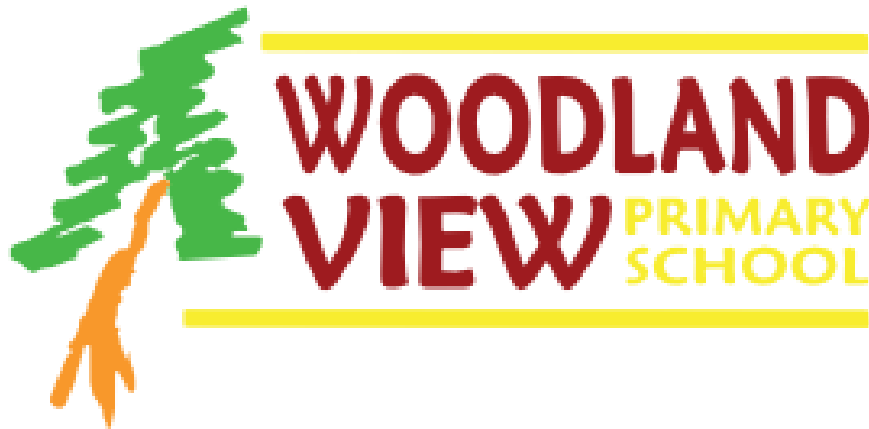


A Useful Directory of Support for Children, Young People and Adults



2024/2025 Edition

Please also refer to the West Northamptonshire Local Offer:

<https://www.westnorthants.gov.uk/directory/local-offer?search=mental%20Health&page=1>

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USEFUL SUPPORT SERVICE CONTACT DETAILS FOR CHILDREN AND YOUNG PEOPLE

Service Name	Service Information (please see individual websites for further information)	Service Contact Numbers
Safeguarding		
Multi-Agency Safeguarding Hub (MASH)	<p>For children and young people up to 18</p> <p>Address: Northamptonshire Children’s Trust Limited One Angel Square Angel Street Northampton NN1 1ED</p> <p>MASH can be contacted by telephone between Monday to Thursday 9.00am - 5.00pm and Friday 9.00am – 4.30pm</p> <p>Website: https://nctrust.co.uk/report-a-concern-or-request-support/</p> <p>Information for parents: http://www.northamptonshirescb.org.uk/parents-carers/useful-guides-parents-carers-families/</p>	<p>0300 126 7000</p>
NSPCC	<p>Our work increasingly focuses on preventing abuse. So that means we have to do everything we can to understand it and find the best ways to keep children safe.</p> <p>Whether you're a parent, worried about a child you know or work with children as part of your job, we all have a part to play in keeping them safe. Find out more about the types of child abuse, how to look out for a child's safety, the child protection system and the latest research and resources in child protection.</p> <p>Both helplines available 24 hours per day.</p> <p>Website: www.nspcc.org.uk/preventing-abuse/</p> <p>Email: help@nspcc.org.uk</p>	<p>Helpline: 0808 800 5000</p> <p>Childline: 0800 1111</p>
Family Support		
Children and Family Support Service (CFSS), Strengthening Families	<p>Strengthening Families is a service that works intensively with children or young people and their families.</p> <p>Email: CFSS@nctrust.co.uk</p>	<p>0300 126 1000</p>
Children and Family Centres	<p>Children’s Centres For families with children from 0 to 5, as well as expectant parents Support and a range of services for families across 17 Children’s Centres In Northamptonshire.</p> <p>Address: Kingsthorpe Children’s Centre St David’s Road Northampton, NN2 7QJ</p> <p>Website: https://nctrust.co.uk/support-for-children-and-families/childrens-centres/</p>	<p>01604 791 537</p>

The Lowdown – Happier Families	<p>Being part of a loving family is important, whether parents, carers, or children. All families have their issues and challenges, drawing from the growing body of research from positive psychology and the science of wellbeing, there are tips, skills, and tools we can use to take practical actions that can help increase how happy we all feel and that can help us function better individually and together.</p> <p>Address: 3 Kingswell Street, Northampton, NN1 1PP</p> <p>Email: info@thelowdownnorthampton.co.uk</p> <p>Self-Referral: info@thelowdownnorthampton.co.uk</p> <p>Website: https://thelowdown.info/wellbeing-support/</p>	01604 634385
Family Lives	<p>Parenting and family support through their website and helpline</p> <p>Family Lives provides help, emotional support, advice and guidance for all aspects of family life. The confidential and free helpline is open between Monday to Friday 9.00am – 9.00pm and Saturday and Sunday 10.00am – 3.00pm</p> <p>Email: askus@familylives.org.uk Website: www.familylives.org.uk</p> <p>Online parenting courses: https://www.familylives.org.uk/how-we-canhelp/online-parenting-courses/</p> <p>Printable leaflets: https://www.familylives.org.uk/how-we-canhelp/leaflets/</p>	0808 800 2222
Home Start	<p>We are a voluntary organisation committed to promoting the welfare of families with at least one child under five years of age and living in the Borough of Northampton. Volunteers offer regular support, friendship and practical help to families, under stress, in their own homes, helping to prevent family crisis and breakdown.</p> <p>Email: admin@homestart-northampton.org.uk</p> <p>Website: https://homestart-northampton.org.uk/get-support/northampton-support/#support_about_north</p>	01604 627692
Mental Health		
Children and Young People Mental Health Service and we are often known as CYMHS or CAMHS.	<p>This team supports children and young people with emotional wellbeing difficulties and mental health conditions. It's referred to as "Child and Adolescent Mental Health Services" (CAMHS) or "Children and Young People's Mental Health Services" (CYPMHS).</p> <p>Address: First Floor, Newland House, Northampton NN1 3EB</p> <p>Website: https://www.nhft.nhs.uk/camhs Email: camhs.admin1@nhs.net</p>	03000 273737

Mental Health in Schools Team (MHST)	Mental Health Support Teams (MHST) have been designed to expand access to early mental health care for children and young people by providing additional support through schools. Email: cyp.mhst@nhft.nhs.uk	0300 027 0888 0800 170 7055
Service Six – Happy Heads	The “Happy Heads” project supports Northamptonshire Primary-school aged children within their local schools and communities to build emotional resilience and develop a healthy mind, so they can be happier and healthier children. Website: https://www.servicesix.co.uk/happy-heads/ Email: referrals@servicesix.co.uk	01933 277520
Adverse Childhood Experiences (ACE) Family Support Team	Email: earlyinterventionteam@northantspfcc.gov.uk	
Service Six	Service Six specialises in providing mental health and wellbeing support for children and young people, and their families. Address: 15 Sassoon Mews, Wellingborough, Northamptonshire, NN8 3LT Website: https://www.servicesix.co.uk/	01933 277520
Young Minds	For children, young people and their parents National Charity committed to improving the emotional well-being and mental health of children and young people. Parent’s helpline provides support and advice to anyone worried about the emotional well-being or behaviour of a child or young person under the age of 25. Monday – Friday 9.30 am – 4.00pm Crisis Messenger: A young person looking for help and support can text the Young Minds Crisis messenger 24/7 if they are experiencing a mental health crisis. Website: www.youngminds.org.uk	Parents Helpline 0808 802 5544 Crisis Messenger Text YM to 85258
Childline	For children and young people up to the age of 19 ChildLine is a free, confidential helpline for children and young people who want to talk about any issue they are going through. Trained counsellors comfort, listen and advise. The Helpline is open 24 hours a day 7 days a week Chat online: www.childline.org.uk/get-support/1-2-1-counsellor-chat Sign video service available for deaf children Website: www.childline.org.uk	Helpline 0800 1111
Place2Be	Offering offer advice and resources for parents and carers to help support their child or young person’s wellbeing. Website: https://www.place2be.org.uk/our-services/parents-and-carers/	

Parenting Support

The Triple P – Positive Parenting Program	Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children’s behaviour and prevent problems developing. Website: https://nctrust.co.uk/support-for-children-and-families/parenting-support-and-resources/ Email: CFSS@nctrust.co.uk	
Home Start	We are a voluntary organisation committed to promoting the welfare of families with at least one child under five years of age and living in the Borough of Northampton. Volunteers offer regular support, friendship and practical help to families, under stress, in their own homes, helping to prevent family crisis and breakdown. Email: admin@homestart-northampton.org.uk Website: https://homestart-northampton.org.uk/get-support/northampton-support/#support_about_north	01604 627692
NSPC Positive Parenting Resources	Website: https://drive.google.com/file/d/10ILL85S9Wx7HpFffR2b3fk7vsl0VSNFc/view	

Health, Wellbeing

0 – 19 Universal Children’s Services (NHS) School Nurse Health Visitor	We aim to support families across Northamptonshire providing a universal service for all, whilst also identifying those who might need specific help. Address: St Mary’s Hospital London Road Kettering NN15 7PW Website: https://www.nhft.nhs.uk/0-19/	
0 – 19 Universal Children’s Services (NHS) Children’s Resources Hub	We aim to give you more information that will be useful to you and your family. Here you will find information, both local to our services and more national information, that we hope will give you the answers you are looking for. Online Support: https://www.nhft.nhs.uk/childrenshub	
Service Six	For children and young people aged 5 to 19 (up to 25 with a disability) The Youth Starz Project offers bespoke support programmes for individuals and groups alongside a range of free positive activities. The aim is to improve well-being, increase life skills and raise aspirations to increase the life chances of children struggling with often complex and chaotic lives. Email: info@servicesix.co.uk Email for Referrals: referrals@servicesix.co.uk Website: http://www.servicesix.co.uk/youth-starz/	

Beat Eating Disorders	<p>Beat Youthline is open for children and young people up to the age of 18. Charity supporting anyone affected by eating disorders, anorexia, bulimia or any other difficulties with food, weight or shape. Beat support eating disorder sufferers and their families.</p> <p>The Helpline is open 365 days a year Monday to Friday 12.00pm – 8.00pm Weekends and Bank Holidays 4.00pm – 8.00pm</p> <p>Email: fyp@beateatingdisorders.org.uk One to One webchat: https://www.beateatingdisorders.org.uk/supportservices/helplines/one-to-one Website: www.beateatingdisorders.org.uk</p>	Youthline 0808 801 0677 General Enquiries 0300 123 3355
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Attendance

Woodland View Primary School Attendance Lead	<p>Please come and speak to your child’s class teacher or our attendance lead Mrs Matsangou. We are always here to help.</p> <p>Email: office@wvps.northants.sch.uk</p>	01604765037
School Attendance Support Service (SASS)	<p>The School Attendance Support Service (SASS) previously known as the Education and Inclusion Partnership Team (EIP) acts to champion the right of all children to receive a high-quality education. The service work to overcome barriers to learning through skilled problem-solving with a range of partners.</p> <p>Website: https://www.westnorthants.gov.uk/attendance-and-behaviour/attendance-and-behaviour-advice-parents</p>	0300 126 7000
Define Fine	<p>Define Fine was set up in response to the growing number of children and young people who experience school attendance difficulties. More specifically, those affected by ‘school refusal’ or ‘emotionally-based school avoidance.</p> <p>Website: http://definefine.org.uk/ Email: contactus@definefine.org.uk</p>	07850 673331
School Travel Assistance	<p>Website: https://www.westnorthants.gov.uk/school-travel-assistance</p>	
Early Intervention and Youth Support Services	<p>Website: https://northantspfcc.org.uk/our-work/the-early-intervention-family-support-service/ Parental referral: earlyinterventioneam@northantspfcc.gov.uk</p>	

Specific Support Services

Bereavement

Child & Adolescent Bereavement Service	<p>Child & Adolescent Bereavement Service</p> <p>The child and adolescent bereavement services (CABS) offers individual and group bereavement counselling to children and adolescents in the Northamptonshire area, in a school setting or at the Northampton General Hospital, children's out-patients department.</p> <p>Address: Northampton General Hospital Cliftonville Northampton NN1 5BD</p>	01604 545131
Cruse Northamptonshire	<p>Cruse Bereavement Support offer support through the website, national helpline, group, Zoom, telephone and in person services. They also have a website, Hope Again, which is specifically for bereaved children and young people.</p> <p>Website: https://www.cruse.org.uk/ https://www.hopeagain.org.uk/ Email: northamptonshire@cruse.org.uk</p>	07772 428532 0300 777 4488
Child Bereavement UK	<p>For children and young people aged 4 to 25</p> <p>Support for children, young people and families who are bereaved. Support can also be offered to families who are facing bereavement, where a child of any age is not expected to live, or where children and young people are facing the bereavement of anyone significant in their lives.</p> <p>Family Support Group for children 4 – 12 years Young People's Advisory Group for young people 11 – 25 years</p> <p>Email: mksupport@childbereavementuk.org</p> <p>Website: www.childbereavementuk.org</p>	Support & Information 0800 02 888 40

SEND

SEND IASS	<p>We support children and young with special educational needs and disabilities (SEND) and the parents and carers in West Northants. We provide free, impartial and confidential information, advice and support for SEND children and young people aged 0 -25 years.</p> <p>Address: Information, Advice and Support Service One Angel Square Angel Street Northampton NN1 1ED</p> <p>Email: sendiass@westnorthants.gov.uk</p> <p>Website: https://iassnorthants.co.uk/</p> <p>Courses and workshops for parents: https://www.westnorthants.gov.uk/specialist-send-support-services/send-support-service-courses-parents-and-carers</p>	0300 126 1039
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Specialist Support Service	<p>The SEND Support Service offers advice and support to children, young people, families, carers and a range of educational establishments for children with special educational needs and/or autism, aged 0 to 19 years.</p> <p>Website: https://www.westnorthants.gov.uk/specialist-send-support-services/send-support-service</p> <p>Email: sss.ncc@westnorthants.gov.uk</p>	
En-Fold	<p>En-Fold is a growing charitable incorporated organisation providing what we consider to be an essential service to the community that's impacted by autism.</p> <p>Website: https://www.enfold.org.uk/</p> <p>Email: info@enfold.org.uk</p>	
Autism East Midlands	<p>Our Family Support Hubs provide a regular meeting point for families. It's a place to access activities for the whole family, as well as gain support and specialist information and advice.</p> <p>Email: Lesley.Lock@aem.org.uk</p> <p>Website: https://www.autismeastmidlands.org.uk/child-services/family-support-hubs</p>	