

Support for children and young people across the city during the coronavirus outbreak

We know that a lot of children and young people will be worried and anxious about the coronavirus outbreak, and there are several services which they can access for support to help with mental health and wellbeing.

What support they can access?

MindMate website – www.mindmate.org.uk

The website provides mental health and emotional wellbeing advice and information for children and young people across Leeds. A page specifically for coronavirus (www.mindmate.org.uk/information-on-coronavirus-taking-care-of-your-mental-wellbeing/), it has information about:

- how they can look after their wellbeing as well as where they can go for support
- resources for young people
- resources for parent and carers
- what support they can access if they're in a crisis or need urgent help

MindMate – Single Point of Access (SPA)

The SPA is operating as normal and changes have been made to this, professionals can refer into, when they're working with children and young people, and identify they have a need for support with their emotional wellbeing or mental health.

Young people (13 – 17 years) or parents and carers of children (5 – 17 years) can now talk directly to the SPA team. They can call 0300 555 0324.

For further information, visit <https://www.mindmate.org.uk/im-a-professional/leeds-mindmate-single-point-access/>

Teen Connect – service provided by Leeds Survivor Led Crisis

They provide emotional support for 11 – 18 year olds over the phone.

- Opening times: Monday – Friday from 3.30pm to 2am and Saturday – Sunday from 6pm to 2am
- Telephone: 0808 800 1212

- Text: 0771 566 1559

For further information, visit <https://www.slcs.org.uk/services/connect-helpline/teen-connect/>

Safe Zone – crisis support

This service supports 11 – 17 year olds who are in a crisis over the phone.

- Opening times: Monday, Thursday and Sundays from 7pm to 9pm
- Telephone: 0113 819 8189

For further information, visit <https://www.slcs.org.uk/services/safe-zone/>

Kooth – free online counselling <https://www.kooth.com/>

10 – 18 year olds can chat 1-2-1 with counsellors, access self-help articles 24/7 and connect with peers through live moderated forums.

Calm Harm app – downloaded from App Store and Google Play

The Calm Harm app has been customised for young people in Leeds aged 12 – 25 years.

It helps to resist the urge to self-harm, it has a number of activities including breathing techniques to help reduce symptoms of stress and anxiety

The Market Place

The Market Place offer a support service for 11 – 25 year olds and are only currently offering telephone support service, they're open 7 days a week between 12pm to 6pm.

For further information, visit www.mindmate.org.uk/the-market-place/