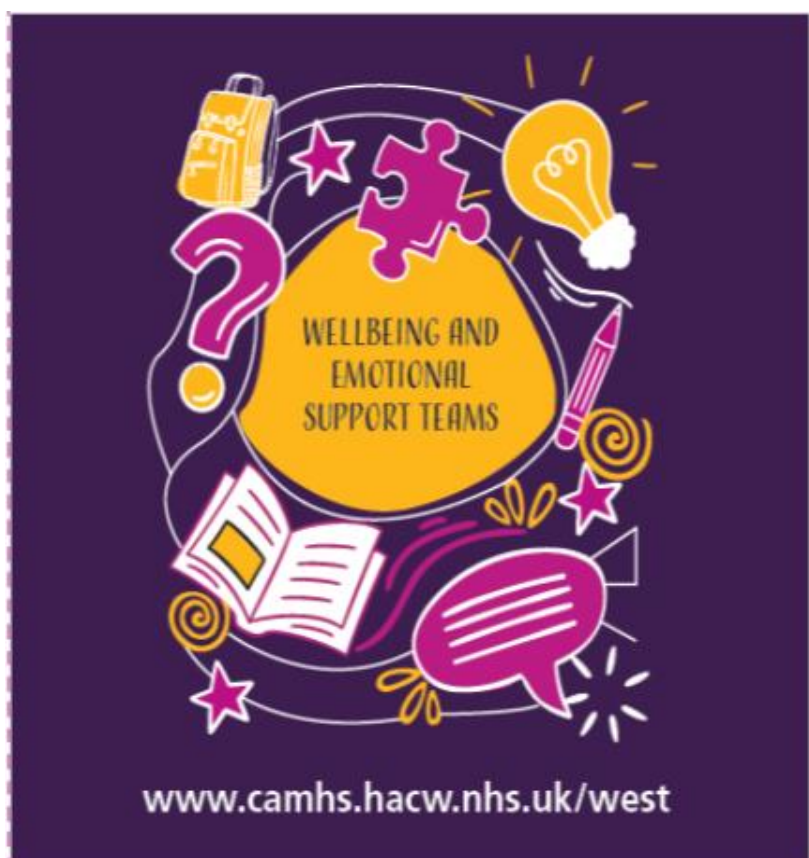


HEREFORDSHIRE WELLBEING & EMOTIONAL SUPPORT TEAM



Signposting Information

Herefordshire Services

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Wellbeing services

Strong Young Minds Herefordshire

SYM support young people aged 10 to 24 years old to address any issues which affect their mental health and wellbeing, including low self-esteem, anxiety, depression and cyberbullying.

Contact Information: 01432 269245

symproject@thecltrust.org

The CLD Trust Herefordshire

CLD provide counselling for young people aged 9 to 21 years old. We continue to offer funded counselling services for children, young people and adults (**Referral form on website**). CLD can help with whatever is worrying you, whether it's self-harm, depression, anxiety, anger, family or relationship problems, eating difficulties, substance misuse or bullying.

Contact Information: 01432 269245

info@thecltrust.org

Worcestershire Healthy Minds 16+ Herefordshire

Healthy Minds is your local IAPT service, covering Herefordshire and provide a range of free, confidential support. People over the 16 in Worcestershire, 18 in Herefordshire and any NHS member of staff regardless of location can self-refer into the service by either calling

Contact Information: Herefordshire Healthy Minds: 01432 347606 or completing the self-referral form on the website

<https://www.healthyminds.whct.nhs.uk/home>

Reach4wellbeing Herefordshire

Young people aged 5-18yrs who are experiencing mild-moderate anxiety or low mood can access support from Reach4Wellbeing. The CAMHS Reach4Wellbeing team deliver interactive online group programmes for young people and parents of primary school age children using Cognitive Behavioural Therapy (CBT) principles. You can make a referral online without the need to visit your GP.

Contact information: Service hours: Monday – Friday; 8.30am – 4.30pm

Team Lead: Catherine Eastwell

Email: whcnhs.reach4wellbeing@nhs.net

[The Cart Shed](#) Herefordshire

The Cart Shed, is a registered charity, based in Herefordshire, providing tailored therapeutic support in a woodland setting. You will be supported by our professional team of Occupational Therapists, tutors and volunteers, who will help you address and overcome a wide range of issues that may be preventing you from coping with life.

For self or professional referral, **please contact us for funding details.**

Contact information: 01544 318231

info@thecartshed.co.uk

www.thecartshed.co.uk

[Healthy Minds](#) Herefordshire

Previously known as Let's Talk, we support people, aged 18 and over, who are experiencing problems such as stress, anxiety, low mood and depression. We are a free, confidential service offering a range of talking therapies and support including short courses, online therapies, and self-help guides.

To access the service, you must be aged 18 or over and registered with a GP in Herefordshire.

You can self-refer by completing the online self-referral form or give us a call

Contact information: 01432 347606

www.healthyminds.whct.nhs.uk

[Action for Happiness](#) Herefordshire

Action for Happiness (AfH), backed by leading experts from diverse fields including psychology, education, economics and social innovation is a movement of people committed to building a happier and more caring society. We bring together like-minded people from all walks of life and help them take practical action, drawing on the latest scientific research. We run AfH courses, social events and discussion evenings/events.

Contact Information: 01432 260027

homestartherefordshire@gmail.com

www.home-startherefordshire.co.uk

[Relax Kids](#) Herefordshire (There may be a cost for this service)

Relax Kids Herefordshire helps to support children to reach their full potential, through encouraging positive wellbeing, resilience and self-confidence. We deliver MiSP and Relax Kids Classes for schools and community groups, along with 1-2-1 support and family sessions throughout the two counties.

Contact Information: 01235 227284

caseymindful@gmail.com

www.relaxkids.com

[Close House](#) Based in Hereford

Close House is a Youth Centre in Hereford. We help young people aged 11 to 24 to become mature, be helpful and grow hungry for a full life. We offer a safe space for young people to access activities, groups and services. We provide opportunities to get creative and expressive through our Art and Music After School Workshops or to become engaged within the community via our EPIC Volunteering Programme.

Contact Information: 01432 274239

admin@closehouse.org.uk

www.closehouse.org

[HYCC](#) Herefordshire

Herefordshire Young Carers Club provides support and respite for children and young adults who are caring for a family member with an illness, disability, mental health issue or problem with drugs or alcohol. Our Young Carers clubs run fortnightly in Hereford, Ross and Leominster.

Contact Information: 07484 245128

susan.brace@hycclub.co.uk

www.hycclub.co.uk

SEND Services

SENDIASS Herefordshire

SENDIASS service supports parents/ carers of children and young people between the ages of 0-25 with SEND. We offer Information, Advice and support about the law on Special Educational Needs and Disabilities and related health and social care. We offer training and information sessions for parents, young people and professionals. See our support pages for more information.

Contact information: Service hours are Monday to Friday from 8.30am to 4.00pm.

Hereford: **01432 260955**

sendiass@herefordshire.gov.uk

National Autistic Society Herefordshire

The NAS offers private conversations and advice for CYP and their families, but we need to stress that we cannot diagnose Autism. Made up solely of volunteers, we aim to provide help, support, awareness and acceptance for adults and children with autism and their parents, families and carers in Herefordshire. We offer support groups that run monthly from early years up to high school age with 17 years and above groups coming soon. Your child doesn't need to have a diagnosis of autism to attend.

Contact Information: 01432 340072

nas.herefordshire@nas.org.uk

nas-herefordshire.co.uk

Community Autism Support Service 16+ Herefordshire

Autism West Midlands, in partnership with Brightfire CIC (Hereford), is offering post diagnosis support packages to people who live in Herefordshire and Worcestershire and who are over the age of 16 years. This service is for autistic adults, who live in the area and have received their autism diagnosis since 1st August 2022.

Contact Information: 01432 801687

herefordworcs@autismwestmidlands.org.uk

www.autismwestmidlands.org.uk

Megan Baker House Herefordshire

Megan Baker House provides conductive education sessions for children and adults with motor disorders such as: Cerebral palsy, Dyspraxia/DCD, Acquired Brain Injury. In addition to the specific conditions above we also work with other motor disorders e.g children who display dyspraxic traits but don't have an official diagnosis.

Contact Information: 01531 633840

admin@meganbakerhouse.org.uk

www.meganbakerhouse.org.uk

Look Herefordshire

We are Look. We are a small national charity based in Herefordshire. We work to support young visually impaired people and their families to thrive. We do this through mentoring, transformational events, youth forums, parent support groups, get together and family activities.

Contact Information: 07464 351958

info@look-uk.org

www.look-uk.org

Family services

Home Start Herefordshire

Home-Start believes that children need a happy and secure childhood and that parents play the key role in giving their children a good start in life and helping them to achieve their full potential. We offer support, friendship and practical help to families who are experiencing stress and finding it hard to cope and have at least one child between 0-19.

Contact Information: 01432 371212

Healthy Lifestyle Service Herefordshire

The Healthy Lifestyle team is here for you when you want help and advice about: Eating more healthily, being more active, drinking more sensibly, stopping smoking. It is a free, confidential service that works with you on a one-to-one basis over a timescale to suit you. Our aim is to help you take control of the things that are stopping you live a healthier lifestyle.

Contact Information: 01432 383567

hlts@herefordshire.gov.uk

Crossroads Together Herefordshire

Crossroads Together (formerly Carers Trust 4all) is a non-profit registered charity, providing high quality care at home and support services for carers, young carers and people with care needs. Many carers are trying to work, study and look after other family members in addition to their caring responsibilities. We believe it is important to ensure carers are aware of the support available, as early as possible.

Contact Information: 01432 663057

herefordshire@crossroadstogether.org.uk

www.crossroadstogether.org.uk

Hope Support Services Herefordshire

Hope Support Services offers support to children and young people (from 5 up to the age of 25) when a close family member is diagnosed with a life-threatening illness, such as cancer. From the moment of diagnosis our support is immediate and continual, for however long we're needed.

In Herefordshire we offer children's groups, youth sessions, trips and activities where children & young people get the chance to meet others their age going through a similar situation, gain valuable life skills and chat to Hope's professional team at the same time.

Contact information: 01989 566317

Opening times: 9am to 5pm Monday-Friday

help@hopesupport.org.uk

www.hopesupport.org.uk

[Positive Parenting](#) Herefordshire

Herefordshire Council offers parenting groups for parents and guardians of children and young people aged 0-16. Our family support workers are trained to deliver the Triple P programme (Positive Parenting Programme) and the Solihull parenting course (Understanding Your Child's Behaviour).

Contact information: 01432 383651

Opening times: 9am to 5pm Monday-Friday

Tracey.Spencer@herefordshire.gov.uk

www.herefordshire.gov.uk

Bereavement services

Phoenix Bereavement Support Herefordshire

Phoenix Bereavement is a specialist Herefordshire service for children, young people (5-25) and their families when a family member or someone else close to them dies. We support families bereaved in any circumstances and by any cause, including suicide, murder, Road Traffic or other accidents (sudden deaths) or as a result of long-term illness or life-limiting conditions (anticipated deaths). Our full support programme can include family and group sessions, 1:1 with a specialist grief counsellor, a youth group for 12-18 year olds and social events.

Contact Information: 01432 264555

info@phoenixbereavement.org

phoenixbereavement.org

Children & Family Team Herefordshire

We work with patients and their families on the ward and in the community. We take Self-referrals and referrals from other agencies. We provide support to parents, grandparents and close relatives to help them work out how they want to support their child through pre and post bereavement. We meet with partners, adult relatives and whole families with a variety of pre and post bereavement needs. We offer 1:1 support to 3 - 25-year-olds, which can be weekly, fortnightly, monthly or as and when needed, using a variety of approaches, depending on the safe, development and preference of the child or young person.

Contact Information: 01432 851000

hhub@st-michaels-hospice.org.uk

www.st-michaels-hospice.org.uk

ACES services

The Children's Society: Climb Project Herefordshire

The Climb project offers support for 10- to 17-year-olds to help divert them away from criminal exploitation and learn how to recognise people and situations that might put them at risk. Climb offers sports, dance, arts music and more. We work with young people who are missing school or college, starting to be reported as missing, or at risk of being drawn into criminal activity. We help young people build their resilience and so they're better able to deal with the challenges of modern childhood.

To find out more about the programme and how to make a referral, visit www.childrenssociety.org.uk/climb

Contact Information: 07850 501503

rachel.barbee@childrenssociety.org.uk

childrenssociety.org.uk

Connexus Young Persons Outreach and Mediation Services Herefordshire

Connexus offers Housing Support and Mediation Services to young people aged 16-25yrs in the county of Herefordshire. We support young people to identify how they can manage their own needs, mitigate risks and take up opportunities. There will be a particular focus on supporting them to obtain or maintain accommodation, or where homelessness is inevitable, to support them in securing and maintaining suitable alternative accommodation.

Contact Information: 03332 313233

herefordypp@connexus-group.co.uk

<https://connexus-group.co.uk/young-persons-service>

Children's Domestic Abuse Service (CDAS) Herefordshire

To make a referral for a child/young person; please talk to the helpline team, or if you are a worker such as a social worker or school staff you can refer on their behalf by asking the CDAS team for a referral form by emailing: **cdas@wmwa.org.uk**

<http://www.westmerciawomensaid.org/services/c-yp-services>

Contact information: 24 hours domestic abuse helpline

Herefordshire Helpline: **0800 783 1359**

Worcestershire Helpline: **0800 980 3331**

[West Mercia Rape and Sexual Abuse Support Centre](#) Herefordshire

WMRSASC is a free, confidential and non-judgemental support service for survivors who have experienced rape, assault, incest, sexual abuse, sexual harassment or any form of sexual attack, whether physical, verbal or emotional.

Contact Information: The helpline number for Herefordshire is 01432 344777.

office@wmrsasc.org.uk

www.wmrsasc.org.uk

[The CRUSH Project](#) Herefordshire

Support is available to young people aged 13 to 19 years affected by domestic abuse across West Mercia and Gloucestershire.

The CRUSH Project focuses on Helping Young People Make Safe and Healthy Relationships. To refer to CRUSH in your area, **please contact the helpline team on 0800 783 1359 or 0800 980 3331.**

Contact Information:

general@westmerciawomensaid.org

www.westmerciawomensaid.org

[PEGS - Parental Education Growth Support](#) National service UK

PEGS is committed to supporting families impacted by Child to Parent Abuse. We believe in creating a safe place where you can talk openly about your experiences, where you will always be listened to, always believed, and never judged. We hold free virtual drop-in peer support group sessions to help people from around the UK.

Contact Information:

hello@pegssupport.com

www.pegssupport.co.uk

Sexual Health Service Herefordshire

We provide free and confidential sexual health services from our easily accessible clinic. This includes information and advice on all types of contraception and STI testing and treatment. Our service is confidential, non-judgemental and for people of all ages, genders and orientations.

Everyone is welcome and you don't need to see a GP first. Please do contact the team before visiting the clinic on **01432 483693**.

Opening times for our 15 St Owen Street Centre, Hereford:

Monday: 9am to 5pm

Tuesday: 9am to 7pm

Wednesday: 9am to 5pm

Thursday: 9am to 7pm

Friday: 9am to 1pm

www.sexualhealthservices4herefordshire.co.uk