



YFYFC Mental Health Resource

Wharfedale Airedale and Craven Alliance

Services available

Whilst we already have a **Social Prescribing Service** in place, as part of this project we have now recruited someone who specialises in working specifically with young people. They will work exclusively with children in our area, recognising that young people's health and wellbeing can be affected by a range of social, economic and environmental factors. They support young people with their health and wellbeing working 1-2-1 to establish any unmet needs, connecting young people and their families to a range of community services and promoting physical activity for children ranging from aged 5 up to aged 18.

1:1 counselling is also immediately available, with up to 10 sessions of support per child delivered in either school or the local GP practice by a qualified counsellor from Project 6.

The Alliance is setting out to target these age groups by providing the right tools for them to easily access both help and support all under the umbrella of the GR8 Minds campaign. A spokesperson for the Alliance stated 'We want the proposed new service to enable young people and their families to be able to develop resilience and know where to get help when they need it. Many areas can impact on young people's lives including exam stress, bullying, family stresses/breakdown and social anxiety. The aim is to have the right care in the right place for the right people.'

In addition to both parent and children advice leaflets developed by Dr Natalie Jewitt and Dr Caroline Rayment, which will be available in local GP surgeries, the Alliance will also be launching a web platform enabling children to interact with some of the services on their phones and access help and support through various routes including social media - www.GR8Minds.co.uk. This will be complimented by a pocket size z-card with all the relevant links, and these will be available throughout the community.

These free additional services will help to refer children to sources of help and counselling within their local community, but also send out positive advice and messages. These include ideas and suggestions for looking after their mental health, downloadable information, recommended apps and websites, and contact numbers for helplines. Effectively providing easy access to a wealth of information in a format that children can both use and can identify with.

In addition to above there is also a **'Mental Health First Aid Kit'** which is a useful resource to help young people navigate their way through problems of stress and anxiety to help them find solutions.