

## **Mental Health and Wellbeing Provision Map**

### **In school offer:**

Mindfulness activities

Fulltime Pastoral Manager/Mental Health Lead

Outdoor learning/Prayer garden

Spirituality room

Emotional check-ins

SEMH Intervention Specialist

3 x Mental Health First Aiders

### **Local offer**

#### **Mind-Colchester**

<https://mnessexmind.org/>

Mind believe no one should have to face a mental health problem alone. Whether you're stressed, depressed or in crisis, they will listen, give you support and advice and push for a better deal and respect for everyone experiencing a mental health problem.

Mind work with children from the age of 5 and adults of all ages, which of our services you access will depend on where you live. Some people use the services for only a little while and others might need help for longer.

#### **Youth Enquiry Service**

<https://www.yesyouthenquiryservice.org/>

Y.E.S. provides a confidential, non-judgemental and informal service for young people between the ages of 11 and 25 within Colchester and Tendring, who are facing difficulties in their lives.

If you are facing homelessness and need housing advice, if you are having family problems, if you are feeling low, depressed or suicidal, if you need advice about debts or would like to check you are claiming all the benefits you are entitled to, if you are teenager and are pregnant, if you are a young family who needs support, or if you need a CV, training or work advice, then Y.E.S. can help you.

Y.E.S. can provide help and support with many problems that you may be experiencing – and if they can't help you themselves then we will find someone who can, and will support you in getting that help.

#### **KOOTH**

<https://www.kooth.com/>

1 in 5 children and young people suffer from mental health illness in any given year. At Kooth, they believe every young person has the right to thrive and to access high quality mental health care.

Kooth.com is commissioned by the NHS, Local Authorities, charities and businesses to provide anonymous and personalised mental health support for Children and Young People. With over 4000 logins per day, they provide end to end support whatever the need.

### **Bright futures**

For more information call 033301 38844

The Clacton Family Centre Bright Futures Project aims to work with children and young people identified as not in education, employment, training (NEET), or those at risk of being NEET in the future aged 7 years and up. They aim to: • Support Children, young people and their families to improve their sense of wellbeing, self-esteem and confidence in order to better pro-actively identify and access employment, education or training opportunities. and/or • Support children, young people and their families to make links with community groups and organisations to promote better social networks, improve emotional wellbeing and reduce isolation.

### **Healthy families' team/ Essex Child and Family Wellbeing Service**

<https://essexfamilywellbeing.co.uk/service/healthy-family-service/>

The team support children and families in Essex with parenting and their health and wellbeing.

The Healthy Family Service is made up of a collection of different professionals, including health visitors, school nurses, and healthy family support workers. Together they work to promote the health and wellbeing of children in Essex.

### **Ark Centre**

<https://thearkcentre.wordpress.com/services-provided-by-the-ark-centre/child-and-family-support/counselling/>

The Ark Family Resource Centre supports families in the Harwich area including children with special needs and also provides outreach in the home.

The Centre offers a pre-school nursery with 20% of children having special needs.

The Ark Family Resource Centre can help with education advice and provides information for families.

### **Homestart**

<https://www.homestartharwich.org.uk/>

Home-Start Harwich offers a range of services across Harwich and surrounding areas. These include:

Six family support groups

Parenting projects

1-1 home visiting

Events and volunteer support and training

**Teentalk**

<http://www.teentalkharwich.co.uk/indexmain.php>