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| **THRIVE**  The THRIVE framework is an integrated, person centred, and needs led approach to delivering mental health services for children, young people, and their families. It conceptualises need in five categories: Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support.  <https://www.annafreud.org/mental-health-professionals/thrive-framework/> | | | |
| **Getting Advice** | **Getting Help** | **Getting More Help** | **Getting Risk Support** |
| **Services Offered** | | | |
| * [My Mind](https://www.mymind.org.uk/services-and-contacts/west-cheshire/) – information for Children, young people, parents and carers * [Kind to Your Mind](https://www.kindtoyourmind.org/) – A range of useful resources to help with your mental wellbeing * [Gov UK documents](https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing) - To help with coping strategies during COVID 19 * [Every Mind Matters](https://www.nhs.uk/oneyou/every-mind-matters/) – Support for those feeling stressed, anxious, low, or struggling to sleep * [Young Minds](https://youngminds.org.uk/) - Mental health charity for children, young people, and their parents, making sure all young people can get the mental health support they need * [Student Minds](https://www.studentminds.org.uk/) - Empowering students and members of the university community to look after their own mental health, support others and create change * [Mental Health Apps](https://www.nhs.uk/apps-library/category/mental-health) * [Chester Pride](https://www.chesterpride.co.uk/) – LGBTQ Helpline WhatsApp: 07718 066 684 * [The Hub of Hope](https://hubofhope.co.uk/)- Mental health database for national and local * [NHS Think Ninja](https://www.nhs.uk/apps-library/thinkninja/) App free in the app store * [Anna Freud](https://www.annafreud.org/on-my-mind/) – National Centre for Children and Families, aims to empower young people to make informed choices about their mental health and wellbeing * [You in Mind](file:///C:\Users\cherylcooper\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\J7JLTVCH\YouinMind.org) - Is an online platform helping you find mental health and wellbeing services in Cheshire * [Samaritan](https://www.samaritans.org/)s - We're here 24 hours a day, 365 days a year * [West Cheshire Mental Health Forum](http://www.wcmhf.org/) * [Koala North West](https://koalanw.co.uk/) - provides children and their families with tailored practical and emotional support that improves wellbeing, reduces isolation and supports both children and care-givers to thrive. * [IASS](https://www.livewell.cheshirewestandchester.gov.uk/Services/1279) – helps parents and carers, children and young people who have difficulties with learning, and or a disability from birth to 25 years. Young people who are 16+ who have, or believe they have, SEN can access advice directly * [Cheshire West Virtual School](https://cheshirewestvirtual.school/) offers support for schools to access:  1. Emotion Based School Non-attendance Emma Callwood/Natalie Brotherton 2. Beacon House 3. Stephen Porges – Polyvagal theory 4. Bruce Perry – Trauma related work 5. Dan Hughes – PACE approach, helpful to schools 6. Louise Bomber 2020 – Know Me to Teach Me – differentiated discipline for those recovering from Adverse childhood Experiences’ | * [Our Way of Working Recovery](https://westcheshirechildrenstrust.co.uk/our-way-of-working/recovery-model) Guide * CWP Crisis line 0800 145 6485 <https://www.cwp.nhs.uk/crisis/> * [Child and Educational Psychology](https://cwc-live.occsites.co.uk/Services/660) Service * [Medical Needs Service](https://www.cheshirewestandchester.gov.uk/residents/education-and-learning/medical-needs.aspx) – A referral from school is needed for this service * [HealthBox](https://www.healthboxcic.com/) - Providing health and wellbeing services to our local communities * Yo[uth Fed](https://youthfed.org.uk/) - Youth Fed brings together young people in need with people prepared to help * [Kooth](https://www.kooth.com/) - Online anonymous counselling * [Alumina](https://www.selfharm.co.uk/) 7-week course for young people struggling with self-harm 14–19-year-olds * [Early Help & Prevention Service](https://www.livewell.cheshirewestandchester.gov.uk/Services/706) – Provided by Polaris - supports young people who are experiencing issues with their emotional health and wellbeing * [Shout](https://www.giveusashout.org/) - The UK’s first 24/7 text service, free for anyone in crisis anytime, anywhere * [Domestic Violence](http://www.cheshirewestandchester.gov.uk/residents/crime-prevention/domestic-abuse/domestic-abuse.aspx) - And abuse support * [No Panic](https://nopanic.org.uk/youth-hub/) - A registered charity that helps and supports those living with Panic attacks, Phobias, Obsessive Compulsive Disorders, and other related anxiety disorders. * [The Mix](https://www.themix.org.uk/) - Essential Support for under 25s * [Rage](https://www.ragefitnesscompany.com/) - Supports communities to improve their physical, mental & emotional wellbeing * [Brio Leisure](https://www.brioleisure.org/) - Supports communities to improve their physical, mental & emotional wellbeing * [The Proud Trust](https://www.theproudtrust.org/) - Supports LGBT+ young people * [Platform for Life](https://www.platformforlife.org.uk/) - Free, local counselling and play therapy to low-income families in Blacon and Lache * [The Wilderness Tribe](https://www.wildernesstribe.org/) - Use the power of nature to tackle mental health issues, reduce social isolation * [Caring to Care](https://www.livewell.cheshirewestandchester.gov.uk/Services/705) - Offers emotional health and wellbeing services for looked after children, care leavers and extended care leavers * [Together for Adoption](https://www.togetherforadoption.co.uk/Support/Support.aspx) – a range of services available to meet the needs of adoptive families and those in process of adopting * [Special Guardianship Order](https://www.livewell.cheshirewestandchester.gov.uk/Categories/4851) – support and advice * [Youth Service](https://www.cheshirewestandchester.gov.uk/residents/young-people/youth-service/youth-service.aspx) - delivers youth provisions and youth projects to young people 13 to 19 years (up to 25 years if Special Educational Needs and Disabilities.)   **Bereavement Services**   * [Reflect Children's Bereavement Service](http://www.hospiceofthegoodshepherd.com/) * [Child Bereavement UK](https://www.childbereavementuk.org/Pages/Category/child-bereavement-uk-support-services) * [Winston’s Wish](https://www.winstonswish.org/) * [Cruse Bereavement](https://www.cruse.org.uk/) * [Hope Again](http://www.hopeagain.org.uk/) * [The Dove Service](https://www.thedoveservice.org.uk/) * [Elsie Ever After](https://www.elsieeverafter.org.uk/) * [Grief Encounter](https://www.griefencounter.org.uk/) * [The Loss Foundation](https://thelossfoundation.org/) * [SOBS](https://uksobs.org/)   **Suicide Prevention Support**   * [Papyrus](http://www.papyrus-uk.org) * [Stay alive](https://www.prevent-suicide.org.uk/) * [Calm Harm](file:///C:\Users\cherylcooper\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\J7JLTVCH\www.calmharm.co.uk\) | * Improving Access to Psychological Therapies [(IAPT)](https://www.cwp.nhs.uk/services-and-locations/services/western-cheshire-iapt/) service is for adults and older people aged over 16 years <https://www.cwp.nhs.uk/services-and-locations/services/western-cheshire-iapt/self-referral-and-how-to-get-help/> * The Learning Disability Child and Adolescent Mental Health Service (LD CAMHS) West Cheshire, Telephone: Ellesmere Port Office: 0151 488 8041; Crewe Office: 01270 848030 Email: [cwp.ldcamhs.west@nhs.net](mailto:cwp.ldcamhs.west@nhs.net) or [cwp.LDCAMHSCentral@nhs.net](mailto:cwp.LDCAMHSCentral@nhs.net) * West Cheshire 0-18 CAMHs, Chester. A team of specially trained workers whose job it is to work collaboratively with young people and their families Chester, CH1 3DY Tel 01244 393200 Email: <https://www.cwp.nhs.uk/services-and-locations/services/west-cheshire-0-16-camhs/> * West Cheshire 0-18 CAMHs, Winsford. A team of specially trained workers whose job it is to work collaboratively with young people and their families who are experiencing mental health difficulties. Winsford Tel: 01606 555240 | Ancora House <https://www.cwp.nhs.uk/ancorahouse/>  Specialist inpatient unit for young people who are having difficulties with their thoughts, feelings or behaviour and need a short stay in hospital.  [Forensic Child and Adolescent](https://www.gmmh.nhs.uk/fcamhs/) support |