



OPEN UP BARNLSLEY

An interactive map and guide to emotional wellbeing, youth and mental health services for children and young people in Barnsley



SCAN ME



OPEN UP BARNLSLEY

Open Up Barnsley is your guide to emotional wellbeing and mental health services for all children and young people in Barnsley.

If you're a young person, parent or carer or someone who works with young people, this guide will help you find the right advice & support and see what services are in Barnsley.

Where can you open up?

There are lots of different types of services for all kinds of issues and needs. Take a look at the different categories on the contents pages opposite to find out which services best match the help and support you need.



Urgent Help



Mental Health & Wellbeing Support



Youth Clubs & groups



Bullying & Abuse



Support for Disabled Young People



Families & Relationships



Education & Career Support



Drugs & Alcohol



LGBTQIA+ Support



Youth Voice



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URGENT HELP

Useful contacts

Branching Minds - 01226 107377

Children + young people (CAMHS)- 01226 644829

People with a learning disability- 01226 645237

Adults (aged 18+) Mental Health - 01226 645000

Childline

What?

Childline is here to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

Childline is free and confidential. Available any time, day or night. You can talk to us:

- By calling 0800 1111
- By email
- Through 1-2-1 counsellor chat
- Online via the website to online chat and use message boards

Whatever feels best for you.

A Childline counsellor:

- Will listen to you and is genuine, open and friendly
- Knows it takes courage to contact us and isn't easily shocked
- Knows about the problems young people can face
- Will let you take your time and won't judge you or put you down.

Our counsellors are trained staff and volunteers. All sorts of people become Childline counsellors.

They're all different ages and come from lots of different backgrounds. But what they all have in common is that they want to help young people.

Visit Childline's YouTube channel

Scan or search www.Childline.org.uk for:

- Advice
- Sharing experiences
- Getting peer support
- Reporting incidents
- Online safety

More
information
here



URGENT HELP

Samaritans- 116 123

We're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

SHOUT- Crisis Messenger

What?

Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope.

To start a conversation, **text the word 'SHOUT' to 85258.**

Our trained volunteers are here to listen at any time of day or night, and messages won't appear on your phone bill.

How?

1. The texter will then receive an automated text asking them about the nature of their problem. This text will also let the individual know that they are being connected to a trained Shout Volunteer. The aim is to respond to all texters within five minutes, but wait times may be longer during busy periods.
2. Once connected, the Shout Volunteer will introduce themselves. The texter and volunteer will communicate back and forth via text message, using Shout's secure platform.
3. Our Shout Volunteers use empathetic and effective active listening techniques, establish goals and discover next steps to move our texters from a hot moment, to a cool calm, until the texter feels calm and safe.
4. Towards the end of the conversation, the Shout Volunteer can provide resources that provide further help and support for longer-term mental health experiences.

You can text Shout free and anonymously from all major UK networks.

For more information visit SHOUT website.

More
information
here



URGENT HELP

Helplines

Mental Health Helpline

For Residents of Barnsley, Calderdale, Kirklees & Wakefield. Support, advice, information & guidance for anyone worried about their mental health or that of someone they care for. 0800 183 0558

Barnsley Useful Contacts

Mental Health Children + Young People (CAMHS)- 01226 644829

People with a learning disability- 01226 645237

Adults (aged 18+) Mental Health - 01226 645000

Branching Minds: 01226 107377

BarnsleyCYPMHRrequestSupport@swyt.nhs.uk Monday – Thurs 9:00 – 4:30pm & Friday 9:00 – 4:00pm.

The request for support form can be found on the CAMHS website: www.southwestyorkshire.nhs.uk/services/camhs-barnsley/ <https://www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team/>

BEAT

BEAT provides support for those suffering directly from disordered eating or an eating disorder, as well as their families and carers. Mainly for those above 12 years old - adults however support for younger children is available.

All support is offered remotely - via telephone or computer Helpline is open all year round along with specific groups / sessions for specific eating disorder or support for those involved.

Helpline - 0808 801 0677

Email - help@beateatingdisorders.org.uk

Live Chat - <https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/one-to-one-web-chat/>

URGENT HELP

Helplines Papyrus

What?

PAPYRUS exists to reduce the number of young people who take their own lives, by shattering the stigma surrounding suicide and equipping young people and their communities with the skills to recognise and respond to emotional distress. We believe that no young person should have to struggle alone with thoughts of suicide. We operate our helpline, HOPELINE247. This is a free, confidential helpline that is available 24 hours a day, 365 days a year.

Who?

People under the age of 35 who may be having thoughts of suicide and anyone that may be concerned about an other individual.

How?

You can contact HOPELINE247 by:

Calling - 0800 068 4141

Texting - 07860 039 967

Emailing - pat@papyrus-uk.org

When?

HOPELINE247 is available 24 hours a day, 365 days a year.

Contact

You can contact HOPELINE247 by:

Calling - 0800 068 4141

Texting - 07860 039 967

Emailing - pat@papyrus-uk.org

More
information
here



MENTAL HEALTH + WELLBEING SUPPORT

KOOTH

What?

Kooth offers a free, safe, anonymous online emotional wellbeing community that is accessible 24/7, 365 days of the year, providing discussion forums and resources.

Access to chat sessions with accredited counsellors and qualified emotional wellbeing practitioners available 12.00pm – 10.00pm, Monday to Friday, and 6.00pm – 10.00pm on weekends. All chat sessions are text-based conversations that take place on the Kooth website.

We cover a wide range of themes topics and support, including:

- Mental Health
- Relationships
- School
- Exam stress
- Health and wellbeing
- Hobbies and interests
- Neurodiversity
- Eating difficulties
- Friendships

We also host live forums each month - follow our social media channels to see each month's themes and times.

Instagram: kooth_uk

Twitter: kooth_plc

Facebook: Kooth UK

Who?

Children and Young people aged 11-25 can access our service in Barnsley.

How?

There are no waiting lists for support and no referral needed. Access to the platform is available instantly 24/7. Go to **www.kooth.com** to get started today. Sign up anonymously online in a matter of minutes.



More
information
here



MENTAL HEALTH + WELLBEING SUPPORT HOME

What?

HOME offers a range of wellbeing support and information in a non-judgemental, welcoming space designed by young people for young people. You can find support by coming along to one of our wellbeing drop-ins, groups, or programmes. HOME uses a youth work approach to work with young people and provides mental health and wellbeing support that hopes to meet young people's needs. This means we start where you are at, you have the choice of what to attend and how involved you want to be. We also offer a counselling service and some limited 1-2-1 support. HOME also has an IT corner where you can access online content which will support your mental health and emotional wellbeing. From online support sites and counselling to videos and apps, IT corner has something for everyone. You can also use laptops specifically set up for you: use email, work on homework, apply for jobs.

Who?

Anyone between 11-25 yrs old who is looking for information and wellbeing support. HOME is not a crisis service. Home is staffed by a combination of qualified youth workers, mental health professionals and creative practitioners.

How?

If you'd like more information call: 01226 213 123 or [Email us](#). Calls and emails are monitored by staff on a day to day basis please feel free to email or leave a message and we will respond as soon as we can.

You may also be referred to us by another service or organisation, or by meeting another provider of support in one of our calming spaces @HOME. **You can self refer or ask a trusted adult to complete a referral on your behalf.**

To complete a referral please go to:

<https://chilypep.org.uk/home-barnsley/h-o-m-e-referral-form/>

Contacts:

Call: 01226 213 123

www.chilypep.org.uk/home-barnsley/

HOME@chilypep.org.uk

Where?

1st Floor, YMCA Building, 1 Bulcher St, S70 1AP

Self refer
here



Barnsley CAMHS

Child and Adolescent Mental Health Services

What?

We are the lead provider for specialist mental health interventions for children and young people in Barnsley. We provide a range of evidence based treatments and support for children and young people who are experiencing moderate to severe mental health challenges.

Usually, when a child or young person feels sad, stressed, frightened, or worried, these feelings will pass with time and with help from family, friends, teachers or other health or care professionals. However, sometimes these feelings can go on for a very long time and can negatively affect everyday life, for example, friendships, school, college and home life. When things get to this point, Barnsley CAMHS can offer you, and those around you, more support.

We help young people with some of the following problems or difficulties:

- Feelings of sadness, low mood or depression
- Obsessive thoughts and behaviours
- Anxiety issues, including panic attacks
- Self-harm and thoughts of hurting themselves
- Suicidal thoughts or thoughts that “I don’t want to be here anymore”
- Problems with eating and food
- Long standing difficulties with coping after a scary and traumatic event.
- We also can give parents and carers of children and young people advice on how to support their child with the difficulties they are experiencing.
- We have a dedicated CAMHS Crisis Team who work 7 days a week for those children and young people who require the highest level of support.

MENTAL HEALTH + WELLBEING SUPPORT

Barnsley CAMHS

Child and Adolescent Mental Health Services

Who?

We are commissioned to offer a service up to the age of 18 years; although our Children in Care Pathway now works up to 25 years. We are working towards extending all our service to 25 years in line with the NHS long term plan and hearing the views from young people in how our service could be improved.

How?

Our service is accessible through Branching Minds. To request mental health and emotional wellbeing support, professionals, parents and carers and young people can contact the Branching Minds Barnsley team on 01226 107377 or complete the request for support form (<https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2014/09/Branching-Minds-Barnsley-request-for-support-form.docx>) and send this to BarnsleyCYPMHRrequestSupport@swyt.nhs.uk

When?

Our service is operational Monday to Friday 9-5. CAMHS can work flexibly to support you. This means we can provide appointments via the telephone, online or face to face (including in homes and community settings). Each appointment type and location of the appointment is planned to suit your needs.

Transport

We are based in the centre of Barnsley Town but we do operate in other health settings in the area.

Contact details

01226 644829

More
information
here



MENTAL HEALTH + WELLBEING SUPPORT

Compass Be (MHST)

Mental Health Support Teams

What?

Compass Be Barnsley Mental Health Support Team (MHST) works with children, young people, and families in education settings in Barnsley providing free, confidential support, help and advice for pupils, students and schools for issues related to mental health and emotional wellbeing.

What?

Whether you're feeling sad, scared, or worried, or you're getting angry or frustrated, we can help get you the right support. Compass Be works in all educational settings across Barnsley. Within schools across Barnsley we are working on the whole school approach, as well as providing specialist interventions from our bereavement counsellors and parent/career support provided by our family practitioner support to the children young people and families across Barnsley. Our Healthy Peer Relationships Service is Prevention and Early Intervention support for children and young people (aged 5-18) across Barnsley. We also provide support for awareness days/ open evenings /parents evenings, training for staff and support groups for parents/carers (community or school based).

Where?

The team offices are based at Churchfield Court Barnsley. The team predominately deliver sessions within a school setting or in community bases such as family centres. Group and 1-1 sessions occur during school with some sessions running from H.OME, the young people's wellbeing hub (YMCA Barnsley Building) if required / appropriate. This includes support from MHST, Bereavement, Parenting Courses.

When?

Monday – Thurs 9:00 – 5:00pm & Friday 9:00 – 4:30pm

Contacts:

Phone: 01904 666371

Email: info.barnsleymhst@compass-uk.org



**More
information
here**



MENTAL HEALTH + WELLBEING SUPPORT

Ad Astra

What?

We provide a safe and nurturing environment and quality activities for children and young people aged 5 to 18 years. We promote positive behaviour by encouraging and praising and being attentive to the needs of the child/young person and aim to enable each child/young person to become a confident individual, an effective contributor, a successful learner and a responsible citizen.

We treat every child and young person, as an individual recognising additional needs, gender, race, nationality and culture and encourage equal opportunities.

We recognise the value of parents/carers and volunteers input and to encourage them to share in the children's and young people's participation and learning and value all staff and volunteers ensuring that every opportunity is given to help them develop their personal skills and broaden their knowledge and experience.

We have the well-being of all who attend our sessions at the heart of our program.

Topics/themes

- Well-Being in various forms
- Fun and Fitness
- Environmental Projects
- Creative Art Projects
- After-school Clubs
- Youth Clubs
- Listening Support in local Secondary Schools
- Transition Workshops for Y6 pupils
- Buddy Support/ Peer Support Training
- Holiday Provision
- Mind and Dance Project (MAD)

Who?

Afterschool clubs, Junior Youth clubs and Holiday provision start at age 8 and above. Senior Youth clubs start at 12 and above. We have some aspects of our program for under 8 with parental support

When?

Monday and Thursday Afterschool provision 3.15 to 5.15pm

Tuesday MAD Mind and Dance - Barnsley 4 - 5.30pm

Tuesday MAD Mind and Dance - New Lodge 6 - 7.30pm

Wednesday Juniors 5.30 to 7pm

Wednesday Seniors 7.15 to 8.30pm

Holiday Activities are various times and days.

Contact details:

Email - adastrabarnsleycic@gmail.com

Facebook : Ad Astra Barnsley

More
information
here



MENTAL HEALTH +
WELLBEING SUPPORT

Barnsley Support Hub

What?

The Barnsley Support Hub offers free mental health support to anyone aged over 18, in a safe, comfortable, and supportive environment. There's no need to be referred and no need for an appointment. Our experienced staff team is available to provide emotional, social, and practical support if you are in crisis or feel you are heading toward a crisis situation. We offer support in person, over the phone or via video call. You can come just for a chat, or to access one-to-one support from trained professionals. We also offer help in creating staying well and crisis plans, and support visitors to access other organisations that may be useful to them.

When?

Saturday-Monday 6pm-11pm.

When?

Anyone over 18yrs old.

How?

There's no need to be referred and no need for an appointment. We offer support in person, over the phone or via video call. You can come just for a chat, or to access one-to-one support from trained professionals. Contact us or drop in: (Thursday-Monday, 6pm-11pm) 07855 971634, barnsleysupporthub.mhm@nhs.net

Where?

10A Eldon Street, Barnsley, S71 1LQ
www.mhm.org.uk/barnsley-support-hub

Find a
service
here



Branching Minds

What?

Branching Minds is a joint contact point for Compass Be and Barnsley CAMHS. Branching Minds does not offer direct support but will direct your request for support to services such as CAMHS, Compass Be or beyond. Requests for support can be sent to the team and they will be reviewed and assessed daily.

Who?

Anyone can make a request for support. If you feel that you need some additional mental health support, then please contact the Branching Minds team. This can be requested by the young person or on their behalf by a parent, carer or professional. Branching Minds is for young people under 18yrs old.

You can self-refer to Branching Minds.

How?

The request for support form can be found on the CAMHS website:

<https://www.southwestyorkshire.nhs.uk/services/camhs-barnsley/> or the Compass Be website

<https://www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team/>

When?

Monday – Thurs 9:00 – 4:30pm & Friday 9:00 – 4:00pm

Contacts:

01226 107377 BarnsleyCYPMHRrequestSupport@swyt.nhs.uk

**Request
support
here**



Or here



Creative Recovery

What?

Creative Recovery is a small grassroots charity, driven by a community of people with lived experience of using creativity to support their own health and wellbeing and to make positive change. We use a person-centred approach to create safe spaces, where people can flourish.

We draw on a collective of artists and practitioners with broad and extensive experience of working across arts/culture/health and wellbeing. We are also keen collaborators, and enjoy working with partners that share our values, passion and who aren't afraid to try something new. We specialise in creative therapies, ambitious art projects, exhibitions, Art Studio Groups and reading groups. Our current groups are:

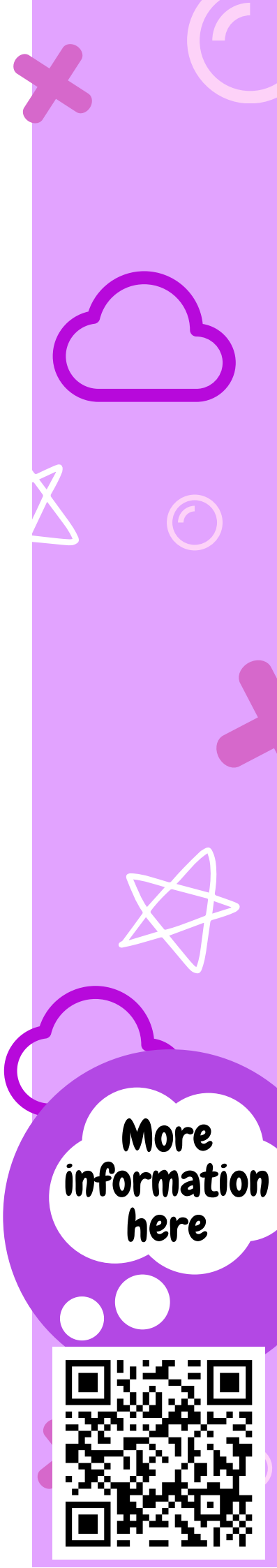
- Live arts cafe
- Open Art Studio
- Group collaborations
- Green Uplift
- Uplift Choir
- Friday Jam- Music project

Who?

Adults 18+. Children are welcome at the Live Arts Cafe if attending with an adult.

How?

Self-referral or contact can be made through your family member or support worker. We have well-being groups open to all and a core programme specifically for people who are struggling with their mental health. Call 07916 282064 or email participate@creativerecovery.co.uk



More
information
here



The Exchange Recovery College

What?

The Exchange is a Recovery and Wellbeing College based in Barnsley. The College provides a range of courses and one-off workshops that aim to improve mental health and wellbeing through learning.

Who?

We are open to any adult aged 18 years or over, who would like to learn how to better manage their mental health and wellbeing, through sharing knowledge and developing new skills. Those that attend the College, are often at a point in their life where they are ready to make positive changes.

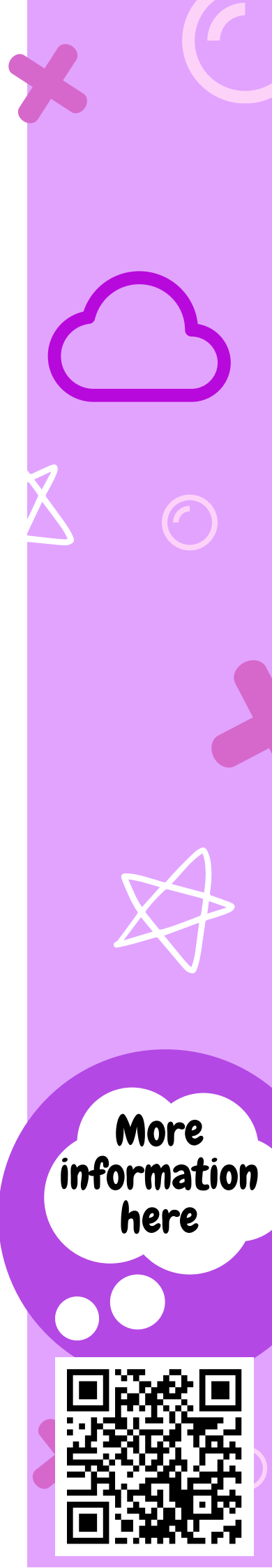
How?

There is no referral process required. Those that are interested in attending or finding out more, have the opportunity to book an appointment to look around. At the college, we trust that you know you best! In your induction with us, we can help you to explore any courses of interest and enrol.

Popular courses include: 'Feel the Fear: Exploring Anxiety'. To explore more of what we offer or schedule a one to one induction please contact the college by telephone or email on the details provided below.

Where?

The Exchange Recovery College, Barnsley
Address: 33, Gawber Road Gawber Barnsley S75 2AH,
Telephone: 01226 730433, E-mail:
Barnsley.Recoverycollege@swyt.nhs.uk
Website: www.barnsleyrecoverycollege.nhs.uk



Humankind Umbrella Service

What?

The Umbrella Wellbeing Service is delivered by Humankind on behalf of Barnsley Metropolitan Borough Council.

Who?

For anyone aged 18 and over Umbrella offers wellbeing support to people living in Barnsley, suffering with low level mental health issues. Our aim is to help improve emotional wellbeing and develop a knowledge and strength to allow an individual to overcome emotional challenges they may face.

We have a range of support available depending on your needs including:

- Counselling (8-12 sessions)
- Social groups
- One 2 one support sessions

Referrals can be made by professionals or self-referral.

Where?

McLintocks Building, 4th Floor, Summer Lane,
Barnsley, S70 2NZ

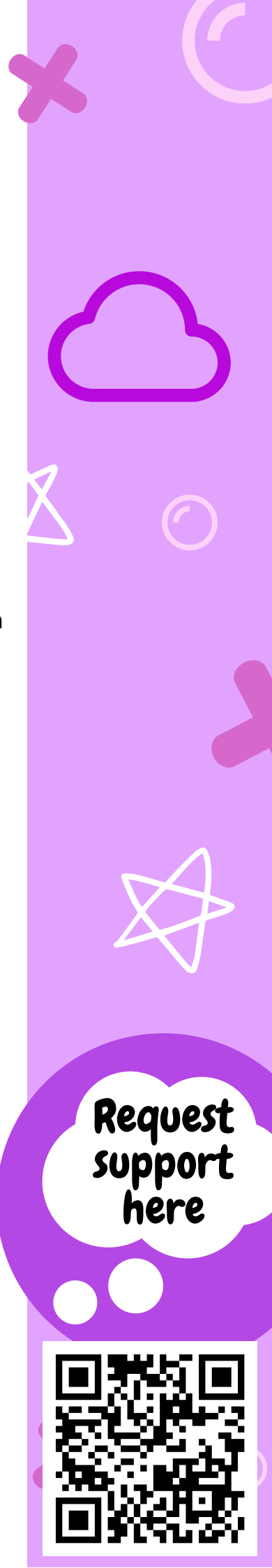
Telephone: 01226 704090, (option 2)

Email: referrals.eipssbarnsley@nhs.net

Website: <https://humankindcharity.org.uk/>

When?

Monday Tuesday, Wednesday & Friday (9am -5pm) and
Thursday (11am -7pm)



Request
support
here



NHS Barnsley Talking Therapies

What?

NHS Barnsley Talking Therapies provides free, confidential support for individuals dealing with various mental health conditions. With evidence-based therapies such as Cognitive Behavioral Therapy (CBT) and Counselling, our trained professionals can help you manage your symptoms and improve your overall wellbeing.

Who?

Open to anyone over aged 16 and registered with a GP in Barnsley.

How?

We offer one to one appointments, a range of workshops, courses and computerised CBT.

Referrals can be made in college at the Health and Wellbeing Centre or by contacting us at Barnsley Talking Therapies.

Where?

Our 2 hour workshops are run virtually. Our Understanding and Managing your Wellbeing courses are both face to face and virtual. One to one appointments are offered either over the telephone, virtually and face to face. We also provide support for students and staff from within Barnsley College.

Address:

Barnsley Talking Therapies

Rose Tree Avenue

Cudworth

Barnsley

S72 8UA.

When?

Hours: Monday – Friday 9-5- evening appointments available.

We offer evening appointments, courses and workshops.

Contact:

Telephone: 01226 644900

Facebook: <https://www.facebook.com/BarnsleyTalkingTherapies>

Instagram: <https://www.instagram.com/barnsleytalkingtherapies/>

Website: <https://barnsley-talkingtherapies.nhs.uk>

Self-refer
here



MENTAL HEALTH + WELLBEING SUPPORT

SYEDA

(South Yorkshire Eating Disorders Association)

What?

We are an independent charity, originally established in 1996 by a group of people who were affected by eating disorders and who were concerned that they were not able to find helpful information, guidance and help when they needed it.

We provide non-judgmental support to people affected by eating disorders. This includes a range of eating problems, please see our information on types of eating disorder for more information.

We see people whose relationship with food, and maybe their body image, dominates their lives, and we help the people who care about them. Men, women, young and old, all access our services. You don't have to look a particular way to get support from us.

We provide treatment which may be one to one therapeutic and practical support for people experiencing eating disorders and for families and friends. We also facilitate support groups, and we deliver education and training sessions in schools, colleges, to professionals and the wider community.

Topics / Key areas:

- Eating Disorders.

Who?

Aged 11+

How ?

We accept referrals directly from individuals age 18 plus. This may be done directly using the referral form below.

For ages 11-18 individuals must be referred first to Branching Minds Barnsley using the following link:

www.southwestyorkshire.nhs.uk/services/camhs-barnsley

When?

1-2-1 support is offered Monday - Friday between 9am and 5pm.

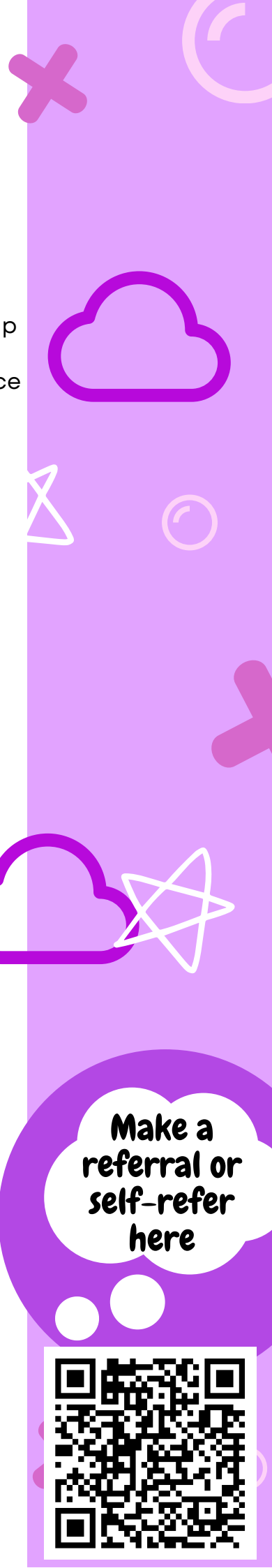
Support groups are run the first Tuesday of every month from our office in Sheffield.

Contact:

Email: Info@syeda.org.uk

Telephone: 0114 272 8822

Website: www.syeda.org.uk



**Make a
referral or
self-refer
here**



MENTAL HEALTH + WELLBEING SUPPORT

MIND

What?

Mind aims to empower individuals to start on the pathway to recovery and we believe that no one should have to face a mental health problem alone.

We offer a non-judgemental, safe space for children to work through any issues which may be affecting their emotional well-being.

Mind are also working with schools and colleges to support children and young people when dealing with issues that can have a negative impact on their mental health. This includes everything from anxiety, exam stress, self-esteem, low confidence, anger, and self-harm.

We offer one-to-one counselling, group support for young people, training and services for employers.

Topics / Key Areas:

Rotherham and Barnsley mind offer support for mild to moderate mental health issues. This covers:

- Anxiety
- Stress
- Anger
- Sleep issues
- Self-esteem
- Low confidence
- Low mood.

Who?

As part of the children and young person's team we start person centered therapeutic work from aged 6 upwards.

When?

We are open Monday to Friday 9am-4.30pm. We have some late night appointments available at Rotherham and Barnsley.

Contact:

Rotherham: 01709 919929

Barnsley: 01226 211188.

Email: contactus@rbmind.co.uk

Find a
service and
self-refer
here



Youth Clubs + Groups

YMCA

What?

YMCA Barnsley exists to support children, young people and their families in Barnsley by involving them in activities that stimulate, challenge and enable them to realise their potential and participate fully in their communities.

We do this by providing a safe place alongside access to opportunities and support from youth workers.

Our programmes raise aspirations, build confidence and self-esteem and contribute to building emotional resilience and positive mental wellbeing.

How?

We provide positive opportunities and activities such as:

- Building based and detached youth work
- After school & youth clubs
- Issue based, personal and social development
- Environmental and horticultural programmes
- Peer support, volunteering and ambassador opportunities.

Where?

At our youth centre in Barnsley Town Centre:

YMCA Barnsley
Blucher Street
Barnsley
South Yorkshire
S70 1AP

At various schools, community buildings in the Central and North Areas of Barnsley

Contact us:

Email: info@ymcabarnsley.org.uk

Telephone: 01226 214165

Social Media: www.facebook.com/YMCABarnsley or
www.twitter.com/YMCABarnsley

Website: www.ymcabarnsley.org.uk



More
information
here



Youth Clubs + Groups

The Youth Association

What?

Our youth work teams across Barnsley offer opportunities for young people to achieve their ambitions through fun, inspirational, challenging and developmental youth work.

We also consistently deliver our StreetSmart initiative which includes workshops such as:

- Substance use and harm reduction
- Risk and consequence
- Sexual health
- Healthy relationships
- Stop and search rights,

Who?

Open access, predominantly 11-19 year olds.

Young People's perspectives:

“The youth workers do their best to make it fun for us but also life lessons at the same time”

“My favourite session was the healthy relationships session because it was fun and useful to my life”

“It's fun, get to be with friends, no one judges you, it's useful and helps us learn”

Where?

Detached youth work teams are out across the Central, Stairfoot, Worsbrough, Kingstone, Monk Bretton, Royston, North East and Cudworth wards on weekday sessions.

When?

Monday: 4pm – 5:30pm – Stairfoot, 6pm – 7:30pm – Kendray

Wednesday: 5pm – 7pm – Ward Green

Friday: 5pm – 7pm – Locke Park

All year round.

Victim Support

What?

Victim Support is the leading charity supporting people affected by crime. We are an independent charity and we not part of the police.

Who?

We will support victims, or anyone else who is worried about how their friend or someone in their family has been affected by crime. We can support people even if they don't want to report the crime to the police or if the incident happened in the past.

How?

Our Victim Care Advocates help people through advocacy, wellbeing support and practical help. We also have a number of online resources that people can use on topics ranging from things like sleep and anxiety through to hate crime and wellbeing. We also have a Children and Young People advocate who can work with children directly or with families where children have been victims of crime.

Where?

Anyone can self-refer to our service and you can contact us in a number of ways:

- Call us on 0300 303 1976
- Email us at humbersouthyorks.vs@victimsupport.org.uk
- Use live chat on our website
<https://humbersouthyorks.victimsupport.org.uk/>

When?

We're based in Sheffield (available to anyone in South Yorkshire) and open 9am until 8pm Monday to Friday and 9am until 1pm Saturdays. If someone needs help outside of these hours, Victim Support has a national Supportline that is open 24/7 and the number for this is 0808 16 89 111.



BULLYING + ABUSE

BSARCS

Barnsley Sexual Abuse + Rape Crisis Service

What?

The aim of our service is to help children, young people and their families to heal from the trauma caused by sexual harm.

Topics / Key Themes:

- sexual abuse
- sexual harm
- sexual violence

Who?

Our Children's Service provides specialist support to children and young people from birth to the end of their 17th year who is a resident in Barnsley, who has experienced sexual abuse, where the abuse has been reported and / or investigated by the police / social care and where any criminal proceedings have concluded*. We also accept referrals for children / young people who have been impacted by sexual abuse. (*BSARCS provides a separate support service for children and young people who are currently involved in court proceedings. Referrals to this service need to be made via <https://www.syisva.org.uk/>

How?

We accept referrals directly from young people, parents/carers/family members and professionals. Please call us on 01226 320140 if you would like to self-refer or discuss making a referral. You can also complete a referral form on our website here - <https://www.bsarcs.org.uk/how-to-make-a-referral/>

Where?

Our building is based in the very centre of Barnsley and is accessible to all. We will make sure clients know exactly where to come when they have an appointment to meet us.

When?

We offer appointments/sessions Monday to Friday at varying times throughout the day.

Request
support
here



Support for Disabled Young People

DIAL Barnsley

What?

DIAL is a local charity supporting disabled people, their families and carers in Barnsley. We provide free, confidential information, advice and support to enable local people to achieve their aspirations and live independent lives. Our team are down to earth and non-judgemental and we strive to achieve our vision for a world that is truly inclusive.

All our services have been developed in response to what local people told us they need. Together we've designed solutions and we are always checking to make sure we've got it right.

Our services:

Advice Line - Our advice line is open from 9 am to 4 pm Monday to Thursday. Chat to us on 01226 240273 or send us an email to first.contact@dialbarnsley.org.uk.

- Our team of peer advisors all have personal experience of disability or caring for someone with a disability.
- We understand the issues or problems you may be facing – in other words we 'get it'.
- By talking to a peer advisor you can be sure the advice you are given is both reliable and appropriate to you and your circumstances.

ICAS - If you need to speak to our Independent Complaints Advocacy Service specialists call 01226 240273 and ask for Jo Stanley or send an email to jo.stanley@dialbarnsley.org.uk

Warm Connections - Chat to our friendly team on 01226 240273 or send us an email: warm.connections@dialbarnsley.org.uk

- Our Warm Connections team is here to help with all your energy needs such as understanding your energy bills, reducing home heating loss and advise on energy efficient products, all to save energy to keep your costs down.

Stronger Together-

- Stronger Together aims to bring people together to support and learn from each other both in person and online. Unleash your curiosity, foster new friendships, and broaden your horizons.

See our events calendar for more information on upcoming dates. Contact Hannah by phone on 07526 766953 or by email at hannah.marsh@dialbarnsley.org.uk for more information.

Connect Together -

- If you live in the North area of Barnsley, come and join our Connect Together meet ups.

To find out more, contact Aimi on 07716 139110.

More
information
here



Barnsley Family Hubs and Families Information Service

What?

Family hubs are 'one-stop-shops' where families can access services in their community.

They support families from pregnancy through early years and later childhood, up to the age of 19 (or 25 for young people with special educational needs and disabilities).

Family Hubs make it easier for families to get the help they need. This could include help with:

- Becoming a Parent
- Infant Feeding
- Parenting
- Understanding Family Relationships
- Mental Health & Wellbeing
- Signposting to Services who can help
- Knowing what groups and activities are available for families to go to

Families Information Service can help with:

- Finding childcare
- Childcare places
- How to get help with childcare costs
- How to access early help
- Fun activities and things to do

Search Virtual Family Hubs Barnsley to visit our website.

Who?

For anyone thinking about having a baby, anyone who is pregnant, families with children aged 0- 19 year (25 if the young person has a disability).

How?

Drop into a Family Hub

Ring 0800 0345 340

Email infoFIS@barnsley.gov.uk

Message us on Facebook

Follow our Facebook page to find out what is happening and when

Contact-

Ring us on 0800 0345 340

Family Lives

What?

We match our parents and families with trained volunteers, who will help them to recognise and use their strengths to work towards agreed goals. The support aims to develop emotional resilience, reducing isolation and supporting parents and their families in establishing supportive peer networks.

Who?

Family Lives, Support Service for New Parents & Kinship Carer's are offering support services to new parents, kinship carer's and their families during the perinatal period and beyond, whether it is their first child or a new addition to a growing family, we work alongside mums during pregnancy, following birth and until the child's third birthday. Mums living within the Barnsley Central Areas (Central, Stairfoot, Worsborough, Kingstone and Dodworth) are eligible for support.

How?

Contact our helpline: **0808 800 2222** - For families that may need support.

Contact our team for more information and referrals.

Contact Lesley Brewin at lesleyb@familylives.org.uk -
Telephone: 07971 253308

More
information
here



RELATIONSHIPS + FAMILY Spectrum

What?

We provide sexual health services across the Barnsley area. Sexual health service offering a full range of contraception, Emergency Contraception, Pregnancy testing, STI testing and treatment and management of long term conditions.

We have a dedicated young person drop-in clinic every Wednesday from 3 - 6pm (Under 19)

Key areas / Topics:

- Contraception
- Emergency contraception
- Pregnancy testing
- STI testing
- STI treatment
- Management of long term sexual health conditions

Who?

Open to everyone

Where?

We are next to the One Stop shop in Gateway plaza. Sackville Street, Barnsley, S70 2RD. A short walk from the train/bus station.

How?

Initial phone call to clinic where you will be placed on a list and called back that morning.

Young person drop-in every Wednesday from 3-6pm (under 19)

Contact:

Telephone: 0800 055 6442

E-mail: Barnsley.SH@spectrum-cic.nhs.uk

When?

Mon, Tues, Thurs, Fri: 8.15am – 7.30pm

Wed: 3.00pm – 8.00pm

Sat: 9.00am – 1.00pm

Sun: Closed

Get in
contact
here



NSPCC Pregnancy in Mind

What?

We offer a virtual programme for pregnant people and their partners who are experiencing mild to moderate symptoms of anxiety and depression. It is an antenatal group intervention delivered by professionals after the first trimester of pregnancy.

The programme is underpinned by six core evidence-based themes:

- Mindfulness meditation
- Active relaxation
- Psychoeducation and coping skills
- Social support
- Awareness-raising of foetal development
- Couple and co-parenting relationship (communication and conflict management).

Who?

Parents-to-be living in Barnsley are able to attend the programme between 12 and 34 weeks of pregnancy. Parents can be referred at any point in their early pregnancy, but ideally by 26 weeks.

When?

This is a rolling programme, contact us to find out more.

How?

If this service sounds like it would be useful to you, you can ask your midwife to refer you or self-refer using the email address or telephone number below.

help@nspcc.org.uk or call: 01274 381 440

Young Carers and Sibling Support

What?

Emotional and well-being support to help them cope with their caring role. Opportunities to share their feelings. Coping strategies. Practical help and advice. Opportunities to meet other Young Carers who can identify with them and how they feel. Time away from their caring role, opportunities to take part in some activities. Liaise with school to ensure their situation is understood within their educational setting. Signposting to other services.

Who?

For any child living in Barnsley between the ages of 5-18 who have a family member who has an illness, disability, medical condition/diagnosis, drug or alcohol dependency/issues or mental health issues. Referred service – either professional or family member.

Where?

Group sessions - Barnardo's Family Centre, Priory Campus, Pontefract Road Lundwood, Barnsley S71 5PN OR 1:1 sessions delivered in school 4 X 1:1 sessions

When?

Wednesdays 4.30- 6.30pm to be confirmed.

Independent Visitor Coordinator- BARNESLEY COUNCIL

What?

I recruit, train and support volunteers who befriend Barnsley children and young people in care.

- Once matched to a volunteer they meet up on a monthly basis to have fun together
- The aim is to have a long-term and consistent adult in their lives who they can learn to trust when often they have lots of other changes in their lives outside of their control

Who?

- The service is only available to Barnsley children and young people who are looked after by the local authority
- Service is available from 8 to 21 years (up to 25 if they opt in to further support from Future Directions)

Where?

The Independent Visitor Coordinator as based at the Wombwell IKIC Centre.

When?

Monthly one-to-one visits and group activities twice a year.

How?

Self-referral or a referral from a professional

Contact:

01226753406

RELATIONSHIPS + FAMILY

IDAS (Independent domestic abuse services)

What?

We support Children and Young people affected by domestic abuse.

Key themes:

- Domestic Abuse
- Helping Hands (primary Age)
- Feelings and Emotion work

Who?

7-25 years

Where?

We visit schools, family centres and have a room in Barnsley town center.

When?

Open Monday to Sunday 8am until 8pm

How?

- Referral by professional
- Referral by parent/ carer
- Self-Referral

Contact:

03000110110

www.IDAS.org.uk

Make a
referral
here



Education + Career Support

The Youth Employment Hub

What?

The Youth Hub has advisors who can support young people aged 18-24 years to help them progress towards education, employment, training or volunteering opportunities.

Support is provided free, and advisors can help people apply for benefits, if they do not already access them, help develop a CV, assist with applications, complete mock interviews and help with interview clothing and travel cost, if required.

Advisors can also support people to gain confidence using local transport and have supported individuals on visits to local employers as well as around Barnsley.

Where?

H.O.M.E hub, YMCA building, 1st Floor, 1 Blucher Street, Barnsley, S70 1AP

When?

Monday to Friday

Education + Career Support

SENDIASS

What?

We give free and neutral advice and help to all young people who need it. We also help parents and carers of children and young people who:

- Have, or might have, a special educational need or disability (SEND)
- Are aged 0 to 25 years old
- Live in the borough of Barnsley

Key Areas:

- Do you or your child need help to learn?
- Do you have concerns or questions relating to SEND?
- Do you want to know how your nursery, school or college can help?
- Do you want to understand how Barnsley Council, social care or the NHS can help?
- We can talk to you about your concerns and questions and guide you to relevant information. We can also support and help you to put your thoughts, wishes, feelings and aspirations forward.

How?

Referral form online - <https://my.barnsley.gov.uk/form/sendiaass-referral-form/page-1>

Contact:

Email - SENDIASS@barnsley.gov.uk

Phone - 01226 787234

Facebook - Barnsley SENDIASS

When?

Staff working times - 9-5.

Drop in sessions - Local Offer monthly drop in session - first Wednesday of every month

We run workshops and virtual support sessions - details found on facebook page

Make a
referral
here



Education + Career Support

TIAG

What?

The Targeted Information, Advice and Guidance Service (TIAG) provides independent and impartial careers guidance to encourage, support and enable young people to get into education, employment and training.

Who?

We want all young people to have high expectations and reach their potential. We've a statutory duty to provide this support to the following young people:

- Aged 13 to 24 who have an Education, Health and Care Plan.
- Aged 13 to 24 who are in care or care leavers.
- Aged 16 to 19 and not in education, employment or training (NEET).
- Aged 16 to 18 and working with the Youth Offending Service.

How?

Every young person we work with is allocated their own TIAG personal adviser: a fully qualified careers guidance specialist whose job is to help you explore your learning and career options, have high aspirations for the future and support you to get into education, employment or training. This could include:

- One-to-one careers guidance to help you plan your next steps and pathways.
- Attendance at annual, care or case-planning reviews
- Visits to learning providers information on vacancies and opportunities
- Information about open days
- Information about what employers want
- Help to make applications
- Help to write a CV
- Interview techniques

We can also arrange personal development and work opportunities and give you a chance to take part in positive activities like volunteering. If necessary, we can refer you to other agencies who can give you specialist support on benefits, housing and health issues.

When?

You can call in to see us at one of our drop-in sessions. For the latest news you can also take a look at [TIAG Facebook page](#).

www.facebook.com/BarnsleyTIAG/
01226 772711 tiag@barnsley.gov.uk

DRUGS + ALCOHOL

Recovery Steps Barnsley

What?

Recovery Steps Barnsley is an integrated drug and alcohol recovery service for Barnsley. Our aim is to help as many people as possible to recover from and be free from drug and alcohol dependency, and to reduce the harm that is caused to individuals, families and communities.

The Recovery Steps service is delivered by Humankind on behalf of Barnsley Metropolitan Borough Council.

Who?

For anyone aged 18 + Living with drug or alcohol problems isn't easy - it's really tough. Referrals can be made by professionals or self-referral.

How?

As part of our support, we will offer the following: One-to-one support, structured group therapy work support to family members, involving them as part of your recovery plan wherever possible and with your consent, a health and wellbeing check, health screenings, blood testing and vaccinations, help you achieve a balanced approach to life through therapeutic intervention, Support to reduce harm and prevent overdose. Substitute medication is available for some drugs that you may use. Detox from alcohol and/or drugs.

Where?

5-6 Burleigh Court, Burleigh Ct, Burleigh St, Barnsley S70 1XY, UK Contact us for support or referral on 01226 779066

When?

9am to 5pm, Monday to Friday.

DRUGS + ALCOHOL

YPSMS

Young people's Substance Misuse Service

What?

The service offers advice and information on drugs and alcohol to any young person under 18. The service is free and confidential.

Who?

Young people aged 10 to 18 years old.

How?

We offer one to one support in convenient venues of a young person's choice (ie: in school, home, GP's surgery). This can either be a one off or a longer piece of work. We will support you to reduce, stop or prevent any harm associated with drug and alcohol use, dependant on what your goals are with you at the driving seat . Advice and support is offered to professionals supporting young people who may not yet be ready to access services or professional consultation around substances and young people.

We also offer C-card registration/distribution/chlamydia screening/ Blood Borne Virus screening / access to vaccination. We also offer advice and support to parents /carers of young people who may be using substances.

Where?

Young People's Substance Misuse Service, (formerly Young Addaction/ Lifeline). Tel: 01226 705980. Email: YPSMS@barnsley.gov.uk

DRUGS + ALCOHOL

HELPLINES

Drinkline

Drinkline is a national alcohol helpline providing confidential counselling, support, advice and information.

Telephone: 0300 123 1110

The free helpline is available on weekdays from 9am – 8pm and on weekends from 11am – 4pm.

FRANK

Confidential drugs advice

What?

The FRANK campaign helpline provides information and advice about drugs and information on local services. The service can take calls in over 120 languages via a three-way call with a translator.

Who?

For anyone, we offer friendly and confidential drugs advice, you can talk to Frank.

How?

Contact us through our confidential helpline, website or email us.

Where?

Helpline

Call: 0800 77 66 00 Text: 82111

You can also text for quick questions that need an urgent answer and go online for a live web chat.

Website: www.talktofrank.com

Email: frank@talktofrank.com

When?

Live web chat 2pm - 6pm

Helpline - is available 24 hours a day and is completely confidential.

TYS LGBT+ Group

Who?

Our sessions run for young people (13yrs-19yrs) who live in Barnsley and who identify as part of the LGBT+ community. Also, young people who are questioning their sexuality or gender identity.

Young people can attend by contacting our service on the below information and arranging through our LGBT+ worker.

What?

Our LGBT+ sessions are a great way for young people to meet like minded peers, in a safe, welcoming environment. During our sessions, we do a mix of issue-based work, fun projects, and activities. We love for young people to meet up and feel safe and supported, by each other and our staff.

If you want any more information or would like to discuss attending one of our centres, please contact 01226 753406 or 07766 698025. For email enquiries, please contact TYSenquiries@barnsley.gov.uk

Where?

We have sessions that run out of Cudworth IKIC Centre and sessions that run out of Wombwell IKIC centre.

When?

Our sessions operate during term time, with some additional sessions over the summer holidays.

LGBTQIA+ Support

Pride@HOME

What?

This group provides a safe and social space to celebrate all that is LGBTQIA+. Spend time sharing issues and experiences which are important to you, explore identity and express yourself through creative activities and awareness campaigns. Connect, be yourself and find support in a safe space of non-judgement. Enjoy occasional trips, talks from guest speakers and research projects.

Who?

Young people in the LGBTQIA+ community aged 14+.

Where?

HOME, 1 Blucher Street, Barnsley, S70 1AP

How?

Referral via HOME.

Contact:

Get in touch for more information:

Email keely.hardy@chilypep.org.uk,

ruby.chandler@chilypep.org.uk

Call: Keely 07970994542, Ruby 07523682681

When?

Tuesdays 4-6pm

SEND Youth Forum

What?

- Developing on preparing for adulthood.
- Representing SEND.
- Helped form the Yorkshire SEND Alliance.
- Working with BMBC partners.
- Campaigns on SEND issues bullying, education, empowerment, employment etc.
- Speak with council leaders and decision makers.
- Help to create strategies.

Who?

Young People aged 11-25 yrs old with a special educational need & or disability. (referred service).

Young People can access the group via contacting the TYSSend@barnsley.gov.uk

They will then have to complete an registration form & will be offered a phone call / home visit before attending the session.

Where?

The sessions are based at the Ozone. We also attend schools across the borough to engage with YP in schools /college. YP attending are given the opportunity to shape their own service and improve services for SEND young people.

When?

We hold our forum meetings every Tuesday. We hold drop in's in school /college 5 days a week.

Chilypep - Young Commissioner's

What?

Chilypep is a nationally registered youth empowerment charity based in Sheffield and Barnsley, where we work to empower and improve the lives of children and young people.

Chilypep group based in Barnsley that aims to empower young people to shape mental health services. We believe young people should have a say in how the services they use for their mental health are run.

Who?

For anyone, aged 13-25 living in Barnsley who has experience of accessing Mental Health Services or a passion to make a difference.

How?

Contact us through our social media-
Facebook: facebook.com/chilypep
Twitter and Instagram: @chilypep
or email us- chantelle.parke@chilypep.org.uk.

Where?

HOME, YMCA building, 1st Floor, 1 Blucher Street,
Barnsley, S70 1AP

When?

Generally Thursday's 5-7pm

More
information
here



Barnsley Youth Council

What?

Barnsley Youth Council is a group of elected young people who represent their school / colleges throughout Barnsley. We discuss and campaign for the issues that are identified as important by young people from the yearly Make Your Mark ballot. We take the opinions and voices of young people to those who can help us make a difference.

We have had many successful campaigns, such as the Transport campaign which provided young people from 18-21 with cheaper travel with Zoom Beyond.

Who?

A group of elected YP aged 13-19 from across Barnsley. Who meet on a monthly basis to campaign on issues voted on by YP in Make Your Mark the UK's largest youth consultation.

Where?

We regularly meet at the Town Hall for our campaign and communication committee meetings. We also have a monthly meeting where all the Youth Councillors come together to discuss key campaign progress. We also have opportunities for YP to get involved in weekly activities around youth voice.

When?

These take place on a Monday and Wednesday. Youth voice opportunities happen on different days at lunchtimes in different educational settings

YOUTH VOICE

Targeted Youth Support Inclusive Youth Voice

What?

We support and encourage YP attending to channel their inner voice, they are given the opportunity to get involved in decision that shape and improve services for young people with SEND/SEMH.

We:

- Represent SEND/SEMH
- Work with BMBC partners.
- Campaign on SEND/SEMHs issues bullying, education, empowerment, employment etc.
- Speak with council leaders and decision makers.
- Help to create strategies.

Who?

Young People aged 11-25 yrs old with a special educational need/disability (SEND) & or social emotional mental health (SEMH).

How?

Young People can access the group via emailing TYSSend@barnsley.gov.uk & or attend one of our drop-ins at school/college.

Any young person attending via bus, will be reimbursed their travel cost if receipt is provided.

Contact:

Email TYSSend@barnsley.gov.uk

Call 01226 753406

When?

The sessions are based at the Ozone/Town hall,we also attend schools/colleges across the borough to engage with YP. YP attending are given the opportunity to shape their own service and improve services for SEND young people.

ACCESSED THROUGH PROFESSIONAL REFERRAL ONLY

Chilypep - BRV

What?

The BRV Project (Belonging, Resilience, and Vocabulary) aims to improve emotional literacy within boys and young men and give them a better understanding of themselves. Through it they can learn the tools and techniques to recognise, communicate and manage their emotions, and realise their capacity to become active, empowered citizens.

Who?

Group work for boys and young men aged 11-18 living in Barnsley.

How?

Referral via Branching Minds and the Chilypep website, both through schools and other professionals working with young people. Places are limited.

Please email: corey.sills@chilypep.org.uk

Call: 01226 213123

Where?

HOME, YMCA building, 1st Floor, 1 Blucher Street, Barnsley, S70 1AP

When?

Group work is run on a quarterly basis within school hours.

More information here



ACCESSED THROUGH PROFESSIONAL
REFERRAL ONLY

Young People's Social Prescribing Service

What?

The role of Social Prescribers is to help people address social problems they are facing that impact their wellbeing. Our Social Prescribers are there to listen and help, using their connections with voluntary organisations, clubs and specialised services to improve patients' quality of life.

Our Social Prescribing workers connect people to the most appropriate and helpful community groups and statutory services providing practical and emotional support.

Social Prescribing Link Workers also support existing community groups to be accessible and sustainable, and to help people to start new groups, working collaboratively with all local partners. They are known as Link Workers and they give people the time and space to talk and focusing on each individual's definition of 'what matters to me.'

Key Areas / Topics:

- Health and wellbeing,
- Loneliness,
- Work and/or unemployment,
- Physical Activity,
- Education.

Who?

Our service support people from 13 upwards and will often work with those who are a little younger

When?

We work case by case so are flexible in our approach.

How?

We take referrals from a range of health and social care professionals, schools and will also take self referrals.

We visit patients in their homes or somewhere they feel comfortable

Contact details:

Referral via - <https://services.thejoyapp.com/en/listings/5628>

Email: syicb-barnsley.pcnsocialprescribing@nhs.net

<https://www.barnsleyhealthcarefederation.co.uk/patient-services/health-and-wellbeing>

Make a
referral
here



ACCESSED THROUGH PROFESSIONAL
REFERRAL ONLY

Public Health Nurses 0-19

What?

The Public Health Nursing Service can visit you either at home or in school. We offer health information, advice and support to children and young people, parents and staff, as well as offering health promotion activities in schools or in the community. We can also see children and young people for individual health assessments if necessary. We have a number of drop-in sessions that run in secondary schools where you can access advice/support.

Who?

Our service is here to support families, children, and young people (aged 0-19)

How?

If you're worried about child's health, well-being or development, you or your child's teacher can ask for them to be assessed. We also accept referrals from other professionals.

Young people can self-refer through our Facebook instant messenger at Barnsley 0-19 Public Health Nursing Service, calling our Single Point of Access (SPA) number on 01226 774411. You can also access our service through your school.

When?

SPA number: lines open Monday to Thursday 8.45am to 4.45pm and Friday 8.45am to 4.15pm.

Contact details:

01226 774411, lines open Monday to Thursday 8.45am to 4.45pm and Friday 8.45am to 4.15pm.

Email: 0-19HealthTeam@barnsley.gov.uk

Facebook: Barnsley 0-19 Public Health Nursing Service

Mental Health Friendly Apps + Websites

This list has been compiled by Chilypep as a guide to the apps available to support young people's wellbeing.

Please check the suitability of each App, and if there are any cost implications or compatibility issues. Please also be aware that some apps may not be free and always check the in-app purchases.

Suicide Safety Plan

This app is designed to support those dealing with suicidal thoughts and help prevent suicide and help them build a plan to keep safe. This app also contains an easy-to-access list of emergency resources so that help is just a tap away.

Search Suicide Safety App in your app store.

WYSA

This app is co-designed by therapists and coaches to help people cope when they are feeling overwhelmed with anxiety or stress. Wysa lets you set the pace, helps when it can, and never judges. It is free and anonymous.

Visit <https://www.wysa.io> to find out more.

Feelic

This is an app young people can use to track their mood. You can capture your feelings and emotions privately or share them with friends. Choose among a series of good, bad, or neutral feelings, tag friends and locations and more.

Head Meds

This website, powered by Young Minds gives young people more information about medication. Visit www.headmeds.org.uk

Stay Alive App

This app is a pocket suicide prevention resource full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

Visit <https://prevent-suicide.org.uk/find-help-now/stay-alive-app/>

Mental Health Friendly Apps + Websites

Clear Fear

Fear - Threat - Anxiety

Breathing exercises / mindfulness activities / tracks progress and change

Visit <https://www.clearfear.co.uk/>

FearTools

An app designed to help you combat anxiety, aiding you on your road to recovery, including an anxiety test, breathing tools and a thought diary

SAM

Self-help for Anxiety Management

Offers a range of self-help methods to manage anxiety, track anxiety levels, triggers, and build a personal tool kit in the app

Mood Tools

Low Mood

App that aims to lift your mood, includes test, thought diary and safety plan

What's Up?

Anxiety - Low Mood - Anger

Includes positive and negative habit tracker, exploring thinking patterns, positive quotes, techniques for keeping calm and forums to talk with people in the same boat.

Smiling Mind

Mindfulness app

Daily meditation and mindfulness exercises

Calm Harm

Worried about self-harm?

Provides tasks to help you resist or manage the urge to self-harm

Visit: <https://calmharm.co.uk/>

OPEN UP BARNLSLEY

An interactive map and guide to emotional wellbeing, youth and mental health services for children and young people in Barnsley

If you would like your service adding to the directory, or to update the current information we have please email us at: info@chilypep.org.uk



SCAN ME