

| Available in school | Services available locally | Services available nationally |
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| Designated safe guarding lead | <p>West Cheshire CAMHS</p> <p>Telephone: 01244 393 200</p> <p>Website: https://www.cwp.nhs.uk/services-and-locations/services/west-cheshire-0-16-camhs/</p> <p>Email: cwp.westcheshire.camhsteam@nhs.net</p> <p>Address: Marsden House, Brookdale Place, Chester, CH1 3DY</p> | <p>Anna Freud https://www.annafreud.org/</p> <p>Anna Freud youth well-being directory https://www.annafreud.org/on-my-mind/youth-wellbeing/find-a-service-by-name/</p> |
| Safeguarding team made up of senior leaders within school who have mental health training. | <p>Cheshire young carers</p> <p>Telephone: 0151 356 3176</p> <p>Website: https://www.cheshireyoungcarers.org/</p> <p>Email: info@cheshireyoungcarers.com</p> <p>Address: Cheshire Young Carers Northern Lights Business Park, Rossfield Road, Ellesmere Port, CH65 3AW</p> | <p>Young minds https://www.youngminds.org.uk/</p> |
| ELSA provision | <p>Mental Health Support Team (MHST) a new service to help meet the mental health needs of young people in education settings. Contact the team. 01244 397397</p> | <p>Place to be https://www.place2be.org.uk/</p> |
| Senior Mental Health lead with training in: mental health first aid, Anxiety gremlin, drawing and talking therapy. | <p>Local GPs who can arrange counselling or other more intensive therapeutic services.</p> | <p>NSPCC https://www.nspcc.org.uk/</p> |

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| SENCO | Social services (IART team) Contact and Referral Team: 03001237047 Emergency Duty Team (for emergencies outside of office hours): 01244 977277 | Samaritans https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/ |
| Staff who are kept up to date with relevant mental health training | Wirral and Cheshire partnership Out of hours advice line for children and young people 5-10pm Monday- Fridays 12pm-8pm Weekends 01244397644 | Childline https://www.childline.org.uk/ |
| Mental health lessons taught as part of the curriculum and in support of nationally recognised mental health days/weeks | Crisis service Available 24/7 08001456485 | BEAT's youthline – targeted support for young people with an eating disorder https://www.beateatingdisorders.org.uk/news/beat-news/beats-youthline-member-child-helpline-international/ |
| A mental health display | | Hope again – targeted support for the loss of a loved one https://www.hopeagain.org.uk/ |
| Dedicated mental health section available on school website | | Child Helpline International- collective organization from around the world supporting children's rights and voices https://childhelplineinternational.org/ |
| | | Supporting families through their toughest times https://www.home-start.org.uk/ |
| | | Kooth – an online mental well-being community for young people to find free support and counselling https://www.kooth.com |
| | | Black, African, and Asian therapy network https://www.baatn.org.uk/ |

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| | | <p>Making a safety plan when you may be experiencing suicidal thoughts.</p> <p>https://stayingsafe.net/</p> |
| | | <p>A UK charity providing emotional support and information for anyone affected by mental illness</p> <p>https://www.sane.org.uk/</p> <p>SANEline is open between 4pm to 10pm, 365 days a year Call 0300 304 7000</p> |
| | | <p>West Cheshire Children's Trust- Our way of working</p> <p>A bank of resources to help with mental health and well-being</p> <p>https://westcheshirechildrenstrust.co.uk/our-way-of-working/resources/</p> |

List of mental health provision for Upton Westlea Primary School