Children and young people's services

Subject	Service	What they provide	Contact details/how to refer
Self-harm	Battle scars	Welcome to Battle Scars. We are a small, dedicated, 100% survivor-led and run charity offering local, regional, national as well as international support around self-harm.	Email: info@battle-scars.org.uk Admin telephone number: 07410 380747 - office hours (this is not a support or crisis number) Contact us - Battle Scars (battle-scars-self-harm.org.uk)
Mental & Emotional Wellbeing	Kirklees Keep in Mind (KKiM)	KKiM helps young people in Kirklees access timely support to improve their mental health and emotional wellbeing. This might be directly with young people and or their parents/carers. Sometimes this work may be 1-1 and sometimes in a group. They work very closely with schools, and you may see them in a school delivering assemblies or workshops to offer advice and strategies for challenging times such as exams and transition to high school. There are lots of resources and links on their website for people to use.	Kirklees Keep in Mind - Helping young people improve their mental health (kirklees-keep-in-mind.nhs.uk)
Phone/chat helplines	Night Owls	A confidential support line for children and young people in crisis. Helping them, their parents and carers.	Available 8pm till 8am Call this number for free: 0300 2003900 Text them on: 07984 392700 Chat to them on: wynightowls.org.uk
	Childline	You can contact Childline about anything. Whatever your worry,	**Send an email** Login | Childline

		it's better out than in. We're here to support you. There are lots of different ways to speak to a Childline counsellor or get support from other young people.	Call 0800 1111 Login for a 1:1 counsellor chat 1-2-1 counsellor chat | Childline Staying safe online - Deaf Zone | Childline
	Action for children	We are a leading UK Children's charity. We've been helping children for more than 150 years. Today, we run 426 services in local communities across the UK, in schools and online. We protect and support children and young people. We do this by providing practical and emotional care and support. We make sure their voices are heard. And we campaign to bring lasting improvements to their lives. We take action in three ways. **Intervention.** Anyone can get trapped in poverty, abuse or violence. When we spot problems, we take action early. We step in to help children, young people and families before things get worse. **Prevention.** We give young people the support they need to grow up	Contact us | Action For Children For any other general enquiry please contact our Supporter Care team: Phone: 0300 123 2112 (open 9am to 5pm, Monday to Friday) Email: ask.us@actionforchildren.org.uk

		safe and happy. Projects like The Blues Programme teach important life skills and help to build resilience. It's simple and it works. **Advocacy.** Children don't have a say in many things that affect their lives. We listen to what they want. We take their concerns to the government. And we campaign for better support and resources.	
	Kooth	A free, safe and anonymous place for young people to find support and counselling online. It includes various apps to help young people manage their emotional and mental wellbeing. Delivered in partnership with the NHS, Kooth is available to anyone between the ages of 11-18, and in some areas, it extends up to age 25.	Via website Home - Kooth
	ChatHealth (Locala)	A confidential help and advice service for young people and parents to speak to a qualified health professional. Advice for Teens in Kirklees, via Locala Children's Services, for young people aged 11-19 years old. Text 07520 618866. A response should be received within 24 hours, 8am to 8pm, Monday to Friday (except bank holidays).	https://chathealth.nhs.uk

		The same service offers a 'Parentline' for parents and carers of all children and young people, aged 0-19 years old. Text 07520 618867. Response times as above. Locala also offer Sexual Health Advice, via the same service, the response times are within 48 hours, 8.30am to 4.30pm, Monday to Friday (except bank holidays). Text 07312 263032	
Neuro/SEND needs	The Endorphins Group (supporting young people and adults with SEND)	We're immensely proud of our range of transformational experiences that empower people to reach their full potential. We provide inclusive and inspiring programmes for both adults and young people around the UK. As a team, we're committed to making a positive difference to the emotional, mental and physical well-being of the individuals that attend our programmes.	For shortbreaks / children and young people groups: Tel. 0330 1332642 Email: bookings@endorphins.uk Contact via the 'contact us' page on the website: Contact Us - Endorphins Group UK
	Shabang	Music, arts and crafts etc for children and parents with SEND	01484 505260 Info@shabang.org.uk
Support groups	Downs and special friends	We are a Support Group for families with children with Down Syndrome, Autism, Cystic Fibrosis,	01924 922 924 info@downsandspecialfriends.org

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<td>Tourettes and other diagnosed or undiagnosed disabilities.

We support parents, siblings and their whole families from Dewsbury, Batley, Heckmondwike, Huddersfield, Bradford and surrounding areas.

We Promote, Socialise, Include, Run Parties, Day Trips, Educate and have lots of fun while doing all of the above.</td>
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<td>The Whole Autism Family</td>
<td>Offering support, help and guidance to families impacted by Autism.</td>
<td>Join Us – thewholeautismfamily.co.uk

Contact us
• Phone: +447377148032
• Email: membership@thewholeautismfamily.co.uk
• Address: Suites 2 & 3,
Fifth Floor, Empire House,
Wakefield Old Road ,
Dewsbury, WF12 8DJ
GB
• Website: thewholeautismfamily.simplybook.it

Opening Hours
Mon 09:00 - 18:30
Tue 10:00 - 12:00
Wed 10:00 - 12:00</td>
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	West Yorkshire ADHD	Support for Adults and Children with or suspected of having ADHD: . Online support via Facebook ‘ Regular peer support meetings . Children’s weekend and holiday activities . Me Time events, Adult Social events, Teenage Social events . Assistance getting your child the right support in school . Help applying for DLA, PIP and Carer’s Allowance Training for schools and organisations. Parent / Carer courses And more.	Telephone Monday to Friday, 9am to 5pm on 0113 856 3459 Or via website https://www.wyadhd.org.uk Email: support@wyadhd.org.uk
	PCAN (Parents of Children with Additional Needs)	An independent, parent-led forum in Kirklees for all parents and carers of children and young people with additional needs aged from birth to 25 years. Free to join and open to everyone, whether you are just beginning to become aware that your child or young	Address: PCAN, Suite 230, 6 Queen Street, Huddersfield, HD1 2SQ Tel: 07754 102336 Email: info@pcankirklees.org

		person may have additional needs, or if they have confirmed diagnosis or disability.	Website: PCAN | Parents of Children with Additional Needs Making a Difference in Kirklees (Registered Charity No. 1147436) (pcankirklees.org)
	Central Stars	Central Youth Club is an Open Access youth club for young people aged 8-17 yrs, Stars is for 8-25 yrs with SEND. The Youth Club is staffed by volunteers.	Prospect Street, Huddersfield, HD1 2NX Tel: 01484 435127 Email: Info@centralyouthclub.onmicrosoft.com More information on Facebook: (20+) Facebook
	Growing Works (Sprout/Young Shoots)	Sprout at Crow Nest Park – for SEND/SEMH families Outdoor fun in relaxed, accessible environment for children (age 12 and under). No diagnosis required. Saturdays 10am-12pm. Crow Nest Park, Dewsbury, WF13 2SG	Contact Jess on 07883 905899 Email: info@growingworks.org.uk Home - Growing Works
	Kirklees Local Offer	An online directory of Information, services and activities for young people 0-25 with Special Educational needs and Disabilities (SEND)	Search the website Local Offer Home | Kirklees SEND Local Offer (kirkleeslocaloffer.org.uk) Or call us on 01484 416919 or email LocalOffer@kirklees.gov.uk
Bereavement	Winston's wish	Winston's Wish is a charity that helps children, teenagers and young adults (up to the age of 25) find their feet when their worlds are turned upside down by grief. We provide digital bereavement information, advice and support for young people across the UK who are grieving the death of	Winston's Wish - giving hope to grieving children (winstonswish.org) Call to speak with a Bereavement Support Worker. Freephone 08088 020 021, 8am to 8pm weekdays (excluding Bank Holidays). Email us on ask@winstonswish.org or fill out our contact form and we'll reply within two working days. Chat online with a member of our bereavement team between 8am and 8pm,

		someone important to them. We also help advise the adults who are caring for young grieving people including parents, school staff and healthcare professionals.	weekdays (excluding Bank Holidays). Click on the blue 'Chat with us' button at the bottom right of your screen. For urgent support, text WW to 85258 to speak with someone from our trusted partner, Shout.
	Papyrus	PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. They provide Education and Training to raise awareness of suicide. They also provide a helpline 'HOPELINE247' and Help & Advice Resources.	Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org) The helpline number is 0800 068 4141 and it is for anyone struggling with thoughts of suicide or if you're concerned about someone.
	Brighter Grays	A peer support group, run for children up to the age of 21, who have suffered a loss. Whether that be a parent, a friend, a family member, etc. Brighter Gray's is a safe place for children and their families who are suffering the loss of someone close to them.	Contact via Website. Web: Welcome | Brighter Grays (bigonemarketing.wixsite.com) Facebook: (20+) Brighter Grays | Facebook
Carers	Barnardo's Young Carers	We work with children and young people across Kirklees who are young carers - this means they are helping to care for someone (usually in their family) who has an illness and/or disability. The caring	Based at: National Childrens Centre Brian Jackson House, 2 New North Parade, Huddersfield, HD1 5JP Tel. 01484 426100

		responsibilities may be; practical (cleaning, cooking, shopping), emotional (calming someone down, encouraging someone to do things, supporting someone to feel happier), personal (feeding, bathing, dressing). These tasks are above and beyond what a child their age would be expected to do. Many young carers cope really well and can actually benefit from their role but when the caring role does impact, we can help. The service provides assessed 1:1 and group support to young carers aged 8 -17. We will also look at if there are other services available to help the young carer and the person with the illness/disability. Our work with young carers aims to reduce or remove the impacts faced due to the caring role.	Email: kirkleesyoungcarers@barnardos.org.uk Kirklees Young Carers | Barnardo's (barnardos.org.uk) Contact at Oct 24: Jeanette Smith (She/Her) Team Manager **Barnardo's Kirklees Young Carers Service** Brian Jackson House , 2 New North Parade, Huddersfield, HD1 5JP | 07885 202009 or 01484 426100| jeanette.smith@barnardos.org.uk or kirkleesyoungcarers@barnardos.org.uk
Anxiety / Mental Health	Silver cloud	We empower individuals to think and feel better, faster, through personalised, interactive programmes matched to the participants needs. Individuals can access the SilverCloud® platform confidentially and in the privacy of an app on their mobile, tablet, or computer.	SilverCloud® by Amwell® is a platform and does not provide sign-up directly to individuals. Access requires a referral from one of our providers. For more information, view **'How do I sign up?' page** Gain Access to SilverCloud® by Amwell® Programmes (silvercloudhealth.com)

		Our platform is clinically proven to be as effective as face-to-face therapy at a fraction of the cost with up to 80% of users showing improvement in anxiety and depression. The platform can be used as a skill building tool to manage mental health and wellness, whilst awaiting your next therapy appointment, in conjunction with existing therapy sessions, or as a recovery toolkit post therapy.	
	Young Minds	The UK's leading charity fighting for a future where all young minds are supported and empowered, whatever the challenges. 'Whether you want to understand how you're feeling, find ways to feel better, or support someone who's struggling, we're here to help.' Providing help and advice for young people, parents and professionals.	Contact via the website: www.youngminds.org.uk Or call 020 7089 5050
Victim of crime	Embrace	Everything we do aims to help children, young people and their families recover from their experiences of crime. We provide face-to-face emotional support and counselling in schools	**0345 60 999 60** Children's Charity, Supporting Child Victims of Crime | Embrace CVoC **support@embracecvoc.org.uk**

		to children who've witnessed or been victims of crime. We provide telephone and online emotional support to help young people understand their feelings, rebuild their self-confidence and self-esteem. We give practical support to help families, whose lives have been devastated by crime, get back on their feet. We provide every day essentials from food and clothing vouchers to books, toys, mobile phones and tablets. We tailor our support to meet the needs of your child and your family.	
	Fearless	Fearless enables young people to pass on information about crime 100% anonymously	Fearless: Anonymous Reporting for a Safer Community | Crimestoppers (crimestoppers-uk.org)
LGBTQ+	The Brunswick Centre LGBTQ+ yOUTh Service	The LGBTQ+ yOUTh Service works across all of Calderdale and Kirklees, providing support to LGBTQ+ young people, their parents and carers. The yOUTh group sessions run weekly: Monday in Dewsbury for years y-11, 4.30pm to 6.30pm.	Marten House, Fern Street East, Huddersfield, HD1 6SB 01484 469691 LGBTQ+ yOUTh Service | The Brunswick Centre

		Wednesday in Huddersfield for mixed ages, 4.30pm to 7.30pm. Lots of other services listed on the website.	
	Stonewall	At Stonewall, we stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. We imagine a world where all LGBTQ+ people are free to be ourselves and can live our lives to the full.	**There are 3 ways you can contact Stonewall's Information Service** **1.** Email us directly on Info@stonewall.org.uk **2.** Complete our website entry form below **3.** Write to us at our London address, which is Stonewall, 192 St. John Street, London, EC1V 4JY Contact us | Stonewall
	Hive Community CIC	We work with other local organisations to offer safe spaces for our community. Lots of different support services are delivered from the cafe, including Hive Youth. At Hive Youth we offer help and support to youth groups ages 13 to 17 years old. Identifying as LGBTQ+ every week on Tuesdays 5-7pm. A drop-in and no referrals are needed and free to access.	Hive Cafe, 46 John William Street, Huddersfield, HD1 1ER Website: Home - Hive Community Vegetarian and Vegan Cafe Huddersfield Facebook: (20+) Facebook Hive Youth email: youth@hivecommunity.org.uk
Drug and substance	The Base – part of CGL	A free and confidential drug and alcohol service for young people	Phone: 01484 541589

		up to the age of 21. They have recently started offering support around smoking and vaping. As well as providing support for young people, the service provides training for professionals.	Email: thebase@cgl.org.uk Refer yourself or someone else via the website: The Base - Kirklees Drug and alcohol support | Change Grow Live
Domestic Violence	Pennine Domestic Abuse Partnership (PDAP)	Our Children & Young Peoples Service provides support for the children and young people living in our emergency accommodation or in the community via our domestic abuse Navigator service (DANS). Through our partnership with Northorpe Hall Trust and the WomenCentre we can offer access to therapeutic support for children and young people affected by domestic abuse.	https://pdap.co.uk/services/children-and-young-peoples PDAP 24hr Helpline – support advice and information and access to refuge/safe accommodation including information about all PDAP services 0800 052 7222 Business enquiries contact Phone: 01484 308302 Email: admin@pdap.co.uk
	WeMatter (a service provided by Victim Support)	WeMatter is a video-based digital service for children and young people (CYP) who have been affected by domestic abuse. It provides specialist support to 8-17 year-olds who have been affected by abuse within their parent or carer's relationship, or within the family home. It's not suitable for children and young people who are experiencing ongoing domestic abuse or for those who are still living with the alleged perpetrator. From 1st April 2024, WeMatter will be available across the whole of England until 31st March 2025.	Tel: 08 08 16 89 111 WeMatter - Victim Support West Yorkshire call: 0300 303 1971, lines are open Monday to Saturday 8am till 8pm

Health	Locala School Nursing Team	Parents/carers and young people can contact us for text support using Chathealth (8am-5pm). Available to help with where there are safeguarding concerns, support children and young people on child protection / child in need plan, provide sexual health support, drug and alcohol support and advice, and provide the National Child Measurement Programme in schools. See the website for a full list and details.	To start a conversation: • Young people aged 11-19 can text 07480 635297 • Parents/carers can text 07507 332157 locala.org.uk/services/school-nursing/kirklees