychiatric disorder.

Referral: Professional referral only

Contact: 0161 772 3425

FCAMHS NW: a regional specialist service for young people (under 18) with high risk behaviours

Referral: Professional only

Contact: 0161 358 0585

Junction 17: a specialist service for young people (13-17) who require treatment for a range of complex mental health difficulties

Referral: Professional referral only

Contact: 0161 773 9121

Sexual Health

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Information & Advice

Brook: provider of sexual health services and advice for young people under 25.

www.brook.org.uk

Shine: a confidential sexual NHS health service for young people up to the age of 25; the 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.

Referral: self-referral - **Contact:** 0161 206 1099

Getting help

Getting more help

Substance Misuse

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Information & Advice

FRANK: 24-hour helpline offering information and advice to anybody concerned about drugs/substance misuse.

Helpline: 0300 123 6600

www.talktofrank.com

NACOA: if you are affected by someone else's drinking, NACOA can help.

www.nacoa.org.uk

Young Addaction: provides advice on drugs and alcohol for young people aged 10 to 17.

www.addaction.org.uk

COAP: online support for young people affected by parental drug and alcohol abuse

www.coap.org.uk

Getting help

GM 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.

Referral: Self-referral

Contact: 0161 772 3782 / recoveryacademy@gmw.nhs.uk

Achieve: works with young people up to the age of 25 offering support, information, harm reduction interventions and specialist substance misuse treatment.

Referral: Self / professional referral

Contact: 0161 358 1858 / achieveyyps@gmmh.nhs.uk

Getting more help

Getting risk support

Chapman Barker Unit: a detoxification inpatient treatment unit for men and women aged 18+ with substance misuse problems.

Referral: Professional referral - community based drug & alcohol services.

Contact: 0161 772 3558

Suicide (incl. self-harm)

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Information & Advice	Getting help	Getting more help	Getting risk support
<p>Childline: a free, 24-hour confidential helpline for children and young people who need to talk Helpline: 0800 1111 www.childline.org.uk</p>	<p>42nd Street: provides support for young people aged 11-25 experiencing difficulties with their mental health and wellbeing. Referral: Self / professional referral Contact: 0161 228 1888 / theteam@42ndstreet.org.uk</p>		<p>Panda Unit: the unit (Paediatric Assessment and Decision Area) provides dedicated emergency and short stay care for children under 16 years of age. Referral: Accessed via A&E Contact: 0161 789 7373 (main switchboard)</p>
<p>Harmless: provides a range of services about self-harm including support, information to people who self-harm, their friends and families. www.harmless.org.uk</p>	<p>Critical Incident Team: The Educational Psychology Service work in schools, early years settings and colleges to offer support in the event of a Critical Incident. Referral: Professional - Service can be accessed via the school SENCo. Contact: EPS@Salford.gov.uk</p>		
<p>GM Suicide Bereavement Support Service: A confidential information service for people bereaved or affected by suicide. as been set up to help answer your questions – whether it is seeking advice on immediate issues that need addressing or making you aware of ongoing support services. Tel: 0161 212 4919 (Mon-Fri; 10.00am-4.00pm)</p>			
<p>Papyrus: information and advice for young people who may be at risk for harming themselves. HOPELINEUK: 0800 068 41 41 www.papyrus-uk.org</p>	<p>CAMHS Single Point of Contact: provides information, advice and consultation prior to making a referral to CAMHS. Contact: 07989 309269</p>	<p>CAMHS: provides support for children and young people aged 0 – 18 years related to their mental/emotional health and wellbeing. Referral: Professional referral only Contact: 0161 518 5400 / cmm-tr.Salford-CAMHS@nhs.net</p>	
<p>Samaritans: helpline 116 123 - available 24 hours a day for anyone struggling to cope and provide a safe place to talk. www.samaritans.org</p>	<p>42nd Street – Online Counselling: a free and friendly service for young people in Salford aged 16-25. Referral: Self- referral Contact: www.onlinesupport.42ndstreet.org.uk</p>	<p>Emerge: a stand-alone CAMHS service which focuses on the specific needs of 16 - 17 year olds with moderate to severe mental health problems Referral: Self / professional referral Contact: 0161 226 7457</p>	

Selfharm UK: supports young people impacted by self-harm.
www.selfharm.co.uk

CALM: a male suicide prevention charity who provide support for men in the UK.
Helpline: 0800 58 58 58
www.thecalmzone.net

Young Carers

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Information & Advice

Getting help

Getting more help

The Children's Society: national charity that works with the country's most vulnerable children and young people.
www.childrensociety.org.uk

Early Help (Locality Teams): the service offers a range of evidence based interventions and service, such as family support, brief intervention, evidence based parenting programmes
Referral: self-referral - **Contact**: www.salford.gov.uk/children-and-families/early-help-for-families

Carers UK: provides support and information to those who look after an older, disabled or seriously ill family member or friend
www.carersuk.org

Carers Trust: provides a range of information and advice for young carers and young adult carers.
www.carers.org

Salford Young Carers: a service for young carers (under the age of 18) and young adult carers (18 – 25). A young carer / young adult carers is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.
Referral: Self / professional referral - **Contact**: 0161 834 6069 / salford.carers@gaddum.org.uk

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, online therapeutic support 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 sessions; 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 - <u>map</u>
Telephone	0161 228 1888
Email	<u>theteam@42ndstreet.org.uk</u>
Website	<u>www.42ndstreet.org.uk</u>

42nd Street – Online Counselling

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Our online Counselling is a free and friendly service for young people in Salford aged 16-25.

Online support works very much the same as 42nd Street's face to face support. It involves you sending messages to a worker throughout the week, and receiving a message back each week at a time you both agree on. You can check your messages whenever works for you, and reply whenever is best for you.

What we do:

- Provide a safe online space to help you talk about difficult things that you might be facing in your life. We'll allocate you a trained practitioner who will listen and support you, without judgement.
- Rather than talking about your problems face to face, you can type them out, or use artwork or videos or other resources to talk about how you're feeling.
- Instead of using video like skype, we offer online counselling via private, confidential messages which are sent between you and your counsellor.

To register: www.onlinesupport.42ndstreet.org.uk/register

Age range	16-25 years
Referral route	Self-referral
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 <u>Achieve map</u>
Telephone	0161 358 1858
Email	Young People's Team: <u>achieveyps@gmmh.nhs.uk</u> Holding Family Team: <u>achievehf@gmmh.nhs.uk</u>
Website	<u>www.gmmh.nhs.uk/achieveyoungpeople</u>

ADHD Foundation

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The ADHD Foundation offers a service for families living with and impacted by ADHD, the Foundation is the leading agency for the provision of training for education and health professionals across the UK.

As a patient service, our aim is to ensure the emotional health & wellbeing of those affected by ADHD through a graduated, needs led, multi modal service that enables service users and reduces dependencies.

This objective is achieved through knowledge, skills, social prescribing and a holistic approach to enable service users to become psychologically resilient, adopt lifestyle changes that habitually improve emotional and physical wellbeing and in so doing, improve life chances across a range of indices.

Support available

- 1-2-1 / online information, advice & guidance
- Psycho educative programmes
- Systemic Family Therapy
- Early Years Therapeutic support
- Cognitive behavioural Therapy
- Diagnostic assessments & prescribing
- Educational Psychology Assessments for Dyslexia, Dyspraxia & Dyscalculia
- Coaching psycho educative support for adults
- Transition support groups for 14-19yrs
- Traded services for schools
- Participation opportunities for service users
- Training programmes including ADHD, Autism & Attachment; Anxiety and Stress Management

Age range

All ages

Referral route

Self-referral

Contact

Patient Services: 0151 237 2661 /
chrissi.jones@adhdfoundation.org.uk
Business / Operational:
paula.stock@adhdfoundation.org.uk

Website

www.adhdfoundation.org.uk

CAMHS (Child & Adolescent Mental Health Services)

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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 wellbeing. 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.

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 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 - [map](#)

Telephone 0161 518 5400 (main reception)

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

Website www.cmft.nhs.uk

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.

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, M14 4SL - [map](#)

Telephone 0161 226 7457

CAMHS – Single Point of Contact

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The CAMHS Single Point of Access can provide information, advice and consultation prior to making a referral to CAMHS.

Elaine Audini is the CAMHS Community Link Worker and is based both within the Social Care Team at the Bridge and Salford CAMHS providing support and information to professionals including GPs.

At CAMHS, Elaine attends the weekly referral meeting and can offer phone triage to parents to assess whether CAMHS is the most appropriate service, and will then either refer the family into CAMHS; request further information from school and / or health; or signpost on to a more appropriate service and provide self help materials.

Support available	Advice; consultation for professionals; information; signposting; support; training.
Age range	0-18 years
Referral route	Professional referral only
Telephone	Elaine Audini - 07989 309269
Email	<u>cmm-tr.salford-camhs@nhs.net</u>

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 - map
Telephone	0161 772 3558
Website	www.gmw.nhs.uk/chapman-barker-unit

Community Engagement & Recovery Team (CERT)

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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**
- 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
[map](#)

Telephone 0161 607 8280

Community Mental Health Teams (CMHT)

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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 - [map](#)
Cromwell House, Cromwell Rd, Eccles, M30 0GT - [map](#)
Ramsgate House, Ramsgate St, Higher Broughton, M7 2YL - [map](#)

Telephone Cromwell House: 0161 787 6000
Ramsgate House: 0161 358 0732
Prescott House: 0161 702 9368

Website www.gmw.nhs.uk/salford

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
- 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 - [Map](#)

Walkden Connexions, Bolton Road, outside Ellesmere Centre, Walkden, M28 3ZH - [Map](#)

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. The team work to enhance the school's own support and coping strategies following a critical incident, and 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, YJS)

Address

Salford EDIT, Broadwalk Centre, 51 Belvedere Road, Salford, M6 5EJ - [map](#)

Telephone

0161 607 8270

Website

www.gmw.nhs.uk/edit

Early Help (Locality Team)

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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 team is made up of staff from different professional backgrounds including Early Help Practitioners, Brief Intervention Officers and Skills & Work specialists.

We can provide:

- Parenting advice (parenting courses)
- Home safety (assessment & equipment where certain criteria is met)
- Welfare rights, advice & support
- Debt support & advice
- Support and signposting for more complex issues such as domestic abuse and substance misuse
- Support to prevent family breakdown (including brief intervention programme and family group conference)
- Reducing the risk of permanent exclusions from school

Support available Evidence based interventions and service, support for families to make positive changes, brief intervention, evidence based parenting programmes

Age range All ages

Referral route Self-referral / professional referral via the Bridge

Contact details Central: Broughton Hub, 50 Rigby St, Salford
0161 778 0601 / Central.locality@salford.gov.uk

North: Swinton Gateway, 100 Chorley Rd, M27 6BP
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/early-help-for-families

Eating Disorder Service

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Manchester and Salford Eating Disorder (MSEDS) service provides 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 - <u>map</u>
Telephone	0161 701 0447
Email	<u>MSEDS@cmft.nhs.uk</u>
Website	<u>www.cmft.nhs.uk/MSEDS</u>

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 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 the [Emotionally Friendly Schools Programme](#) 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 EPS@Salford.gov.uk

FCAMHS NW

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The community FCAMHS NW is a multi-disciplinary service with a range of clinical expertise. We are a community service that provides outreach across the North West of England. We work with agencies to ensure best practice in managing complex needs and high risk behaviours in young people.

We also have access to the services of a wider multi-disciplinary team working in the young people's services at GM Mental Health NHS Foundation as required.

- Support available**
- Risk management advice
 - Liaison
 - Specialist assessment
 - Complex case formulation
 - Intervention
 - Training
 - Clinical consultation
 - Specialist interventions

Age range Up to age 18

Referral route **Professional referral only** – referrals by YOS, Mental Health, Educations, Children's Services, Fire & Police, Youth Services

Telephone If you are concerned about a young person's risk of behaviour please telephone: **0161 358 0585**

Email A referral form can be requested through:
gmmh-ft.fcamsnw@nhs.net

Website www.gmmh.nhs.uk

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

Chameleon Project

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The Chameleon Project is a bereavement counselling service working 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, M15 4AX - <u>map</u>
Telephone	0161 834 6069
Email	<u>info@gaddum.co.uk</u>
Website	<u>www.gaddumcentre.co.uk/bereavement</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 - <u>map</u>
Telephone	0161 701 5197
Website	<u>www.cmft.nhs.uk/childrens-hospitals</u>

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 - [map](#)

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.

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

GM Victims' Services (Salford)

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Greater Manchester Victims' Services provides support for all victims of crime. They act as the gateway to victims' services, and work to ensure that victims receive the right support at the right time in the right way. This service is commissioned to the independent national charity Victim Support.

Eligibility includes any of the following, and more:

- Children over the age of four who have been affected by a crime
- Witnesses or indirect victims who have been affected by a crime e.g. family / friends / parents / neighbours / children / professionals etc.
- Victims / families who chose not to report to police/authorities
- Those affected by any and all criminal incidents
- Bullying – where the incidents can be interpreted as a crime (such as harassment, violence, intimidation). These do not need to have been reported to an authority for support to be accessed.
- Victims with no recourse to public funds

Support available Face to Face Support – this is available for children (with or without parents/carers present); Telephone Support; Information about personal safety; Advocacy

Age range Children over the age of four who have been affected by a crime

Referral route Self-referral / professional referral

Telephone 0161 200 1950 (operates in GM from 9am – 7pm Monday to Friday)

08 08 16 89 111 (VS Support line offers support 24 hours a day)

Email greater.manchester@victimsupport.org.uk

Website Option to request a call back via the following:
www.gmvictims.org.uk/Callback
www.victimsupport.org.uk/help-and-support

I-Start (Stronger and resilient together)

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I – START is a pilot that is running for 18 months that aims to understand the effectiveness of emotional health and well-being screening for children and young people who are newly LAC.

Mental health professionals will screen all children and young people in care who are in care for longer than 6 weeks.

They will screen CYP for as to whether the child is coping with being taken into care, or whether they need any additional help in order to feel emotionally healthy within their placement.

If the screening shows possible emotional health needs then mental health professional will do specialist health assessments to determine the best course of support for the child or young person.

The specialist information is used to signpost into CAMHs for LAC services to ensure children get emotional health support as soon as is possible, and it is also used to inform individual care plans.

The I-START team also advise carers and professionals who may be working with the child/young person.

Age range	5-18 years
Referral route	Professional referral only – via SDQ analysis
Address	Salford Civic Centre, Chorley Road, Swinton, M27 5DA
Contact	<u>Amanda.mcleod@salford.gov.uk</u>

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 Youth Support Services (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 <u>The Bridge</u>
Address	Integrated Youth Support Services, Beacon Youth Centre, 1 London Street, Salford, M6 6QT - <u>map</u>
Telephone	0161 778 0700
Website	<u>www.wuu2.info</u>

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.

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 - [map](#)

Telephone 0161 773 9121

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

Liberty House

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Liberty House is a 16 bed accommodation with support for homeless young people aged between 16 and 24. Priority is given to 16/17 year olds and applicants must have a Salford connection. Successful applicants will be expected to work towards education/employment or training and all young people are supported with independent living skills such as:

- Budgeting
- Cooking
- Managing their accommodation
- Moving on positively

Liberty House have excellent links with health and wellbeing providers in the community. All young people are supported to register with local GP, dentist and optician. Referrals will be made to relevant agencies for specialist health or emotional wellbeing needs. The service also offers a weekly session with a professional counsellor if individuals wish to engage with this.

Support available Advice; advocacy; counselling / therapy; information; signposting; support

Family members can be involved in elements of support with consent from the young person and if deemed appropriate.

Age range 16-24 years

Referral route Self / professional referral

Address 100 George Street South, Salford, M7 4PQ - [map](#)

Telephone 0161 4920191

Email liberty@adullam.org.uk

Website www.adullam.org.uk

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: via GP/community midwife
Address	Saint Mary's Hospital, Oxford Road, Manchester M13 9WL - map
Telephone	0161 276 6429
Website	www.cmft.nhs.uk/saint-marys

Midwifery Service

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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	<u>www.salford.gov.uk/health-visitors</u>

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**
- Advocacy
 - Welfare Rights & Debt Advice
 - Mindfulness

Age range 18+

Referral route Self-referral

Address Mind in Salford, The Angel Centre, 1 St Philips Place, Salford, M3 6FA - [map](#)

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 - <u>map</u>
Telephone	0161 789 7373 (main switchboard)
Website	<u>www.srft.nhs.uk/about-us/depts/panda-unit</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

Primary Inclusion Team (SEMH)

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We are a team of teachers and Learning Support Assistants (LSAs) who are all currently working with children who present with challenging behaviour in Salford schools.

Core offer: Our team will work closely with primary schools across Salford to offer support using a holistic approach, with an emphasis on early intervention. We have a SEMH resources lending library based at Lewis Street Primary School filled with books, interventions and resources for schools to borrow for free for half a term.

Package of CPD

- Strategies to support SEMH needs within the classroom
- Introduction to Attachment Theory
- Using nurturing interventions to support emotional development
- Assessing SEMH needs
- Ready for school: promoting positive behaviour in EYFS
- Key speaker events; bespoke INSET and staff meetings, training for teachers, support and welfare staff.

Pupil Interventions: We cover self-esteem, anxiety, social skills, managing anger and early play. We will support you in completing relevant assessments to show impact and leave staff with a follow-up cycle of lesson plan ideas. All of our interventions can be tailored for EYFS, KS1 and KS2.

Age range 3-10 years

Referral route We only accept referrals from primary schools in Salford

Address Alder Brook PPC and Lewis Street Primary School

Telephone 0161 9212653 / 0161 9211830

Email pitreferrals@salford.gov.uk

Website www.pitreferrals.org

Prince's 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 - [map](#)

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 - <u>map</u>
Telephone	0161 772 3782
Email	<u>recoveryacademy@gmw.nhs.uk</u>
Website	<u>www.nwppn.nhs.uk</u>

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 - [map](#)

Telephone

0161 737 7778

Email

salfordfoyer@placesforpeople.co.uk

Website

www.placesforpeople.co.uk

Bereavement Support Group

(Salford Heart Care)

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The Bereavement Support Group meets fortnightly on Tuesdays from 10 am until 12 noon. The group is supported by our team of volunteers with facilitation provided by an experienced, fully qualified counsellor.

One to one counselling session available subject to demand.

The sessions are supported by Salford Council's Bereavement Service, Hamilton Davies Trust, Salford CVS and Salford Clinical Commissioning Group and City West Housing Trust

Support available

- One to one support: Therapeutic / Psychoeducational and/or at facilitated 'closed' group (provided by qualified practitioners and trained facilitators).
- Groups: Self-help; Peer support; remembrance events (organised by voluntary groups and bereaved people as self-help support)
- Signposting to sources of support: Information on grief and bereavement by suicide (distributed by local or national organisation).

Age range	16+
Referral route	Self-referral
Address	Cadishead Band Room (Irlam Community Centre) Locklands Lane, Irlam, M44 6RB - <u>map</u>
Telephone	0161 707 7402
Email	<u>admin@salfordheartcare.co.uk</u>
Website	<u>www.salfordheartcare.co.uk</u>

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**
- 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 - [map](#)

Telephone 0161 351 5302

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

Salford Information, Advice & Support Service (SIASS)

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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

Telephone

0161 778 0349 / 0343

Email

siass@salford.gov.uk

Website

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

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 - [map](#)

Telephone No public telephone number available

Email Housing.advicecentre@salford.gov.uk

Website www.salford.gov.uk

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

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	GP 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	<u>etherapy.admin@selfhelpservices.org.uk</u>

Salford Young Carers

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Salford Carers Centre provides a service to carers of all ages including young (under the age of 18) and young adult carers (18 – 25).

A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

A young adult carer is someone aged 18 - 25 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

- Support available**
- 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

Age range
Young carers (up to 18)
Young adult carers (18-25)

Referral route
Self-referral / professional referral
Professionals can refer to Salford Carers Centre and carers can self-refer. Referral forms for carers of all ages can be downloaded from the website here:
www.salfordyoungcarers.org/referrals

Address
34 St Georges Way, Salford, M6 6SU - [map](#)

Telephone
0161 834 6069

Email
salford.carers@gaddum.org.uk

Website
www.gaddumcentre.co.uk

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

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**
- 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 - <u>map</u>
Telephone	0161 212 4981
Email	<u>sixdegrees@nhs.net</u>
Website	<u>www.six-degrees.org.uk</u>

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 - map
Telephone	0161 351 6000
Email	info@startinsalford.org.uk
Website	www.startinsalford.org.uk

Speech and Language Therapy

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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

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.

Youth Justice Service (YJS): 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:**
YJS Health Provision - professional referral via YJS
Looked after Childrens Nurse – Professional referral via SCC Children's Services
Family Liaison Service – via admittance to PANDA Unit

Address **YJS 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 - [map](#)

Telephone 0161 603 6874

Email Tom.cole@salford.gov.uk

Youth Groups

The Proud Trust – Afternoon TEA

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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



Salford LGBT Youth Group

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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
5.30-8.00pm

Bridgewater Youth
Centre
72 Bridgewater Street
Little Hulton
M38 9WD

0161 799 6674
[Bridgewater map](#)

Tuesdays
5.30-8.00pm

Eccles Youth Centre
Gladstone Street
Eccles
M30 0WY

0161 789 6622
[Eccles map](#)

Thursdays
5.30-8.00pm

Beacon Youth Centre
8a London Street
Salford
M6 6QT

0161 778 0700
[Salford map](#)

T & Toast

ARE YOU AGED 13-17 & TRANS?

Salford's trans youth group is a monthly safe space for trans and non-binary young people.



3rd Sunday of Each Month

1:30pm - 3:30pm

This group provides a welcoming and safe place for trans and non-binary young people to engage with other trans and non-binary people in discussions on trans-specific topics.

Come and make friends, play games and activities, become a voice for trans young people in Salford, get answers to your questions, and learn and grow with other trans people in your community.

IS YOUR CHILD TRANS?

Is your child questioning their gender identity or expression?

Do you have questions about your trans or non-binary child?

Not sure what to say or do to best support your trans child?



Join Salford's support space for parents and carers of trans and non-binary young people.

Meeting on the third Sunday of the month, 1:30pm - 3:30pm this group allows parents and carers a supportive space to discuss any questions or concerns they have about their trans, non-binary, or gender-exploring child. Come and learn from experienced staff and parents, get answers to your questions, and learn and grow together with other parents and carers so you may best support your trans child.

When: T & Toast meets on the THIRD Sunday of the month, from 1.30pm till 3.30pm

Where: Beacon Youth Centre, 8a London Street, Salford, M6 6QT [Salford map](#)

Contact: 0161 790 6950 / chris.rice@salford.gov.uk

Parent Groups

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Are you passionate about parenting?

Salford City Council are looking for parents or carers who want to pass on their skills and experience to other parents within a group setting, in different locations throughout the city.

Our Health Improvement Service will help you to support other parents every step of the way, including training for group members, sourcing guest speakers and support with room hire costs and other expenses.

Lived experience of supporting children and young people with mental health issues and/or additional needs would be really helpful, but is not essential, as group members will support and provide advice to each other.

To find out more about this exciting volunteering opportunity to make a difference supporting others through the challenges of being a parent please contact the Health Improvement Service.

Contact: 0800 952 1000 or email health.improvement@salford.gov.uk

EHWB Services by Thrive

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Getting advice	Pregnancy & Birth	0-5 Years	Primary Years	Secondary Years	Transition to Adulthood	
			ADHD Foundation			
		CAMHS - Single Point of Contact				
				Connexions		
	Family Nurse Partnership					
	Health Visitors					
			GM Victims Services			
				IYSS		
	Maternity Services				MIND	
	Midwives	Portage services	Primary Inclusion	Princes Trust		
			School Nursing			
				Shine		
		Salford Information & Advice Support Service (SIASS)				
			Start in Salford			
			Young Carers Service			

Getting help

Pregnancy & Birth	0-5 Years	Primary Years	Secondary Years	Transition to Adulthood
		Achieve		
			42nd Street	
		ADHD Foundation		
		CAMHS – Single Point of Contact		
		CAMHS		Emerge (CAMHS)
Family Nurse Partnership				Bereavement Support Group
		Community Paediatrics		
				CERT
			Connexions	
			Eating Disorder Service	
		Educational Psychology Service		
		Early Help (Locality Teams)		
Health Visitors		School Nursing		MIND
		I-Start (Stronger & Resilient Together)		
Maternity Services			Chameleon Project	
Midwives		Primary Inclusion		IYSS
	Portage Services			Recovery Academy
				Liberty House
		Salford Information & Advice Support Service (SIASS)		
				Salford Housing Options
				Salford Foyer
				Self Help Services
				Six Degrees
		Speech & Language		
		Salford Therapeutic Advisory & Referral Service for LAC (STARLAC)		
			Start in Salford	
			Young Carers Service	
				Young Fathers Project

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Getting more help

Pregnancy & Birth	0-5 Years	Primary Years	Secondary Years	Transition to Adulthood
Achieve				
			42nd Street	
ADHD Foundation				
CAMHS				
				Emerge (CAMHS)
Critical Incident Team (EPS)				
Community Paediatrics				
				Eating Disorder Service
Educational Psychology Service				
Early Help (Locality Teams)				
				EDIT
			FCAMHS NW	
			I-Start (Stronger & Resilient Together)	
				Liberty House
Panda Unit (SRFT)			CERT	
				Recovery Academy
				Salford Foyer
School Nursing				
Speech & Language				
Salford Therapeutic Advisory & Referral Service for LAC (STARLAC)				
Young Carers Service				
Vulnerable Young Person's Nursing				

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