

A – Z of services and resources available in Leeds to support schools with Social, Emotional and Mental Health.

(please also see MindMate.org.uk for further information for support in Leeds)

Services and Resources



Where you see a green tick, this indicates a commissioned service

[Active Schools +](#)

An experienced service who work with schools to support the delivery of high quality Physical Activity, PE and Sport. They work collaboratively with schools to ensure children receive quality opportunities through fun participation events and festivals. They also provide quality CPD for existing and new PE subject leaders.

[Active Leeds](#)

Run a variety of activities, aiming to provide an active community. They and are passionate about delivering a positive experience through friendly and supportive staff

[Anna Freud Self Care Resources](#)

Anna Freud consulted with various professionals and looked at academic research to draw up a list of self-care strategies young people use (you can see the process in this [self-care infographic](#)). They also published a [report](#) following a consultation with young people and their families online. The strategies give a menu of self-care options young people can try out, to see what works for them. Young people click the 'Did this activity help your mental wellbeing' button on each page, which is used to grow their evidence base of what works and which methods to research further.

[The Beck](#)

The Beck project offers wellbeing support for children and young people aged 4-18 in primary and secondary schools across Leeds. Their tailored services are confidential, creative and interactive in order to meet the needs of children and young people and /or their parents and carers. For more info contact Sally Hoy at sally.hoy@gipsil.org.uk or 01133 918 000.

[Calm Harm](#)

A free app that helps you 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. Leeds City Council have worked alongside the NHS to customise the app for young people in Leeds.



[CAMHS Leeds](#)

CAMHS offer a range of different assessment techniques and evidence based therapies. Most accepted children and young people will be seen in a consultation clinic, although urgent referrals will be given an assessment and advice about keeping safe, before proceeding in a similar way to the consultation. Dedicated CAMHS Crisis service 8am – midnight, 7 days a week.

[Chat Health](#)

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.

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[Child Bereavement UK](#)

In collaboration with Leeds City Council, Child Bereavement UK is offering a bereavement service in Leeds that supports children and young people, and their families, who have been bereaved of someone important in their life. The service is for Leeds families with young people up to and including age 18, and up to age 25 with SEND, who are in need of support. Their services are provided free of charge and are offered by trained bereavement support practitioners.

[Children Wellbeing Practitioners](#)

Children Wellbeing Practitioners work with children and their families who are in need of brief support for their mental health. This support can be accessed through MindMate Wellbeing.

[College Support](#)

All colleges in Leeds offer mental health support. Post 16 packages of support are available from the Health and Wellbeing Service. E mail schoolwellbeing@leeds.gov.uk for more information.



[Dial House](#)

Dial House is a place of sanctuary open 6pm–2am every Monday, Wednesday, Friday, Saturday and Sunday evenings (when other services are closed). Visitors can access Dial House when they are in crisis, relax in a homely environment and have an hour of one-to-one support from the team of Crisis Support Workers. Young people aged 16yrs plus can access support.



[Dial House @Touchstone](#)

Dial House @Touchstone is a partnership between Leeds Survivor Led Crisis Service (LSLCS) and Touchstone. The service provides out-of-hours crisis services to people from BME groups in acute mental health crisis. The service is held in a place of sanctuary and provides emotional support and information. The aim is to provide a culturally specific service at Dial House @Touchstone whilst providing a reciprocal bridge to our Halton site. Dial House @Touchstone is for anyone from a BME group, including refugees and asylum seekers.

[Educational Psychologists](#)

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 and young people. They will use a variety of consultation, assessment and problem solving approaches, in order to achieve this.

[FGM Training](#)

The course is suitable for any professional who may be working with children, young people and their families, particularly Designated Safeguarding Leads in schools, pastoral staff and professionals working in clusters that have contact with families and children. Once you attend the training, you will receive lesson plans.

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[Kooth](#)

Kooth is a transformational digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. As of December 2019, Leeds has commissioned Kooth to support children and young people across the city. Anyone aged 10-18 can access the survey, and looked after children up to 25 can also access this service in Leeds.

[Leeds Bereavement Forum](#)

Leeds Bereavement Forum is a city-wide network of organisations and individuals who offer services and support to bereaved people. Call 0113 225 3975 for more details.

[Leeds Survivor Led Crisis Service](#)

Leeds Survivor-Led Crisis Service (LSLCS) is a mental health charity based in Leeds. We 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.

[Leeds Mind](#)

Leeds Mind offer many services, including: counselling, group therapy, social support, peer support, social prescribing, employment support, suicide bereavement support, and mental health training. Their award winning service [THRU](#) is a peer support group work for young people aged between 14 and 25 for up to 6 months. They have a weekly support group for 14 – 17yrs and two weekly groups for 18 – 25yrs.

[MindMate.org.uk](#)

MindMate is a website brought to you on behalf of NHS Leeds Clinical Commissioning Group, and is developed in consultation with children and young people across Leeds. The website is designed to help young people better understand their health and wellbeing.

[MindMate Champions & Lessons](#)

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



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[MindMate Single Point of Access \(SPA\)](#)

Leeds MindMate SPA is for professionals to refer into when they are working with children and young people and identify they have a need for support with their emotional wellbeing or mental health. If you are 13-17 years old, or the parent/ carer of children aged 5-17 years, you can talk directly to the SPA team. Call 0300 555 0324 during office hours or [make an online self-referral](#). If you are under 13, you'll need an adult to fill in the form with you or for you. **School staff need to refer through MindMate Wellbeing in the first instance, details below.**

[MindMate Wellbeing \(Cluster support\)](#)

MindMate Wellbeing is mental health support based in schools/clusters that could help with any of the issues presented above. It can help by providing consultation for professionals and face-to-face or virtual support for young people as well as broader access to other services within the cluster. This support can usually be accessed where the child or young person attends school by speaking to someone in school, or following a referral to The [MindMate Single Point of Access \(SPA\)](#) by a health professional, parent or young person (over the age of 13yrs).

[Multi-Systemic Therapy Team](#)

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](#)

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 these individuals. 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:

- All About Me (demographics)
- Healthy Eating
- Physical Activity and Sport
- PE in School
- Drugs, Alcohol and Tobacco
- Social, Emotional and Mental Health (SEMH)
- Sexual Health
- My School/College



[Night Owls](#)

Night OWLS is a confidential support line, 8pm–8am every night for all children, young people, and parents/carers in West Yorkshire – Bradford, Calderdale, Kirklees, Leeds, and Wakefield.

[Oh Lila Training](#)



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Oh Lila builds resilience and protective factors in pre-school children 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 Prevent Lessons](#)

The Prevent Duty, the Department for Education's SMSC requirements, British Values Guidance and Ofsted's inspection criteria all require Schools to ensure students are aware of risks associated with extremism. The Primary Prevent Lessons will support schools to do this. Email schoolwellbeing@leeds.gov.uk for more details.

[Public Health Resource Centre \(leeds.gov.uk\)](#)

The PHRC stocks a variety of leaflets, posters and other resources related to mental health, including a MindMate Z-card aimed at explaining how to get help for mental health difficulties. It's free for professionals to order resources – more info how to order here ([Public Health leaflets and posters \(leeds.gov.uk\)](#)). They also run free webinars and training sessions.

[Policy Support](#)

If you have a Service Level Agreement with the Health & Wellbeing Service, a consultant can support you draft or rewrite your policy. Email schoolwellbeing@leeds.gov.uk for more details.

[Residential Centres](#)

Search Leeds for Learning for a variety of council run residential centres including Lineham Farm, West Leeds Activity Centre and Herd Farm.

[RSHE Curriculum Training](#)

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

[SAD Events](#)

The Sad Events Team is a group of professionals in Leeds who have a commitment to providing loss and bereavement support for children and young people who have suffered a Sad Event eg. Bereavement. The Sad Events Team comprises of School Nurses, Education Staff, Administration and voluntary sector workers. They have experience in counselling including training in the area of loss and bereavement. Call 0113 378 5163 or email education.psychology@leeds.gov.uk for more details.

[Safer Schools App](#)

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](#)

Safe Zone is a crisis service for young people aged 11–17 in Leeds. It is staffed by experienced youth workers and counsellors from The Market Place and Leeds Survivor Led Crisis Service who can offer around 40 minutes of emotional and practical support. Safe Zone is available three evenings a week: Monday, Thursday and Sunday from 6 – 9pm at three different locations across Leeds.

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[School Food Ambassadors](#)

School Food Ambassadors is a pupil voice programme originally launched in Leeds in 2011 and has grown from strength to strength. This model involves a small group of pupils becoming elected to monitor school food with the support of a key member of staff. They give feedback from their peers alongside evidence from monitoring to the school cook and senior leadership to influence change. It is all about pupils taking the lead for their own school food provision to improve its quality, increase uptake and enhance their overall dining experience beyond lunch times. The model was most recently updated in 2014 in light of the [School Food Plan](#) and Ofsted recommendations. SFA encourages schools to take a shared responsibility for school food and lead the change through the eyes of the pupils. Its flexibility means it can be delivered in any education establishment including infant, primary, secondary or SILC schools.

[School MindMate Ambassador Toolkit](#)

The School MindMate Ambassadors Toolkit is a new resource for pupils to ensure good peer to peer SEMH support in schools. It has been 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. 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 Health Check \(Healthy Schools\)](#)

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 Wellbeing Website](#)

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 PSHE Toolkit](#)

The PSHE & Citizenship Education Toolkit is a comprehensive overview of the secondary PSHE and Citizenship curriculum areas, complete with detailed lesson plans and resources. Created as a fully editable Resource, specifically tailored to Education Leeds policy and directives, you are able to develop your own individual programme, tailored to your school's requirements. This resource has been developed for easy use, with navigation by simple click-throughs to PDF, Word, PowerPoint files, video clips and links to websites. The resource is still available for secondary's, but is currently being updated. Email schoolwellbeing@leeds.gov.uk for more details.

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[SENDIASS](#)

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.

[SENIT](#)

SENIT are a multidisciplinary team of specialist teachers and inclusion workers, with expertise in the areas of early years, learning and cognition and SEMH needs across all phases. We have a wealth of experience understanding and meeting the needs of children and young people with SEND up to age 25.

[Sleep Champions](#)

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.

[STARS Team](#)

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.

[Support & Prevention Team Workshops](#)

The Support & Prevention team run workshops around Respectful Relationships, Online Behaviour and Digital Behaviour. Email schoolwellbeing@leeds.gov.uk for more details.



[Teen Connect](#)

Teen Connect is a helpline for 11-18 year-olds living in the Leeds area. They offer up to an hour of support either by phone or online chat. Young people can have up to an hour with one of their trained staff each night to talk about what they're going through.



[The Market Place](#)

The Market Place is a charity commissioned by NHS Leeds and Leeds City Council to provide free, confidential, social, emotional and mental wellbeing support to 11-17 year olds and 18 – 25 year olds in Leeds with additional needs or who are looked after or care leavers. The range of services provided include short & long term counselling, bereavement counselling, fast access crisis counselling, group work and youth worker led one to one drop-in information and support. The Market Place currently provides face to face services from our city centre location, telephone and video support services. For further details visit our website: www.themarketplaceleeds.org.uk

[Therapeutic Social Work Team Leeds](#)

Supporting young people in Leeds who have a social worker or who have left care with their emotional health. They do this in lots of different ways, including through talking, playing, drama, art or writing.



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[Voice, Influence & Change Team](#)

The Voice, Influence & Change team provide a range of programmes and projects to encourage children and young people in citizenship, local democracy and decision making. They 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.



[Well-bean Hope In a Crisis Cafe](#)

The Well-bean Hope In a Crisis Café supports anyone in a crisis – it provides a safe place for people in crisis to go and to prevent avoidable attendances at A&E. Although commissioned as an adult service, young people age 16yrs plus can access support.

The Leeds Hope and Well-bean Crisis Café is a partnership between [Leeds Survivor Led Crisis Service](#) and Touchstone (who are leading on the project). The café runs at three different venues across the week from 6pm to midnight

[Yorkshire & Humber Framework COVID 19 System Wide Response](#)

The framework lists possible school responses, as well as hyperlinks to resources. Parents, school staff, various agencies and young people have all been involved in pulling it together.

[You, Me, PSHE](#)

You, Me, PSHE is a planning resource which supports the teaching of PSHE education in key stages 1 and 2. It can be used either as a complete PSHE programme, or adapted for use alongside current PSHE provision.

[Youth Mental Health First Aid](#)

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, e mail schoolwellbeing@leeds.gov.uk to express an interest in any upcoming events.

[Youth Service](#)

The Youth Offer 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. Every week hundreds of these opportunities are publicised through [Breeze Leeds](#).

