

A-Z OF SERVICES AND RESOURCES AVAILABLE IN LEEDS TO SUPPORT SCHOOLS WITH SOCIAL, EMOTIONAL AND MENTAL HEALTH.

OCTOBER 2024

This A-Z of services and resources is aimed at people working in educational settings (up to age 18) in Leeds. It explains the services that offer direct support to children and young people who have social, emotional and mental health needs. A pathway diagram that shows how these services interlink is available here: [School Mental Health Pathway](#)

It also includes initiatives, resources and training that is available to support settings to develop and improve their SEMH offer.

KEY:

Blue = Resources / initiatives for schools

Amber = Direct support to children and young people

This resource is designed to support Leeds schools/settings in accessing social, emotional and mental health (SEMH) information, and services.

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BARCA (LEEDS)

5-24 YEARS

Provides therapeutic and wellbeing support as part of MindMate Wellbeing (cluster based mental health support) as well as a wide range of community services.

BATTLE SCARS (LEEDS)

16 - 18 YEAR OLDS

Battle Scars Self Harm Charity helping young people in Leeds who is affected by self-harm. Battle Scars has a weekly drop-in for 16 - 18 year olds, with no referral, assessment, waiting list, or booking needed. Join them every Monday from 6.30-8pm (except Bank Holidays) at the Lovell Park Hub.

CALM HARM

13 YEARS PLUS

A free app that helps young people resist or manage the urge to self-harm, it has a number of activities including breathing techniques to help reduce symptoms of stress and anxiety.

CAMHS CRISIS CALL LINE (LEEDS)

0-17 YEARS

This is a freephone crisis call line to support children and young people (up to 18th birthday) whatever the circumstances by listening, advising, supporting and signposting.

Parent/carers and professionals can also call for advice on: **0800 9530505**

The service is open Mon- Sun 8am - 8pm

(Note - see NightOwls for 8pm-8am crisis line which combined with CAMHS Crisis Call Line gives 24/7 coverage)

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH SERVICE (CYPMS) FORMERLY CAMHS (LEEDS)

0-17 YEARS

Leeds CAMHS/CYPMS provide assessment and therapy to children and young people with a Leeds GP up to the age of 18 who have emotional or behavioural problems or other mental health difficulties, if their needs cannot be met by support within education settings. There is **no direct referral** to CAMHS, referrals for emotional support should be made to MindMate SPA who may refer onto CAMHS if appropriate.

Leeds CAMHS/CYPMS includes a variety of pathways including:

- Urgent review
- Further assessment / therapy
- Eating Disorder team,
- Learning Disability team,
- Neuro-developmental assessment

CHAT HEALTH (LEEDS)

11- 19 YEARS

A confidential text service for 11-19-year-olds to ask health questions. They can text a 0-19 Specialist Public Health Nurse on: **07520 619 750** for health support and advice on a range of health issues. They will receive real-time advice (between 8.30am-4.30pm, Monday - Friday) on health issues such as sexual health, emotional health, and wellbeing, bullying, healthy eating and general health concerns.

CHILDREN'S SOCIETY SERVICE

Time for young people, Leeds

Time for young people, Leeds is a emotional wellbeing and mental health support service for young people who live and study in Leeds. It offers drop-in sessions, one-to-one structured support, and group sessions and workshops. We are based in the city centre along with several community locations across Leeds. Time for young people, Leeds works on a no wait list and no referral approach, this is to ensure support is offered when most required. For more information including locations and opening times please see this link: childrenssociety.org.uk/time-leeds or contact: timeleeds@childrenssociety.org.uk

COLLEGE SUPPORT (LEEDS)

16 YEARS PLUS

Colleges in Leeds offer mental health support, provided internally and via MindMate Support teams - [MindMate Support Team](#) - MindMate

COMMUNITY MENTAL HEALTH TRANSFORMATION PEER SUPPORT SERVICE (LEEDS)

17 YEARS PLUS

The service is available to anyone over 17 living in Leeds for people experiencing moderate/severe mental health difficulties. The service offers up to eight 1:1 session's with Peer Support Workers with lived experience of mental health difficulties. Support is based on shared personal experience and empathy. It is focussed on strengths, and offers support to develop skills and strategies to maintain wellbeing. Support is flexible and can be accessed online, by phone or in person - in community venues and at home if necessary.

it is a partnership between Leeds Survivor Lead Crisis Service, Leeds Mind, Yorkshire MESMAC, and Health for All, offering peer support in Community Mental Health Transformation. Referrals/enquiries via Michaela Shaw (Senior Peer Support Worker) Email: michaela.shaw@slcs.org.uk or call: **07701289316** / Office:**0113 2609328**

DEPARTMENT FOR EDUCATION RESOURCES (UK)

0-18 YEARS

The DfE has developed a [list of resources](#) for teachers and teaching staff to provide children and young people with sources of support to assist them to get the help they may need.

They have also published [guidance on how to promote and support mental health and wellbeing in schools](#) and colleges.

Additionally they have [published guidance](#) to help school staff, as well as academy trustees, parents/ carers and local authorities support pupils experiencing social, emotional or mental health issues that may be affecting their attendance. There is [further guidance available](#) on supporting pupil attendance, alongside best practice [case studies and training webinars](#).

DIAL HOUSE @ TOUCHSTONE (LEEDS)

16 YEARS PLUS

Dial House provides services for people aged 16 years and older, and is a safe place where you can talk to someone about your problems. They routinely work with suicidal feelings, self-harm and complex mental health conditions.

BSL users can text at 6pm on **07922 249 452** and staff will ask an interpreter to come in to Dial House (they do **not** have BSL crisis staff on shift).

They are open from 6pm until 1am (Mon, Wed, Fri, Sat & Sun) offering face to face, phone support and/or social time. If you are offered face-to-face support they can provide free taxis to and from the service. You can call: **0113 260 9328** or text: **07922 249 452** and please note: You can contact them from 6pm on the night you would like to refer by phone or text. Spaces usually fill up by 7:30pm.

EDUCATIONAL PSYCHOLOGISTS (LEEDS)

0-25 YEARS

Educational Psychologists support the inclusion and development of children and young people aged 0-25, with a particular focus on SEND and vulnerable groups. They apply psychological theory to real life contexts in order to support organisations, schools, families and children/young people themselves.

Their role involves using applied psychology and knowledge of education to support and inform a rich understanding of the needs of children & young people. They will use a variety of consultation, assessment and problem solving approaches, in order to achieve this.

EVERY MIND MATTERS (UK)

0-18 YEARS

The [NHS Every Mind Matters](#) website offers valuable advice for spotting and supporting children's mental health issues and encouraging young people to look after their mental wellbeing, as well as a NHS-endorsed digital content and classroom resources, developed in partnership with clinical and academic experts and end users.

FORWARD LEEDS

UP TO 21 YEARS

Forward Leeds provide a confidential and non-judgemental service to young people up to the age of 21. A member of the team can come to meet you at home, at school or in a neutral venue that suits you.

Our Young People's Service has a dedicated phone number **0113 887 2757** you can also call or text **07525 265755** or email admin.yp@forwardleeds.co.uk for more information. Follow them on [Twitter](#)

Within Forward Leeds there is a specialist team made up of psychiatrists, psychologists, nurse specialists, therapists, non-medical prescribers, & associate practitioners.

The team's role within Forward Leeds is to provide specialist assessment and interventions for individuals with alcohol and/or drug problems, who have additional complex needs. They are based across the three main Forward Leeds hubs in Armley, Kirkgate in the city centre and Seacroft, as well as in the hospitals in Leeds.

GIPSIL (LEEDS)

10-18 YEARS

Offers therapeutic and wellbeing support as part of MindMate Wellbeing (Cluster based mental health support). Gipsil also has a variety of wider services including Mediation for 10 to 18 year olds.

KOOTH (UK)

10-18 YEARS

Kooth offers a free, BACP-accredited, safe online community of mental health support & counselling to 10 to 18 year olds in Leeds. Young people can sign up anonymously at www.kooth.com, either on their own device, or at school with support. Users can instant chat with counsellors, use moderated forums as well as other features of support.

LEEDS SUICIDE BEREAVEMENT SERVICE

FAMILIES

If someone experiences a loss by suicide, it can be helpful to offer support to students, staff and your wider community. The service can offer group bereavement support and training to help staff manage the situation. They can also directly support families who have been bereaved by suicide. Contact the Leeds Mind suicide bereavement services: (Open Monday - Thursday 9am - 5pm, and Friday 9am - 4:30pm) **0113 305 5800** (Leeds Mind reception) or email: sbs@leedsmind.org.uk

LEEDS SURVIVOR LED CRISIS

Leeds Survivor-Led Crisis Service (LSLCS) is a mental health charity based in Leeds. They provide out-of-hours support to people in acute mental health crisis with the aim of reducing hospital admissions, A&E visits, and use of statutory crisis services. Contact: survivor.led@lslcs.org.uk

LEEDS MIND

14-25 YEARS

Leeds Mind offer many services, including counselling, group therapy, social support, peer support, social prescribing, employment support, suicide bereavement support, and mental health training.

MINDMATE WEBSITE (LEEDS)

0-25 YEARS

The MindMate website is an information hub for Leeds, and includes:

- free and accredited services available in the city
- advice and information on a range of mental health issues
- stories and experiences of young people and their mental health.
- guidance for self-care and where necessary, self-referral

While MindMate is focused on the needs of young people, it's also a valuable resource for professionals, as well as parents and carers. In fact, the service was co-designed by young people, professionals and carers, and they still have a say in every aspect of MindMate.

MINDMATE AMBASSADORS (LEEDS)

17-23 YEARS

MindMate Ambassadors form a small team of part-time MindMate employees between 17 and 23 years here to represent young people and their views and help make MindMate relevant to young people. They all have lived experience or know people who are closely affected by mental health issues and the support systems in Leeds.

They have one main goal which is to reduce stigma around mental health and create a more open conversation about how young people are actually feeling. They are available to visit secondary schools and colleges to talk to students about mental health and make sure they know about MindMate and all the information and services which are available to them to support their mental health. Email liz.neill@commonroom.uk.com Check out the [MindMate YouTube Channel](#) to see some of our work and hear from other young people in Leeds

MINDMATE CHAMPION PROGRAMME AND MINDMATE LESSONS (LEEDS)

0 YEARS TO POST 16

MindMate Champions is an evidence based self-evaluation, action planning and recognition programme for schools, SILCs and Children's Centres and is part of the prevention element of Future in Mind Leeds: a strategy to improve the social, emotional, mental health (SEMH) and wellbeing of children and young people aged 0-25 years.

MindMate Lessons is a modern social, emotional and mental health curriculum for KS1-4. All PowerPoints and lesson plans are editable. There is an accompanying guidance document for delivering the lessons, and focus modules on the following topics:

- Mindfulness
- Disordered Eating
- Self-Harm
- Resilience
- Bereavement
- Domestic Abuse
- Anti-Stigma

MINDMATE SINGLE POINT OF ACCESS (SPA) (LEEDS)

0-17 YEARS

MindMate Single Point of Access (SPA) is available for all children who have a Leeds GP. Young people, parents/carers and some professionals can refer into the SPA. Guidance about which school staff can make a referral is available [HERE](#).

SPA will usually only accept a referral if there is evidence of the Graduated Response, with input from mental health support linked to education settings. The exception for this is high risk or complexity. A referral to MindMate SPA is not a referral to CAMHS as there may be a variety of outcomes including further support within the school or community. Families can self-refer [MMPSA School Referral.docx](#)

MINDMATE SUPPORT TEAMS (AKA 0 YEARS TO POST 16 YEARS MENTAL HEALTH SUPPORT TEAMS) (LEEDS)

The MMST is a new service expanding across Leeds. They offer support to staff in educational settings, around the child or young person's wellbeing, working in collaboration with education staff by using a consultation model. MMST can provide early intervention support indirectly or directly, as well as resources and signposting to other services. More info and list of settings here — [MindMate Support Team - MindMate](#)

The MMST's have also produced a set of [self-help workbooks with guides for using for these with young people](#) for professionals.

MINDMATE WELLBEING (CLUSTER SUPPORT) (LEEDS) 0 - 16 YEARS

MindMate Wellbeing is mental health support provided to schools that are part of a Cluster. It is provided by GIPSIL, Northpoint or Barca. Support includes family support, group work and therapeutic counselling and in some areas, digital based support (SilverCloud) . Referral via Guidance and Support meeting or specific cluster processes.

Schools that are not part of a Cluster provide their own mental health support instead of MindMate Wellbeing.

MINDWELL (LEEDS) 18 YEARS PLUS

Website for adult's mental health, useful for schools to recommend to parents for people in Leeds. As well as offering support and practical advice around mental health and wellbeing, and a national directory of services, Mindwell provides a range of resources for professionals who are supporting others.

MULTI SYSTEMIC THERAPY TEAM (LEEDS) 11 - 17 YEARS

MST is an intensive family and community-based intervention for children and young people aged 11-17, where young people are at risk of out of home placement in either care or custody due to their offending or having severe behaviour problems.

The key goals of MST are to break the cycle of anti-social behaviours by keeping young people safely at home, in school, and out of trouble.

MY HEALTH MY SCHOOL SURVEY **EARLY YEARS TO POST 16** **(LEEDS)**

The My Health, My School survey is a pupil perception survey that asks children and young people (CYP) in years 3, 4, 5, 6, 7, 9 & 11, (as well as separate surveys for Post 16 and SEND provisions) a number of questions in order to generate vital information on the health and wellbeing of pupils. The data provided can allow us to tailor interventions to improve the data and the lives of CYP for the future. The survey comprises of a range of questions on the eight themes including a comprehensive SEMH section.

NIGHT OWLS (LEEDS) **UP TO 25 YEARS AND FAMILIES**

NightOwls is an overnight listening service for children and young people experiencing emotional difficulties. They support young people, their parents and carers living in Bradford, Leeds, Calderdale, Kirklees and Wakefield and you can call: 0800 148 8244 or text: 07984 376950. Online support is also available at: wynightowls.org.uk. The service is open from 8pm - 8am. 365 days a year.

NORTHPOINT (YORKSHIRE) **0 - 16 YEARS**

Northpoint is one of the providers of MindMate Wellbeing which provides mental health support to schools in clusters.

OFFICE FOR HEALTH IMPROVEMENT AND DISPARITIES (UK) **UP TO 18 YEARS**

The Office for Health Improvement and Disparities offers lesson plans, written and peer reviewed by teachers, for Year 6 and Key Stages 3 and 4 to support the RSHE curriculum and enable teachers to support pupil wellbeing. These free PSHE resources are accessible via [the School Zone](#).

There are [anti-bullying school resources](#) for primary and secondary ages, including cross-curricular activities and lesson and assembly plans. Your school can also register for a whole-school anti-bullying programme: [The United Against Bullying programme](#).

OH LILA TRAINING (LEEDS) **KS1**

Oh Lila builds resilience and protective factors in pre-schoolchildren supporting them to increase emotional intelligence and learn valuable life skills, including helping them to identify trusted adults and develop their social and problem solving skills. Check Leeds for Learning for any upcoming events.

PRIMARY RESILIENCE PROGRAMME (LEEDS)

4 - 11 YEARS

The primary programme aims to support pupils to develop and strengthen their resilience to cope, manage and regulate their emotions, behaviours, attitudes; helping them to make informed decisions as they grow.

There are two delivery options:

- Option 1: Self-delivered by staff in school,
- Option 2: Co-delivered by a member of the school staff and the Health & Wellbeing Service, with the focus on training the school staff to continue with self-delivery going forward.

PROVISION GRID FOR SEMH (LEEDS)

EARLY YEARS TO POST 16

This Provision Grids provide a best practice guide to implementing and evidencing a robust graduated approach to identify and meet SEMH needs. Suitable teaching and learning strategies and identification and assessment tools are illustrated within a tiered approach from whole setting to universal, targeted and personalised levels of provision. Developed by Educational Psychology team

PUBLIC HEALTH RESOURCE CENTRE (LEEDS)

EARLY YEARS TO POST 16

[Public Health Resource Centre \(leeds.gov.uk\)](https://www.leeds.gov.uk/public-health-resource-centre)

The PHRC stocks a variety of leaflets, posters and other resources related to mental health, including a MindMate Support-card aimed at explaining how to get help for mental health difficulties for over 11s. It also stocks the MindMate Crisis Card. It's free for professionals to order resources - more info how to order here ([Public Health leaflets and posters \(leeds.gov.uk\)](https://www.leeds.gov.uk/public-health-leaflets-and-posters)). They also run free webinars and training sessions.

RSHE CURRICULUM TRAINING (LEEDS)

The Health & Wellbeing Service provide training around the RSHE Curriculum. Check Leeds for Learning for any upcoming dates.

SAFER SCHOOLS APP (LEEDS) PRIMARY AND SECONDARY

The Safeguarding team has bought in so that all Leeds LA schools can access the app. It gives safeguarding updates straight to your phone and has a variety of useful resources and quizzes.

SAFE ZONE (LEEDS)

11-17 YEARS

Safe Zone is a face-to-face crisis service for anyone aged 11-17 years and their parents/carers living in Leeds who need someone to talk to in a safe confidential setting. They routinely work with a range of issues such as stress, anxiety, exam worries, loneliness, loss, suicidal feelings, self-harm and complex mental health conditions. Families are welcome to bring in their younger children too, especially if they don't have any childcare arrangements. Free taxis are provided to and from the service. Safe Zone also offers daytime show arounds at Dial House for young people, parents and professionals to learn more about the service. You can call: 0113 819 8189 or text: 07593 529367. It is open Wed & Thurs from 4pm-10pm - referrals from 4pm-8:30pm

Staff can refer young people and families to us by emailing: safezone@lslcs.org.uk. Professionals can refer by our online form: <https://www.lslcs.org.uk/safezonerefer>

SCHOOL HEALTH CHECK EARLY YEARS TO POST 16 **(HEALTHY SCHOOLS PROGRAMME)_(LEEDS)**

The School Health check aligns with statutory guidance to help you audit your school's provision around Physical Activity, SEMH, Healthy Eating and PSHE, creating an action plan for any changes needed.

SCHOOL MINDMATE AMBASSADOR TOOLKIT AND GUIDANCE (LEEDS) **PRIMARY & SECONDARY**

The School MindMate Ambassadors Toolkit is a new resource for pupils to ensure good peer to peer SEMH support in schools. It was created by Space2, with the Health and Wellbeing Service and pilot schools, and there is pupil training from the Health & Wellbeing Service to go alongside it.

Available for anyone to purchase, it has been designed to do alongside the MindMate lessons and MindMate Champion model, and supports pupil voice and participation. The toolkit provides comprehensive guidance and resources that encourage and empower pupils to take a proactive role in improving social, emotional and mental health within their schools. School MindMate Ambassadors will become role models and advocates who champion positive attitudes and behaviours and will lead by example and help to improve the social, emotional and mental health and wellbeing of the whole school.

SCHOOL WELLBEING WEBSITE (LEEDS) **EARLY YEARS TO POST 16**

The School Wellbeing website collates useful resources for schools across a variety of topics including pupil voice, participation and sustainability, physical activity, healthy eating and social, emotional & mental health (SEMH).

SECONDARY RESILIENCE PROGRAMME - SCHOOL/COLLEGE OFFER (LEEDS) **11-18 YEARS**

The Health & Wellbeing Support and Prevention Team, Leeds City Council has been commissioned to deliver a number of resilience group work programmes to targeted secondary schools/colleges across Leeds.

The programme is a group work programme consisting of 8 sessions, which are designed to be delivered for 1 hour each week.

The programme is based on the Young Minds Academic Resilience model which focuses on five key areas of resilience (Belonging, Core, Coping, Learning and Basic) which incorporate a number of issue-based topics such as alcohol, peer pressure, social media, body image and abusive relationships.

SEMH PANEL (LEEDS) **EARLY YEARS TO POST 16**

Schools can refer exceptional cases that they are 'stuck' with to the AIP to discuss at SEMH panel which will explore how systems and services can best meet needs of children and young people. This will require evidence of the graduated approach and service support accessed. If children and young people are in statutory process for EHCP then SEMH panel not appropriate.

SENIOR MENTAL HEALTH LEAD PROGRAMME (YORKSHIRE)

EARLY YEARS TO POST 16

The Department for Education (DfE) is offering a £1,200 grant for a senior member of school or college staff to access quality assured training to implement an effective whole school or college approach to mental health and wellbeing in your setting. The grant provided can cover the cost of attending this quality assured course, and the programme is **available to all schools (primary, secondary and post 16) in the Yorkshire and Humber region**. If you have previously received this grant, and the Senior Mental Health Leader has subsequently left your setting, you may be eligible to apply again.

This is an intermediate level course and is aimed at leaders in school who are familiar with the role and who are looking to further develop the mental health support offered throughout the school or setting.

Our grant funded, DfE assured, programme includes:

- one day initial face to face training
- online SEMH audit tools to assess your whole school provision
- online pupil perception survey tool
- enabling you to gather data about whole school mental health and wellbeing,
- virtual coaching support
- one to one personalised support and guidance
- peer to peer support networks
- enabling to you share best practice and learn from other senior mental health leads
- an in school review
- additional training opportunities,
- Schools in Leeds: MindMate Champions website including lessons & resources.

SENIDASS (LEEDS)

EARLY YEARS TO POST 16

SENDIASS is a dedicated, statutory service for parents, carers, children and young people. They deliver the duty for the local authority to provide free, confidential and impartial information, advice and support on: educational law on SEN and related law on disability, health and social care, statutory processes for SEND, and education policy, procedure and local practice.

SLEEP CHAMPIONS - CHILDREN'S SLEEP BLOG (UK)

EARLY YEARS TO POST 16

When a child is having sleep issues it can impact on all areas of their development including their emotional, physical and mental health. The Sleep Champion training is suited to professionals working in a range of roles, we are trusted to train the NHS, education and residential staff and those in family support roles. Lighthouse School are currently accredited to deliver this training.

SOCIAL EMOTIONAL MENTAL HEALTH (SEMH) SUPPORT PATHWAY, UTILISING A GRADUATED APPROACH (LEEDS)

4-18 YEARS

Newly developed visual pathway that explains how state-funded schools in Leeds support children aged 4 to 18th birthday.

STARS TEAM (LEEDS)

EARLY YEARS TO POST 16

STARS are a team of autism specialists who offer advice and training to mainstream settings. They work in early year's settings, primary schools and secondary schools.

TEEN CONNECT (LEEDS)

11-18 YEARS

Teen Connect provides emotional support by phone, online chat or text for anyone aged 11-19, including parents, carers and guardians who are living in Leeds needing someone to talk to can call: 0808 800 1212 (freephone) or text: 07984436680. Online support is also available at: www.teenconnect.org.uk. The service is open from 3:30pm until 2am Mon-Fri & 6pm until 2am Sat & Sun

THE INCLUSION SUPPORT WORKER TEAM (LEEDS)

EARLY YEARS TO POST 16

The Inclusion Support Worker (ISW) Team work closely with adults in schools to better include young people who present with Social, Emotional and Mental Health needs (SEMH). They strive to promote a greater understanding of behaviour as communication and how this can impact on engagement with learning. In so doing, we hope to encourage staff to develop an awareness of what needs the young person is communicating and reflect on how these can best be met in their setting.

Interventions are delivered through consultation, using a problem solving, collaborative approach which is based on both support and challenge; this may involve an exploration of whole school systems as well as the use of bespoke training packages.

THERAPUTIC SOCIAL WORK TEAM LEEDS

EARLY YEARS TO POST 16

The Therapeutic Social Work team is staffed by social workers, therapists and psychologists. If the young person is looked after; a care leaver (up to 25 years old); subject to a child protection plan or supervision order; they may be able to access therapeutic support on 0113 3781800. Find out more via our one-minute guide to the Leeds Therapeutic Social Work team. The child/young person's social work needs to make referral to this team.

YOUTH IN MIND (LEEDS)

10 - 25 YEARS

Youth in Mind (part of Leeds Mind) provide 1 to 1 and group support for young people struggling with their mental health due to the impact of very difficult, frightening or distressing experiences or trauma. All staff have personal experience of trauma. Available for age 10 (school year 6) to 25. Call 0113 305 5800

VIRTUAL SCHOOL (LEEDS)

0 - 25 YEARS

The [Virtual School](#) The Virtual School is responsible for ensuring that all children looked after (CLA) fulfil their educational potential, ensuring that the gap between the attainment of those children and their non-looked after peers is closing.

As well as ensuring sufficient information about each child's mental health is available to their educational setting to inform the provision of appropriate support, the Virtual School also has an offer of advice for schools / settings in understanding needs arising from attachment and trauma.

It ensures regular communication with key staff in school including DSL/Designated Teacher/ SENCo/ Head of Year/ Wellbeing Lead/ Tutor to agree a consistent approach. Engage family/young person to understand their experience

VOICE, INFLUENCE & CHANGE TEAM (LEEDS) 5 - 25 YEARS

The Voice, Influence & Change team run a range of citywide youth voice programmes and projects to support children and young people to share their views, experiences and the issues they feel are important. Schools and colleges can participate in a range of programmes including Leeds Children's Mayor, Make Your Mark Ballot and UKYP elections and Youth Voice Summits.

All these programmes provide children and young people with the opportunity to learn more about local democracy and decision making processes, active citizenship and helping improve services in Leeds. The team aim to provide a link between children and young people and their parents and carers with strategic boards and decision makers within the council and beyond. The team run the Leeds Youth Council, UK Youth Parliament, SEND Youth Forum, Leeds Children's Mayor, Children in Care Council (Have a Voice) and Care Leavers Council - all these groups can help children and young people increase their confidence and self esteem, develop new skills and build new friendships.

YOUTH MENTAL HEALTH FIRST AID (LEEDS) 8 - 18 YEARS

Youth Mental Health First Aid courses are for everyone who works with, lives with or supports young people aged 8-18. They will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse. The Health & Wellbeing Service delivers this training, email schoolwellbeing@leeds.gov.uk to express an interest in any upcoming events, and see all the Health and Wellbeing Service's training here: [Training & Events | Leeds for Learning](#).

YOUTH SERVICE (LEEDS) 11 - 25 YEARS

The Youth Service is the term we use to describe the diverse range of Youth Work, sports, arts, and cultural opportunities and activities available to children and young people in Leeds.

The youth service offers two /three groups; two in South Leeds and one Barca West areas. These are confidential groups who aim to work with young people in a brave environment where they can develop their resilience through excellent youth work approach: problem solving, self-awareness and fun activities. However, every week hundreds of these opportunities are publicised social media in the local areas:

EAST Leeds SOUTH Leeds

Facebook [@youthserviceeastnortheast](#)

Instagram [@youthserviceleedsene](#)

Facebook [@youthservice123](#)

Instagram [@youth_service_sse](#)

WEST Leeds

Facebook [@WNWLeedsyouthservice](#)

Instagram [@WNWLeedsyouthservice](#)