

# Are you worried about a child, young person or their family?

Here are some useful numbers and links for services that can provide support

## Early Help and Family Hubs

Families, children and young people can get information, advice, guidance and family support through the Family hubs. We will help make sure that children and young people get the right help at the right time from the Early Help Partnership Offer.

**0800 887 0545**

[www.coventry.gov.uk/earlyhelp](http://www.coventry.gov.uk/earlyhelp)

## Family Health and Lifestyles Service

Helping children and young people take responsibility for their own health and adopt a healthy lifestyle through: School Nurses, Health Visitors, Stop Smoking Services, the Be Active Be Healthy team, Infant Feeding Team Family Nurse Partnership and MAMTA.

There is also **ChatHealth**, a free confidential text service **07507 331 949** for 11-18-year-olds.

**024 7518 9190**

[www.swft.nhs.uk/our-services/children-and-young-peoples-services/coventry-family-health-and-lifestyle-service-0-19-years](http://www.swft.nhs.uk/our-services/children-and-young-peoples-services/coventry-family-health-and-lifestyle-service-0-19-years)

## Positive Choices

A free confidential service for young people aged between 5 and 24 to talk about drug and alcohol issues, relationships and sexual health. The service helps young people make positive choices and changes, with support is through groups, one-to-one or online – or even through the new Ecotherapy allotment project.

● **Drop-in to 23-25 City Arcade**  
**024 7955 3130**

[coventrypp.info@cgl.org.uk](mailto:coventrypp.info@cgl.org.uk)  
[www.changegrowlive.org/positive-choices-coventry](http://www.changegrowlive.org/positive-choices-coventry)

## Dimensions Tool

This free web-based app helps you find the wellbeing support you need, with advice and local interventions.

[www.cwrise.com/dimensions-tool](http://www.cwrise.com/dimensions-tool)

## Children and young people MH Service

If you would like to talk about a child or young person, you can have a consultation with a mental health clinician within the Navigation Hub. You can also talk to the Primary Mental Health Team, who can provide wider training for professionals around identifying and supporting mental health needs in children and young people.

● **Rise Navigation hub**  
**0300 200 2021**

[www.cwrise.com](http://www.cwrise.com)

● **Primary Mental Health Team**  
**024 7696 1476**

## Virtual School

Is the child a Looked after Child (LAC) or previously looked after (PLAC)? The virtual school can offer support and advice to schools, nurseries and colleges.

**024 7697 5535**

[virtualschool@coventry.gov.uk](mailto:virtualschool@coventry.gov.uk)

[www.coventry.gov.uk/virtualschool](http://www.coventry.gov.uk/virtualschool)

## Coventry Educational Psychology Team

Offer support to schools through work with children, young people and families to address a range of mental health needs. Also offer advice and support to school leaders in the event of a 'critical incident' and support to promote staff wellbeing.

**024 7678 8400**

[EducationalPsychologyService@coventry.gov.uk](mailto:EducationalPsychologyService@coventry.gov.uk)

[www.coventry.gov.uk/recoverycurriculum](http://www.coventry.gov.uk/recoverycurriculum)

## Buddy Service

The Buddy Service helps reduce social isolation and loneliness - expected to be a growing concern due to COVID - alongside anxiety, new phobias, and OCDs. The service helps those aged 13-18 to build their social connections, confidence, happiness and independence and overcome barriers to accessing support.

[www.cwmind.org.uk](http://www.cwmind.org.uk)

## Young Black Men's Project

An early intervention and prevention mental health programme run by black men, for young black men. The service works to raise awareness of mental health and tackle stigma within the community.

**024 7655 2847**

[ybm@cwmind.org.uk](mailto:ybm@cwmind.org.uk)

[www.cwmind.org.uk/young-black-men-2](http://www.cwmind.org.uk/young-black-men-2)

## Adult MH Support

A wide range of support including one-to-one, mental health courses to help people better understand and manage their own mental health.

[www.cwmind.org.uk](http://www.cwmind.org.uk)

● **Pathfinder One-to-Ones**  
**024 7622 9988**

[pathways@cwmind.org.uk](mailto:pathways@cwmind.org.uk)

[www.wbc.cwmind.org.uk/pathfinder](http://www.wbc.cwmind.org.uk/pathfinder)

● **Recovery Wellbeing Academy**  
[www.recoveryandwellbeing.co.uk](http://www.recoveryandwellbeing.co.uk)

● **Community Support**  
**024 7601 7226**

[www.cwmind.org.uk/community-support-service](http://www.cwmind.org.uk/community-support-service)

## Coventry Safe Haven

A drop-in available to anyone aged 18+ for out-of-hours mental health support. A welcoming, safe, comfortable, non-judgmental and non-clinical environment, that provides information and emotional support.

**07921 876 065**

[coventryhaven.mhm@nhs.net](mailto:coventryhaven.mhm@nhs.net)

[www.mhm.org.uk/coventry-safe-haven](http://www.mhm.org.uk/coventry-safe-haven)

## Improving Access to Psychological Therapy (IAPT)

Helping those aged 16+ with symptoms of anxiety or depression.

**024 7667 1090**

[www.covwarkpt.nhs.uk/IAPT](http://www.covwarkpt.nhs.uk/IAPT)

## Other useful websites:

[www.cwmind.org.uk/get-help](http://www.cwmind.org.uk/get-help)

[www.coventry.gov.uk/adultmhs](http://www.coventry.gov.uk/adultmhs)

[www.coventry.gov.uk/sendiasmhw](http://www.coventry.gov.uk/sendiasmhw)



[www.coventry.gov.uk](http://www.coventry.gov.uk)