



Immediate help and support for young people

If young people are in need of immediate support please sign post, or help to access the following:

List of services: [Home Page - Directory of What Works](#)

Further services:

Koala North-West – Provides early-help family support, similar to a family intervention worker. Families can access this service without a referral to Children’s Social Care. Support is offered to families with young children.

School Nurse – Attends once a month and can support pupils with self-harm, exam stress, emotional health, low mood, healthy relationships, anxiety, body image, and issues relating to social media.

Cheshire Young Carers – A referral can be made if a child has additional responsibilities at home that are impacting their wellbeing or attendance at school.

Headspace is an easy-to-use app that helps make meditation and mindfulness simple. By spending just a few minutes a day on the app, users can learn practical skills to support their wellbeing. Headspace offers hundreds of guided meditations covering topics such as stress, anxiety, sleep, and focus.

Calm is an app that supports people experiencing stress and anxiety through guided meditations, sleep stories, breathing programmes, and relaxing music.

MindShift is designed specifically for teenagers and young people, offering tools and strategies to help manage anxiety.

Bereavement-specific bank of resources:

[Traumatic Bereavement - UK Trauma Council](#)

[Home SUPPORTING BEREAVED CHILDREN & YOUNG PEOPLE - Grief Encounter](#)

[Hope Again](#)

[About us - Amparo](#) (suicide specific support)

Family members in prison:

Banardo’s offer support for children and young people regarding family imprisonment:
[Barnardo's | Children's charity | Barnardo's](#)

PSS offer support for anyone who has a relative in prison or in the past: [While their parent is in prison in Merseyside \(Prisoners' Families\) | PSS](#)

Post-16 help and support:

<https://www.talkingtherapies.cwp.nhs.uk/self-refer>

They offer self-referral to people aged 16 and over, registered with a GP in Central, South and West Cheshire.

The service exclusively offers evidence-based, short-term talking therapies designed to help with common mental health concerns, such as:

- Low Mood
- Anxiety or worry
- Stress
- Depression