



OPEN UP BARNDSLEY

A guide to emotional wellbeing and mental health services for children and young people in Barnsley





OPEN UP BARNDSLEY

Open up Barnsley is your guide to emotional wellbeing and mental health services for all children and young people in Barnsley.

If you're a young person, parent or carer or someone who works with young people, this guide will help you find the right advice and support and see what services are in Barnsley.

Where can you open up?

There are lots of different types of services for all kinds of issues and needs.

Take a look at the different categories on the contents pages opposite to find out which services best match the help and support you need.



Urgent help



Mental health and wellbeing support



Drugs and alcohol



Bullying and abuse



Health and Disability



Relationships and family












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CALL OR DROP IN USING

SPA

YOUR SINGLE POINT OF ACCESS TO THE CHILD AND ADOLESCENT MENTAL HEALTH & WELLBEING SERVICES IN BARNSELY

I think I need extra support with my mental health

I'm worried about a young person I know

I want to get my daughter help from mental health services

Add CAMHS to your contacts list!

You can now get in touch with Barnsley Child and Adolescent Mental Health Services (CAMHS) using the Single Point of Access (SPA). Call 01226644891 or drop in to our centre Mon-Fri 9am-5pm at CAMHS New Street Health Centre, Upper New Street Barnsley S70 1LP

Visit the Barnsley Mindspace website at www.wearemindspace.org.uk



URGENT HELP

SAMARITANS



WHAT?

If something's troubling you, then get in touch. Our helpline is here 24 hours a day, 365 days a year. We also have a local Barnsley Samaritans base that is open to callers at the door.

WHO?

We support anyone in distress around the clock through 201 branches in the UK and the Republic of Ireland.

HOW?

We know our service can help people before it's too late. 24 hours a day, 7 days a week, 365 days a year. We help you talk things through. We keep everything confidential. We're not a religious organisation

WHERE?

Samaritans Office – Open for Callers at the door:
77 Pitt Street West Barnsley South Yorkshire S70 1BN
e-mail address: jo@samaritans.org
Contact number: 116 123 (free to call) Free phone 0800 1111
Website: www.samaritans.org

WHEN?

Samaritans location opening hours open for callers at the door:
Monday....10:30 - 12:30 Tuesday...Closed Wednesday....12:30 - 15:00
Thursday.....Closed Friday.....12:30 - 15:00
Saturday.....Closed Sunday.....Closed



BARNLSLEY
Metropolitan Borough Council



BLINK

WHAT?

BLINK is a local Barnsley helpline that provides a confidential service for anyone who needs someone to listen.

WHO?

For the residents of Barnsley.

HOW?

Helpline - BLINK has trained volunteers who will help you get things off your chest and enable you to see your problems from a different angle. They can also provide information about other local or national services that may be able to help. If you are feeling anxious or stressed about any type of situation whether it be life in general to housing or benefits worries, the team are there to listen.

WHERE?

Helpline covering the residents of Barnsley
Contact: 01226 203330

WHEN?

Contact: 01226 203330
Evenings only: between 6.30pm-9.30pm

URGENT HELP



WHAT?

Childline is the UK's free helpline for children and young people.

WHO?

For children and young people aged 18 and under.

HOW?

Over the phone. It provides a confidential telephone counselling service for any child with a problem. It comforts, advises and protects.

WHERE?

Childline's helpline is available 24 hours a day and is free to call for all children and young people across the country.

Phone or go online via the website to online chat and use message boards.

Website: www.childline.org.uk Freephone: 0800 1111

WHEN?

Childline's helpline is available 24 hours a day.

Freephone 0800 1111

The logo for Young Minds, featuring the word 'YOUNG' in yellow and 'MINDS' in grey, both in a bold, sans-serif font.

Young Minds Crisis Messenger

WHAT?

If you are a young person experiencing a mental health crisis, you can text the Young Minds Crisis Messenger for free, 24/7 support.

WHO?

For all young people.

HOW?

The trained volunteer will introduce themselves, reflect on what you've said, and invite you to share how you're feeling. You'll text each other, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you think through your feelings until you both feel you are now in a calm, safe place. Our crisis messenger service could help with urgent issues such as: suicidal thoughts, abuse, bullying, self harm or breakdown.

WHERE?

The Young Minds crisis messenger service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text us free and anonymously, text YM to 85258. For more information visit [Young Minds website](#). Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

WHEN?

We aim to connect every texter to a trained volunteer in less than 5 minutes to provide support in a crisis. They will listen to you and help you think through how you're feeling, and will aim to help you take the next steps towards feeling better. This service is powered by our trusted partner, Crisis Text Line.

FRANK

0800 77 66 00 talktofrank.com

Friendly, confidential drugs advice



WHAT?

Frank is a national, friendly and confidential helpline for advice around drugs.

Frank also offers a live web chat.

WHO?

For anyone, we offer friendly and confidential drugs advice, you can talk to Frank.

HOW?

Contact us through our confidential helpline

WHERE?

The helpline is available 24 hours a day and is completely confidential. You can also text for quick questions that need an urgent answer and go online for a live web chat.

Website: www.talktofrank.com

WHEN?

Call: 0800 77 66 00 Text: 82111

Live web chat 2pm - 6pm

www.talktofrank.com

MENTAL HEALTH & WELLBEING SUPPORT



WHAT?

Rotherham & Barnsley Mind is an independent local provider of high quality mental health services in Rotherham, Barnsley and its surrounding areas. MIND aim to empower individuals to start on the pathway to recovery. We believe that no one should have to face a mental health problem alone.

WHO?

Young people, adults, people with a mental health problem and older people

HOW?

Rotherham & Barnsley Mind aims to be inclusive and accessible. MIND offer a variety of services including one-to-one counselling, group sessions, support for young people, training and services for employers. MIND provide group work for people with a mental health problem and counselling for people with a mental health problem and employment.

WHERE?

Arcadia House,
72 Market Street,
Barnsley,
South Yorkshire
Telephone: 01226 211188

WHEN?

Contact Barnsley MIND for more information
Telephone: 01226 211188
www.rbmind.co.uk

Therapies for Anxiety, Depression & Stress (TADS)



WHAT?

TAD is a voluntary organisation established in 2014. They have recently received long term funding from the National Lottery.

WHO?

TADS work with children who have a wide range of mental health issues including anxiety, self- esteem, self-confidence and stress.

HOW?

For young people aged 11-25, TADS offer one to one complimentary therapies such as; reflexology, hand massage and tapping techniques.

WHERE?

23 Queens Rd, Barnsley S71 1AN

WHEN?

TADS also offers an LGBT+ every 3rd Monday of the month 14 to 18s.
Website: www.tadsbarnsley.co.uk

MENTAL HEALTH & WELLBEING SUPPORT



WHAT?

Early intervention and prevention service for young people with mental health difficulties. We offer 1:1 and group sessions.

WHO?

Young people who attend a Barnsley mainstream secondary school

HOW?

You can self-refer to MindSpace by contacting hello@wearemindspace.com. Your school or GP can also refer you.

WHERE?

The 3 practitioners are based in each of the 10 secondary schools which are: Barnsley Academy, Dearne ALC, Outwood Carlton, Darton College, Holy Trinity, Horizon Community College, Kirk Balk Academy, Outwood Shafton, Netherwood Academy and Penistone ALC.

WHEN?

Monday to Friday, times vary in each school. It's generally 8:30 until 3:30 or the end of the school day. Visit our website www.wearemindspace.com



WHAT?

The service offers support in the community for individuals who have an individual budget or are self-funding. The service offers support in the community for individuals who have an individual budget or are self-funding.

WHO?

For individuals who have an individual budget or are self-funding.

HOW?

We offer a range of practical and emotional support that can help to improve wellbeing. Our aim is to support someone to lead an ordinary life and encourage them to achieve their goals.

Barnsley Mental Wellbeing Services can help individuals in the following areas: Help in the home, Practical help, Looking after themselves, Getting out and about, Making choices, Finding new hobbies and interests, Volunteering

WHERE?

Room 31 Priory Campus Pontefract Road Barnsley S71 5PN

Contact: 01226 770 895

E-mail: barnsleymws@together-uk.org

WHEN?

Contact us to arrange an appointment.

MENTAL HEALTH & WELLBEING SUPPORT



South West Yorkshire Partnership
NHS Foundation Trust

WHAT?

The mental health access team aims to improve access to psychological therapy and recovery focussed treatment for people with mild to moderate anxiety and depression.

WHO?

For people with mild to moderate anxiety and depression.

HOW?

The mental health access team provides the following:
Improving access to psychological therapies (IAPT) service. The IAPT programme is a large-scale national initiative that aims to significantly increase the availability of National Institute for Health and Clinical Excellence (NICE) recommended psychological treatments for depression and anxiety disorders. IAPT is planned and not offered in an acute crisis.

WHERE?

Mental Health Access Team
Rose Tree Avenue,
Cudworth,
Barnsley S72 8UA Contact 01336 644900

WHEN?

Contact us for more information



WHAT?

We provide a hospital based advocacy service for people with a mental health illness in Barnsley.

WHO?

For people with a mental health illness in Barnsley.

HOW?

We can support you to:

- Get information about your rights
- Find out what choices are open to you
- Look at the possible outcomes of those choices

WHERE?

Unit 12, Oakwell Business Centre, (Oakwell View Off Pontefract Road)
Barnsley,
S71 1HX

e-mail: craig.milburn@voiceability.org

Contact: 01226 776830, 07557 85151

Website: www.voiceability.org/in_your_area/south_yorkshire

WHEN?

Contact us to find out more.

MENTAL HEALTH & WELLBEING SUPPORT

The Exchange

Recovery and wellbeing College, Barnsley



WHAT?

The Exchange is a growing recovery and wellbeing college based in Barnsley.

WHO?

It is open to young people aged 16+ and all adults who would like to improve their mental wellbeing or knowledge to aid their work with others. They offer a range of courses and one off workshops which all aim to improving wellbeing through learning.

HOW?

The courses focus on being mentally and physically healthy, staying well and developing the knowledge and strength to overcome the challenges that we can all face at times in our lives.

Courses aren't therapy – their aim is to provide a positive learning approach, share knowledge and provide the space to reflect on your own health and understanding

WHERE?

The Exchange Recovery College,
33 Gawber Road,
Barnsley,
S75 2AH

WHEN?

Contact Exchange to find out more
Barnsley.Recoverycollege @swyt.nhs.uk
01226732096



WHAT?

The Children and Young People's Empowerment Project is a charity dedicated to raising the voices of young people and giving them the confidence, influence and platform to shape their world.

WHO?

For young people aged 11-25.

HOW?

Chilypep supports the OASIS young people's mental health group at Horizon College and the CHIL Peer Mentoring programme at Barnsley College/Sixth form. If you're a student at Barnsley college/sixth form and would like to be a Peer mentor or receive support from a Peer Mentor whilst being a student at College or Sixth form, get in touch to find out more. The OASIS young people's group meets weekly. The group work to reduce stigma around mental health and improve young people's mental health services in Barnsley. Click here to download a copy of the [Youth Mental Health First Aid Kit book](#)

WHERE?

The OASIS group meets weekly at a central Barnsley location. The Chil Peer mentoring programme is based in the college and sixth form. Contact Chilypep to find out more

WHEN?

Contact Chilypep to find out more
Email chantelle.parke@chilypep.org.uk
01142348846
www.chilypep.org.uk

Creative Recovery



WHAT?

Creative Recovery is a people-led charity that uses creativity to support Recovery, boost wellbeing and bring about social change in Barnsley and across Yorkshire.

WHO?

Creative Recovery support individuals and families with experience of mental health and/or drug and alcohol issues.

HOW?

The team is innovative, dynamic and collaborative, putting people at the heart of it! The leaders and projects are award-winning, receiving national recognition for innovation, public service and social impact. Creative Recovery also work to develop communities, challenging stigma and nurturing community spirit, with the aim to create a more accepting, inclusive and creative culture for all.

WHERE?

Day to day, their experienced artists use a person-centred approach to create safe spaces and unique projects where individuals can thrive. Creative Recovery runs a number of different projects and courses focusing on wellbeing and recovery for those with alcohol or substance abuse problems.

To find out more visit: www.creativerecovery.co.uk

WHEN?

Contact Creative Recovery to find out more
wearecreativerecovery@gmail.com
01226 320147

Child and Adolescent Mental Health Services (CAMHS)



South West Yorkshire Partnership
NHS Foundation Trust

WHAT?

The Barnsley child and adolescent mental health service (CAMHS) provide services to children and young people up to their 18th birthday who are experiencing a wide range of behavioural, psychological and emotional problems,

WHO?

Barnsley CAMHS is made up of four teams:
Child and adolescent unit, Young people's outreach team, Community early intervention team and the Learning disabilities and development disorders team.

HOW?

We work in a variety of settings including health centers, clinics, schools or in people's homes.
Our specialist team includes psychiatrists, specialist nurses, psychologists, specialist social workers and therapists. We help children, young people and their families, on both an individual and group basis. We also offer our mental health expertise across children's services in the area.

WHERE?

Contact Barnsley CAMHS You can contact our team by calling 01226433163 Our team are based at: Child and Adolescent Unit
Upper New Street
Barnsley
S70 1LP
Referrals,
To find out more about making a referral to the Barnsley CAMHS team, visit our [individual service directory page](#)

WHEN?

9am-5pm, Monday-Friday

MENTAL HEALTH & WELLBEING SUPPORT



WHAT?

YMCA is an independent local charity that works for and with children and young people and their families in Barnsley.

YMCA delivers a wide range of children's and youth work, extended services and members activities. YMCA Barnsley aims to empower young people by involving them in activities that stimulate, challenge and enable them to realise their potential and participate fully in their communities.

WHO?

For Children and young people aged 8-25

HOW?

We provide a safe and welcoming space and positive activities for children and young people and support them so they can belong, contribute and thrive in their communities.

WHERE?

Address:

Blucher Street

Barnsley

South Yorkshire

S70 1AP

Phone: 01226 213123 Email: info@ymcabarnsley.org.uk

www.ymcabarnsley.org.uk

WHEN?

Contact YMCA to find out more about projects, activities and youth and group work.

Substance Misuse Team



WHAT?

The service offers advice and information on drugs and alcohol to any young person under 18.
The service is free and confidential.

WHO?

Young people aged 18 and under

HOW?

We offer one to one support in convenient venues of young person's choice (ie: in School, GP's surgery).
Advice and support to professionals supporting young people who may not yet be ready to access services.
We also offer C-card registration/distribution/chlamydia screening/ Blood Borne Virus screening / access to vaccination.
We also offer advice and support to parents /carers of young people who may be using substances.

WHERE?

Young People's Substance Misuse Service, (formerly Young Addaction/ Lifeline), Mclintocks Building, 1st Floor, BMBC, Crookes Street, Barnsley, South Yorkshire, S70 6BQ. Tel: 01226 705980.
Email: YoungPeoplesSubstanceMisuseTeam@barnsley.gov.uk

WHEN?

Office Hours Monday – Friday 9-5, however we will see young people at a venue to suit them and out of office hours. We are flexible to the young person's needs.

Recovery Steps Barnsley



WHAT?

Recovery Steps Barnsley is an integrated drug and alcohol recovery service for Barnsley. Our aim is to help as many people as possible to recover from and be free from drug and alcohol dependency, and to reduce the harm that is caused to individuals, families and communities. The Recovery Steps service is delivered by Humankind on behalf of Barnsley Metropolitan Borough Council

WHO?

For anyone aged 18 + Living with drug or alcohol problems isn't easy - it's really tough.

HOW?

As part of our support, we will offer the following:
one-to-one support, structured group therapy work
support to family members, involving them as part of your recovery plan wherever possible and with your consent,
a health and wellbeing check, health screenings, blood testing and vaccinations, help you achieve a balanced approach to life through therapeutic intervention, Support to reduce harm and prevent overdose
Substitute medication is available for some drugs that you may use
Detox from alcohol and/or drugs

WHERE?

5-6 Burleigh Court, Burleigh Ct, Burleigh St, Barnsley S70 1XY, UK
humankindcharity.org.uk/service/barnsley-recovery-steps

WHEN?

Contact us for support or referral
You can contact us on 01226 779066, 9am to 5pm, Monday to Friday.
Anyone can make a referral to the Recovery Steps Barnsley service e.g. self-referrals, family members or professionals.

Barnsley Sexual Abuse and Rape Crisis Service



WHAT?

BSARCS (Barnsley Sexual Abuse and Rape Crisis Services) is the only group in Barnsley offering specialist services to people whose lives have been affected by rape, sexual abuse, sexual assault or any kind of sexual violence. We work with women, men, children and young people who live in the Barnsley area. We're an independent registered charity and we won't pressure you into reporting to the police or doing anything you're not comfortable with.

WHO?

We offer a range of different services to women, men, children and young people.

HOW?

We offer counselling & therapy to talk about emotional difficulties you're going through and to explore what might be causing them. Counsellors don't give advice or tell you what to do. The therapy we offer is a similar service to counselling, specifically for children and young people. If you've reported what happened to you to the police, or if you're thinking about reporting it, our Independent Sexual Violence Advocates (or ISVAs) can support you through the process, from the first step right through. We also offer wellbeing support and support groups.

WHERE?

The Core, County Way, Barnsley, S70 2JW. Our premises are accessible and we have a number of rooms where we provide different types of support. www.bsarcs.org.uk

WHEN?

BSARCS can only see visitors by appointment. To make an appointment, or for more information call us on 01226 320140 or email us info@bsarcs.org For specific information about referring someone to one of our services, please see our [How to Make a Referral](#) page.

Victim Support



WHAT?

Victim Support gives emotional and practical help to people who have been affected by crime in Humberside or South Yorkshire.

Victim Support is an independent charity and you can contact for support regardless of whether you've contacted the police, and no matter how long ago the crime took place. Victim support will help you for as long as it takes to overcome the impact of crime.

WHO?

Victim Support gives emotional and practical help to adults and young adults who have been affected by crime in Humberside and South Yorkshire.

HOW?

Crime impacts people in different ways. This is why victim supports specially trained staff contact victims and spend time speaking to them to find out what kind of support they might benefit from to help them cope with the effects of crime and move on with their lives.

WHERE?

Victim Supports office address is:

Referral Unit, 126 Occupation Lane, Sheffield, S12 4PQ

You can access support from our phone lines, website and live chat 24/7

WHEN?

Our phones lines are open Monday to Friday 9am - 8pm and Saturday 9am - 1pm 0300 303 1976

If you need support outside of our open hours, call our Support line for free on 08 08 16 89 111 or request support via our website.

www.victimsupport.org.uk Alternatively, you can contact us via [live chat](#)



WHAT?

Pathways family support provides services which enable people to rebuild self-esteem, confidence and emotional resilience by the provision of a range of interventions.

WHO?

Young people, and adults

HOW?

Contact Pathways family support to find out about a range of different services. Ongoing flexible support enables people to make informed choices about their future, reach their short and long term goals, realise their potential and actively contribute to their communities and society.

WHERE?

Contact Pathways family support Pathways Family Support Centre (BDVG) 33-35 Peel Parade, Barnsley S70 2RN

WHEN?

Contact Pathways family support Mon - Fri 9am-5pm on:
01226 731812
pathwayscentre33@yahoo.co.uk
Or visit: www.barnsleydvg.org.uk

BULLYING AND ABUSE



WHAT?

The Barnsley LGBT Forum brings the community together to look at issues and concerns that affected the local lesbian, gay, bisexual and transgender community. Barnsley college have their own SAGA group for the LGBTQ students in college. <http://www.youngstonewall.org.uk/> There is also a youth group that our younger members of the community can access.

WHO?

For Young people and Adults

HOW?

The monthly meetings alternate between formal meetings and social meetings each month. In the formal meetings we discuss any items on the agenda about what we want to achieve or discuss event planning or any representation with our partners that need to take place.

The social meetings are about people getting together and having a chat with each other, meeting new people and to see what is happening around the borough, alternatively we arrange meal clubs, bowling nights, and film nights to meet up and have fun.

WHERE?

If this is something you feel you would like to be a part of, get in contact or look on the social media sites. You will always be made to feel welcome and you can do as much or as little as what your time allows. The forum is all about the members and how everyone can make things better for the community so come along and join the fun!

WHEN?

Facebook: www.facebook.com/groups/BarnsleyLGBTForum

Twitter: twitter.com/BarnsLGBTForum

www.barnsleylgbtforum.org.uk/

Email: Secretarybarnsleylgbtforum@gmail.com

Public Health Nursing Team



WHAT?

Barnsley 0-19 Public Health Nursing Service offer advice and support in a number of areas such as:

Healthy eating and exercise, Mental health, Emotional health, Sexual health including C Card, Managing medical conditions in school, Infant feeding, Contenance, Healthy relationships, Safety in the home, Online safety, bullying, smoking and substance abuse.

WHO?

The service is for any family, child or young person within the Barnsley area. The Service consists of a team of, Health Visitors, School Nurses, Public Health Nurses and other healthcare professionals.

HOW?

We can offer:

- Confidential support for children and young people either on a 1:1 basis or in group sessions.
- Advice and support for parents.
- Advice and support for professionals supporting families, children and young people.

WHERE?

You can be seen in most places by a school nurse...not just in school. We can offer home visits, attend youth clubs and schools...we can discuss where you feel most comfortable and is most convenient for you. Some schools have a school nurse drop in that you can access confidentially.

WHEN?

You can contact our service by calling our Single Point of Access administration team on 01226 774411, who can help you and pass on messages for a member of the Public Health Nursing team to contact you, Our office hours are Monday- Friday 9am-5pm.



WHAT?

Multisystemic Therapy (MST) works with families and other agencies, such as social work teams and Youth Offending Services, to safely keep young people with their families and in the community.

WHO?

Children
Young people, their parents and carers

HOW?

Placing young people out of home in custody or care is usually not effective in reducing their offending or problem behaviour and MST works to prevent this happening where possible by strengthening parents' skills in keeping their child out of trouble and working to change young people's behaviour. Increase parents or carers skills and confidence

WHERE?

Multisystem Therapy Team,
McLintocks Building, Summer Lane,
S70 2NZ

WHEN?

Contact MST for more information:
Email: MST@Barnsley.gov.uk
01226 774989
www.mstuk.org/mst-barnsley



WHAT?

The Challenging behavior Foundation is the charity for people with severe learning disabilities whose behaviour challenges. We're making a difference to the lives of children and adults across the UK through providing information about challenging behaviour, peer support groups for family carers and professionals, supporting families by phone or email and running workshops to reduce challenging behaviour.

WHO?

For people with severe learning disabilities whose behaviour challenges

HOW?

We offer information about challenging behaviour to anyone who provides unpaid support to a child, young person or adult with a severe learning disability. We can also signpost you to other specialist organisations and sources of information.

You can call us on: 0300 666 0126
Or email us at: support@theCBF.org.uk

WHERE?

Contact us for more information
www.challengingbehaviour.org.uk

WHEN?

We are open at the following times:
Monday – Thursday: 9am – 5pm
Friday: 9am – 3pm

Scope

About disability

WHAT?

Scope is the disability equality charity. We won't stop until we achieve a society where all disabled people enjoy equality and fairness. At home. At school. At work. In our communities. Scope is a strong community, of disabled people and non-disabled people, with a shared vision of equality. Scope uses a collective power to change attitudes and end injustice.

WHO?

For people who may need support and information around disability.

HOW?

We provide practical advice and emotional support whenever people need it most. We do this through our Scope helpline, our online community, a range of employment services, community engagement programmes, and more. All of our services are developed to achieve our strategy, Everyday Equality.

WHERE?

Call 0808 800 3333 for support and disability information
For independent support or disability information, contact our free helpline.
Email helpline@scope.org.uk

WHEN?

Contact Scope for more information.
Contact Scope 9am to 5pm on weekdays. Scopes are closed bank holidays.
www.scope.org.uk

SENDIASS: Special education needs, disability information advice support service



WHAT?

The Special Educational Needs and Disabilities, Information, Advice and Support Service (SENDIASS) offers free, confidential and impartial: information, guidance, advice and support.

WHO?

It's available to all children, young people and parents and carers of children and young people who: have a Special Educational Need (SEN) or disability; are between the age 0-25 years and live in the borough of Barnsley.

HOW?

Services we can offer you:
The opportunity for you to talk things through and say what your concerns are; support when writing letters to school, early years and post 16 settings and the local authority; help with Statutory Assessment and Education; Health and Care Plan process advice or issues around school/setting placement; support at meetings; advice on who you should contact if there are behavioural, emotional or social difficulties information on appeals to SEND (Special Educational Needs & Disability)

WHERE?

SENDIASS Barnsley (formerly Parent Partnership service),
Corporate Mailroom, PO Box 634,
Barnsley,
S70 9GG Phone 01226787234

WHEN?

Contact us for more information (01226) 787234

Early Help for Families



WHAT?

Early help is the support we give to children, young people and their families where they have additional needs that aren't being met by universal services (services that are available to everyone, like health and education). When a family has additional needs, we make sure they have access to the support they need at the earliest possible stage to prevent their needs becoming greater.

WHO?

Early help offer is for children and young people up to the age of 19 (25 if they have learning development needs or disabilities) and families..

HOW?

The best way to get support is to talk to a professional that knows you already, such as a GP, teacher, family support worker, school nurse, health visitor or early intervention and prevention worker. They'll be able to talk to you about what additional help you may need and how to access it. We offer early help, either through universal or targeted services, based on individual needs.

WHERE?

You can find out more details of our family centres by following the link: www.barnsley.gov.uk/services/children-families-and-education/child-care-nurseries-and-family-support/family-centres/

WHEN?

Contact for more information: 0800 0345 340
If you think the child's in immediate danger, call the police on 999 or (01142) 202020. If the child's not in immediate danger, but you're still concerned about them, call (01226) 772423 (weekdays before 5pm). Call our emergency duty team on 0844 9841800 if you're calling after 5pm.



WHAT?

We deliver the social housing service on behalf of Barnsley Metropolitan Borough Council and this includes the following services.

We manage the waiting list and let vacant homes.

We collect rent, repair, maintain and develop our homes and estates., support people facing financial difficulties and support people to manage their tenancy.

WHO?

For young people, and adults.

HOW?

We do as much as possible to support you in your home every step of the way. We know that sometimes it can be difficult to live a fully independent life without additional help or support, so we offer a range of services suited to your needs, your family and your life. We offer advice and support for all tenants including older and disabled people.

WHERE?

Contact Berneslai Homes for more information.

WHEN?

You can get in touch with us online by completing our online forms or via email. We also send out regular news and information to our tenants via email or text. If you would like to sign up for this information then please [follow this link to sign up](#). Contact Berneslai Homes on: barnsleytaras@gmail.com

The Paediatric Therapy Service



WHAT?

The paediatric therapy service aims to support children to maximise their potential in all aspects of daily life.

WHO?

Children and young people and their families.

HOW?

If you are concerned about your child, you are able to self-refer to the service. Referrals are also accepted from: allied health professionals carers/family, consultants, GPs, health visitors, hospital staff, local authority staff and schools. The service works in close partnership with families, carers, schools, nurseries, and other professionals.

Paediatric therapists see children in clinics, children's centres, nurseries, schools and in their homes.

WHERE?

Find us: Directions or location information

Telephone: 01226 644396

Hours: Monday - Friday 8.30am - 4.30pm

Visit our website at www.southwestyorkshire.nhs.uk

WHEN?

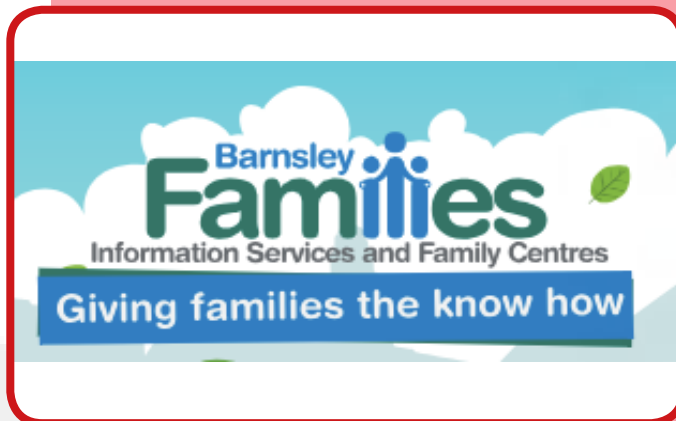
Contact us

The Lodge, Kendray Hospital, Doncaster Road

Barnsley, S70 3RD Telephone: 01226 644396

Hours: Monday - Friday 8.30am - 4.30pm

Barnsley Family Information Service



WHAT?

Barnsley Family Information Service provides free and confidential information and advice for the whole family.

WHO?

For families of children and young people aged 0-25 years with a special educational need, disability or complex health needs.

HOW?

We have a dedicated Family Involvement and Information Officer for Disabled Children and Young People. They support families of children and young people aged 0-25 years with a special educational need, disability or complex health need. They can offer support and information to families on: early help, family support and family centres a range of local and national service, including support groups, organisations and charities short breaks for children with disabilities, including help to apply for a short break.

WHERE?

You can access information via our website [Barnsley Family Services Directory](#), or contact us. The website provides a huge range of information on childcare, including: funded places, help with childcare costs, recreational activities and things to do, how to access early help and family centres Barnsley's Local Offer and much more.

WHEN?

Gateway Plaza, Sackville St, Barnsley S70 2RD Hours:
Monday 9am-5pm/ Tuesday 9am-5pm/ Wednesday 9am-5pm
Thursday 9am-5pm/ Friday 9am-4:30pm
Saturday/Sunday Closed
Phone: 0800 034 5340

MENTAL HEALTH FRIENDLY APPS AND WEBSITES

This list has been compiled by Chilypep as a guide to the apps available to support young people's wellbeing.

Please check the suitability of each App, and if there are any cost implications or compatibility issues. Please also be aware that some apps may not be free and always check the in-app purchases.

Suicide Safety Plan: This app is designed to support those dealing with suicidal thoughts and help prevent suicide and help them build a plan to keep safe. This app also contains an easy-to-access list of emergency resources so that help is just a tap away. [Search Suicide Safety App](#) in your app store.

WYSA: This app is co-designed by therapists and coaches to help people cope when they are feeling overwhelmed with anxiety or stress. Wysa lets you set the pace, helps when it can, and never judges. It is free and anonymous. Visit <https://www.wysa.io> to find out more.

Find, Get, Give: This is a mental health services signposting website for young people aged 11-25 where you can find help, get help and give feedback. For more information visit www.findgetgive.com.

Mood Bug: This is an app young people can use to share their mood with their friends and see how others are feeling. For more information download the app or visit www.moodbug.me.

Head Meds: This website, powered by Young Minds gives young people more information about medication. Visit www.headmeds.org.uk

Alive App: This app is a pocket suicide prevention resource full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. Search Stay Alive in your app store.