



# OPEN UP BARNLSLEY

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





# OPEN UP BARNLSLEY

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 & 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 & Wellbeing Support**



**Drugs & Alcohol**



**Bullying & Abuse**



**Health & Disability**



**Relationships & Family**



## INFO ABOUT COVID-19

Due to the current COVID-19 Pandemic many of the services included in this Directory have had to change the ways in which they are working. Where it has been possible, we have included information about how services have changed in light of COVID-19.

We would advise you to contact services directly for the most up to date information about how they are operating.

# Listening Ear Support helpline

### WHAT ?

Support for those who have experienced a bereavement during the coronavirus pandemic

### WHO ?

A service for anyone who has lost a loved one and need support, advice or guidance

### HOW ?

A freephone or online support. You can refer yourself to this service

### WHERE ?

Freephone- 08000485224 for meaningful support, advice and guidance or visit [www.listening-ear.co.uk/refer](http://www.listening-ear.co.uk/refer)

### WHEN ?

Available Monday to Friday from 10am to 5pm















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# URGENT HELP

## Useful contacts

Children + young people (CAMHS)- 01226 644829

People with a learning disability- 01226 645237

Adults (aged 18+) Mental Health - 01226 645000

## Childline

### 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. We provide a confidential telephone counselling service for any child with a problem. Childline 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](http://www.childline.org.uk) Freephone: 0800 1111

### WHEN ?

Childline's helpline is available 24 hours a day.

Freephone 0800 1111

# URGENT HELP

## 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.

## HELPLINES

### 24 Hour Mental Health Helpline

**Mental Health Helpline for Residents of Barnsley, Calderdale, Kirklees & Wakefield.** Support, advice, information & guidance for anyone worried about their mental health or that of someone they care for.

**0800 183 0058**

NCHA Care & Support :NHS

### Barnsley useful Contacts

Mental Health Children + Young People (CAMHS)- 01226 644829

People with a learning disability- 01226 645237

Adults (aged 18+) Mental Health - 01226 645000

### Non-24/7 Helplines

**Papyrus** - Preventing suicide helpline. Are you or is a young person you know not coping with life? For confidential suicide prevention advice contact HOPELINEUK

Phone: 0800 0684141

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Website: <https://papyrus-uk.org/>

open weekdays 9am-10pm, weekends and bank holidays 2pm-10pm

**BEAT** - The UK's eating disorder charity for people with eating disorders and their families. Beat provides helplines for adults and young people, online support and a UK-wide network of self-help groups to help people beat their eating disorder.

Telephone: 0808 801 0677 (adult-line), 0808 801 0811 (student-line ) and 0808 801 07011 (youth-line)

Email: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk) (adults), [studentline@beateatingdisorders.org.uk](mailto:studentline@beateatingdisorders.org.uk) (students) and [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk) (youth)

Website: <https://www.beateatingdisorders.org.uk/>

The helplines are open 365 days a year from 12pm – 8pm on weekdays and 4pm – 8pm on weekends and bank holidays.



# MENTAL HEALTH + WELLBEING SUPPORT

## MIND

### 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, 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.

MIND is also working with schools and colleges across the Rotherham and Barnsley areas to support children and young people when dealing with issues that can have a negative impact on their mental wellbeing. This includes everything from exam stress to issues regarding low self-esteem and self-harm.

### WHERE ?

Rotherham: 01709919929

Barnsley: 01226211188

Email: [contactus@rbmind.co.uk](mailto:contactus@rbmind.co.uk)

Website: [rbmind.co.uk](http://rbmind.co.uk)

If you are dealing with urgent mental health issues visit :

<https://www.mind.org.uk/information-support/>

### WHEN ?

9am to 4pm, Monday to Friday

# MENTAL HEALTH + WELLBEING SUPPORT

## Chilypep- Young Commissioner's

### WHAT ?

Chilypep is a nationally registered youth empowerment charity based in Sheffield and Barnsley, where we work to empower and improve the lives of children and young people.

OASIS (Opening up awareness and support and influencing services) is a Chilypep group based in Barnsley that aims to empower young people to shape mental health services. We believe young people should have a say in how the services they use for their mental health are run.

### WHO ?

For anyone, aged 14-25 living in Barnsley who has experience of accessing Mental Health Services or a passion to make a difference.

### HOW ?

Contact us through our social media-  
Facebook: [facebook.com/chilypep](https://facebook.com/chilypep)  
Twitter and Instagram: @chilypep  
or email us- [chantelle.parke@chilypep.org.uk](mailto:chantelle.parke@chilypep.org.uk).

### WHERE ?

Chilypep, YMCA building, 1st Floor, 1 Blucher Street, Barnsley, S70 1AP & Online Via Zoom

### WHEN ?

Generally Thursday's 5-7pm

# MENTAL HEALTH + WELLBEING SUPPORT

## Chilypep - BRV

### WHAT ?

The Building Resilience and Vocabulary (BRV) project supports boys and young men with their emotional literacy. They do this by learning how to recognise, communicate and manage their emotions. Through the project boys develop a better understanding of themselves. It also helps their education and behaviour.

As a result they become active, empowered citizens.

Group work programme with access to 1-2-1 support.

The offer is available to individuals and school/college groups.

### WHO ?

For anyone, aged 11-25 living in Barnsley

### HOW ?

Contact us through our social media-

Facebook: [facebook.com/chilypep](https://www.facebook.com/chilypep)

Twitter and Instagram: @chilypep

or email us- [marcus.hurcome@chilypep.org.uk](mailto:marcus.hurcome@chilypep.org.uk) & [corey.sills@chilypep.org.uk](mailto:corey.sills@chilypep.org.uk)

### WHERE ?

Delivery can take place in schools and colleges alongside Chilypep, YMCA building, 1st Floor, 1 Blucher Street, Barnsley, S70 1AP

### WHEN ?

Contact us for session times due to COVID-19 lots of our sessions are now running online.

# MENTAL HEALTH + WELLBEING SUPPORT

## Chilypep - Peer Mentoring

### WHAT ?

Chilypep are working alongside schools and colleges to set up Peer Mentoring Projects. Peer Mentoring trains young people to be able to support their peers with their emotional wellbeing and issues they may be facing. Peer Mentors have access to training through Chilypep and have the opportunity to develop their own communication and social skills.

Chilypep are also looking for Peer Mentors to support within their wellbeing Hub in Barnsley Town Centre.

### WHO ?

For anyone, aged 11-25 living in Barnsley

### HOW ?

Contact us through our social media-  
Facebook: [facebook.com/chilypep](https://facebook.com/chilypep)  
Twitter and Instagram: @chilypep  
or email us- [emma.manser@chilypep.org.uk](mailto:emma.manser@chilypep.org.uk).

### WHERE ?

Chilypep, YMCA building, 1st Floor, 1 Blucher Street, Barnsley, S70 1AP

### WHEN ?

Contact us for session times due to COVID-19 lots of our sessions are now running online.

# MENTAL HEALTH + WELLBEING SUPPORT

## Ad Astra

### WHAT ?

Ad Astra is a Community Interest Company formed in 2013. Our aim is to provide quality provision locally. Our mission is to raise aspirations and broaden the outlook of young people in the Barnsley area.

### HOW ?

Providing a wide range of activities and support to young people through a wide range of activities and events including: youth clubs· after school sessions· educational visits· short stay residentials· outdoor activities

### WHERE ?

Michelle Cooper Telephone 07462805640  
E-mail: [adastrabarnsleycic@gmail.com](mailto:adastrabarnsleycic@gmail.com) Website: [www.adastrabarnsley.org/](http://www.adastrabarnsley.org/)  
Facebook: <https://www.facebook.com/adastrabarnsley/>  
St Pauls Church Hall Greenfoot Lane Old Town Barnsley South Yorkshire S75 1DJ

## Ignite

### WHAT ?

Ignite works with children & young people to encourage them to discover their strengths make positive choices & promote individuality through good mental health.

### HOW ?

Ignite offer a number of short and longer courses including: Unique, Inside out, Emotional Literacy, Anger, Self Esteem, Transition for Y7, Exam Stress, Truancy

### WHERE ?

Kirstie Hall Telephone: 07929621018  
E-mail: [ignitebarnsley@outlook.com](mailto:ignitebarnsley@outlook.com) Website: [ignitebarnsley.com/](http://ignitebarnsley.com/)  
Emmanuel Methodist Church, 72, Huddersfield Road Barnsley S75 1DT

## The Exchange Recovery College

### WHAT ?

The Exchange is a recovery and wellbeing college based in Barnsley. We offer a range of courses and one-off workshops which all aim to improve wellbeing through learning.

### WHO ?

The Exchange Recovery College are open to all adults (Over 18) who would like to improve their mental wellbeing.

### HOW ?

Popular courses include:

- Wellness recovery action planning (WRAP®)
- Exploring resilience
- Managing depression
- Assertiveness confidence and communication
- Mindfulness
- Feel the fear: Exploring anxiety

### WHERE ?

The Exchange Recovery College Barnsley Telephone: 01226 730433  
E-mail: [Barnsley.Recoverycollege@swyt.nhs.uk](mailto:Barnsley.Recoverycollege@swyt.nhs.uk) Website:  
[www.southwestyorkshire.nhs.uk/](http://www.southwestyorkshire.nhs.uk/)  
33, Gawber Road Gawber Barnsley S75 2AH

## Young People's Social Prescribing Service

### WHAT ?

A social prescribing service, identifies issues young people and their families are facing, and provides a focussed and a tailor-made approach in order to help them resolve those issues. We will ensure young people and their families who struggle to cope with the society pressures, emotional and mental well-being, whether linked with education, physical in-activity, jobs, financial difficulties, social isolation, bullying/harassment, religion, relationship issues, family problems and like mental health issues, are shown the path to a healthier more fulfilling lifestyle and fully supported with all the help available.

### HOW ?

Whilst the service is in developing mode, we will only be receiving referrals from GPs. Referrals will be processed in 3-5 days. Once accepted, we will book an initial assessment lasting between 45-90 minutes, creating a customised care plan built to cater for the patient's needs over 12 weeks with regular support and patient referred to the most relevant support service for assistance. For the benefit of the service, we will be accepting referrals for circumstances relating to low level stress/anxiety, education, financial, like mental health, housing, bullying and relationships related issues.

### WHERE ?

NHS Primary Care Network  
Janie Wike- Lead Social Prescribing Link Worker  
E-mail: [janie.wike@nhs.net](mailto:janie.wike@nhs.net)

# MENTAL HEALTH + WELLBEING SUPPORT

## TADS

### WHO ?

TADS works with young people in Barnsley aged 11 to 25 years, helping them with their emotional wellbeing. TADS specifically support young people struggling with:  
anxiety, worry, loneliness, sadness, bullying, gender and sexuality.

### HOW ?

TADS offers workshops to increase knowledge of mental health and coping techniques. We can also offer 1:1 coaching sessions to people who struggle in group sessions.

### WHERE ?

Karen or Danielle Telephone: 01226 872120

E-mail: [admin@tadsbarnsley.co.uk](mailto:admin@tadsbarnsley.co.uk) Website: [www.tadsbarnsley.co.uk/](http://www.tadsbarnsley.co.uk/)

TADS Wellbeing Hub 11, Churchfield Court Churchfield Barnsley South  
Yorkshire S70 2JT

### WHEN ?

In order to access these workshops you will need to pop along and register at one of our drop in sessions:

Tuesday 3.30pm - 4.30pm at Churchfield Court, Barnsley

Friday 3.30pm - 5.00pm at the Goldthorpe Medical Centre



## Targeted Youth Support

### WHAT ?

Our Targeted Youth Support Service brings together a range of agencies who work together to help young people who are taking risks or experiencing difficulties get back on the right path. Support may be needed at any point in a person's life and families may need help in making positive changes. Through early help or the early identification of an issue, we can offer a range of support to prevent problems from getting worse.

### WHO ?

The service supports children and young people from 8-19 (and those up to 25 with additional needs) and is made up of staff from Barnsley Council, NHS, Lifeline, South Yorkshire Police and the Probation Service, working together to support young people to make a positive transition into adulthood.

### HOW ?

Services and support are provided by the Early Intervention and Prevention team or the Youth Justice service, depending on the issues and needs.

Support could include: Health and emotional support eg. confidence building, self-esteem, anger management, risk taking behaviour including sex, drugs and alcohol, sexual health advice, contraception and STI screening, promoting positive relationships, diversion from crime and anti-social behaviour, staying safe - including internet and social media safety, support to encourage volunteering and active citizenship, signposting to find work, education and training opportunities

### WHERE ?

Julie Hammerton Telephone: 0800 0345 340  
Gateway Plaza Sackville Street Barnsley S70 2RD

## Mindspace

### WHAT ?

Early intervention and prevention service for young people with mental health difficulties. We offer 1:1 support and group sessions. We also offer support and counselling for parents around their own or their child's mental health needs.

### WHO ?

Young people aged between 11-16, who attend a Barnsley mainstream secondary school and their parents.

### HOW ?

Parents and young people can self-refer to MindSpace by contacting [hello@wearemindspace.com](mailto:hello@wearemindspace.com) or their school or GP can also refer.

### WHERE ?

We have four practitioners that are based across each of the 10 secondary schools which are: Barnsley Academy, Astrea Academy Dearne, Outwood Academy Carlton, Darton Academy, Holy Trinity, Horizon Community College, Kirk Balk Academy, Outwood Academy Shafton, Netherwood Academy and Penistone Grammar School. We also have a parent counsellor and parent liaison officer that visit parents at home or in family centres to offer support. During COVID-19 we have been trying to work as normal as possible by offering virtual groups and offering sessions over phone or video call.

### WHEN ?

Monday to Friday, times vary in each school. It's generally 8:30 until 3:30 or the end of the school day. Parent support is Monday - Friday and will be arranged around the parents schedules. Visit our website [www.wearemindspace.com](http://www.wearemindspace.com)

## 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. We support individuals and families with experience of mental health and/or drug and alcohol issues.

### HOW ?

**Live arts cafe-** Each Arts Café Night offers a soul warming blend of art, music, poetry, and food. Wednesday evening 5.30-8pm, The Digital Media Centre, County Way, Barnsley. £2 admission (goes back into the project)

**OPEN ART STUDIO-** Bring your ideas, create your own artwork and exhibit with our group.

**CREATIVE TASTERS-** We now offer a weekly programme of skills-based workshops run by art specialist. Please contact Helen on 078 3393 6019 to get involved.

**GROUP COLLABORATIONS-** As ideas emerge we work together on large-scale projects that raise aspirations and sometimes eyebrows!

**UPLIFT-UPLIFT** is an unique, free programme of special days out, designed by artists to help you connect with other people, create memories and discover treasures right on the doorstep.

**UPLIFT CHOIR-**This weekly feel-good session is designed to bring people together to sing, All ages and abilities welcome. Thursdays, 2- 4.15pm, St Paul's Church, Old Town, Barnsley

### WHERE ?

For more information please contact us on 01226 805885 or email [wearecreativerecovery@gmail.com](mailto:wearecreativerecovery@gmail.com) Address: Creative Recovery, First Floor, Temperance House, Pitt Street, Barnsley. South Yorkshire, S70 1AL

### COVID-19 Changes ?

We have a an online weekly programme that takes place on our Creative Recovery facebook page and a mail art project!

Covid-19- Check online at <https://creativerecovery.co.uk/> for up to date information

# MENTAL HEALTH + WELLBEING SUPPORT

## Humankind Umbrella Service

### WHAT ?

Umbrella provide early support interventions for individuals with low to mild mental health and/or learning disabilities.

### WHO ?

We work with people who are experiencing difficulty with mild symptoms of anxiety, depression or social isolation through a range of activities and support.

### HOW ?

We understand that one size doesn't fit all and offer a "pick and mix" range of support that aims to improve wellbeing. Our support offer includes personal counselling, structured group work, peer support & mutual aid groups, befriending and housing support

### WHERE ?

Humankind McLintocks Building, CrookesStreet Entrance, Barnsley, S70 6BX, Tel: 01226 704090 , Email: [referrals.eipssbarnsley@nhs.net](mailto:referrals.eipssbarnsley@nhs.net) Website: <https://humankindcharity.org.uk/assets/resources/umbrella-service-leaflet---final.pdf>

# MENTAL HEALTH + WELLBEING SUPPORT

## IAPT Improving Access to Psychological Therapies

### WHAT ?

IAPT can teach you skills and techniques to help you manage everyday ups and downs. There are a wide range of options including one to one, face to face, telephone, internet-based therapy and courses.

### WHO ?

Open to anyone over 16 registered with a GP in Barnsley.

### HOW ?

You can ask your GP to refer you or do it yourself using the online referral form.

### WHERE ?

Website: <https://www.barnsleyiapt.co.uk/>

### WHEN ?

01226 644900

Hours: Monday – Friday 8.00am – 8.00pm

<https://www.southwestyorkshire.nhs.uk/services/iapt-barnsley/>

# MENTAL HEALTH + WELLBEING SUPPORT

## YMCA

### WHAT ?

YMCA Barnsley exists to support children, young people and their families in Barnsley. We aim 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.

We provide children with a safe place to be, supporting them through a range of projects and provisions as they get older and become strong and confident enough to take a place in their communities.

**Peer Support and Young Volunteering** - Providing opportunities for young people to contribute to the local community. Young people play an active role in designing, developing and leading provision for others as Young Trustees, Volunteers supporting delivery and as peer supporters in which young people act as positive role models and mentor other participants.

### HOW ?

Through different groups and projects, outlined on the next page.

### WHERE ?

Contact us:

Email: [admin@ymcabarnsley.org.uk](mailto:admin@ymcabarnsley.org.uk)

Phone: (01226)214165

Website: [www.ymcabarnsley.org.uk](http://www.ymcabarnsley.org.uk)

Social Media: [www.facebook.com/YMCABarnsley](https://www.facebook.com/YMCABarnsley) or

[www.twitter.com/YMCAbarnsley](https://www.twitter.com/YMCAbarnsley)

YMCA Barnsley - Blucher Street, Barnsley, South Yorkshire, S70 1AP

Various school's community buildings & localities around Barnsley

### COVID-19 Changes ?

We are operating differently due to Covid 19 with digital support services, virtual youth clubs, detached programmes and outdoor activities. Contact us for more information.

# MENTAL HEALTH + WELLBEING SUPPORT

## YMCA Ages 0-14

### WHAT ?

**Parent & Toddler Group**- Providing opportunities for parents, carers, babies and toddlers to play and socialise with others in a safe welcoming environment.

**Little Y**- Provides opportunities for children aged 5-8 years to participate in positive play activities in a safe secure environment, providing space to play and have fun, develop personal and social skills, make new friends and experience new opportunities.

**Unity Project**- Contributing to building the emotional resilience and wellbeing of children and young people aged 8 -14 years in the Central Council Areas. We provide consistent positive relationships with trusted adults, offering a safe environment for children and young people, providing positive opportunities and experiences to raise aspirations and in turn build confidence and self-esteem.

### WHO ?

**Parent & Toddler:** Parents, Grandparents, carers, babies and toddlers

**Little Y:** Children aged 5-8 years

**Unity Project:** Children and young people aged 8-14 years who live in the Central Area of Barnsley.

**Junior Youth Club:** Children and young people aged 8-14 years

### WHEN ?

**Parent & Toddler:** Mondays 9:15-11:15am (During Term Time)

**Unity Project:** Various times/locations - contact us for more info

**Junior Youth Club:** Thursdays 6:30-8:30pm (During Term Time)

# MENTAL HEALTH + WELLBEING SUPPORT

## YMCA Ages 8-24

### WHAT ?

**Y Stay In Programme**- provides young people with opportunities to make positive choices and alternatives to risk taking and anti-social behaviours. Young people engage in activities & personal development specific to their needs and interests, develop friendships, share experiences and build resilience.

**TYI Friday**- is part of the BMBC Short Breaks and offers children and young people with SEND a range of activities We create opportunities for young people to develop their confidence, self-esteem, independence, personal and social skills.

**Green projects**- include our allotment grow and learn group, 2 orchards and a wide range of environmental activities which all offer participants opportunities to engage and connect with the natural environment promoting positive lifestyle choices and healthy living. We support other local green projects and work closely with our partners to make green spaces more accessible for young people.

### WHO ?

**Y Stay In Youth Club:** Young People aged 13-19 years

**Y Stay In Detached Youth Work:** Young People aged 11-19 years who live in the delivery localities.

**TYI Friday:** Children and young people with SEND – referral via Short Breaks

**Green Projects:** Children and young people aged 8-24 years.

### WHEN ?

**Y Stay In:** Youth Club Wednesdays 6:30-8:30pm (During Term Time)

**Detached Youth Work:** Tuesdays in Gilroyd & Thursdays in Kexborough & Darton

**TYI Friday:** Fridays after school and evenings - Contact us for more info. (Term Time)



# DRUGS + ALCOHOL

## YPSMS

### Young people's Substance Misuse Service

#### 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 10 to 18 years old.

#### HOW ?

We offer one to one support in convenient venues of young person's choice (ie: in school, GP's surgery). This can either be a one off or a longer piece of work. We will support you to reduce or prevent the harm associated with drug and alcohol use. 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), BMBC, 18 Regent Street, Barnsley, South Yorkshire, S70 2HG. Tel: 01226 705980. Email: [YoungPeoplesSubstanceMisuseteam@barnsley.gov.uk](mailto: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

#### COVID-19 Changes ?

Due to Covid we have been offering all interventions over the telephone and seeing clients via social distancing outside. This is an ever changing situation but you can ring the service for more details.

## 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. Referrals can be made by professionals or self-referral.

### 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](http://humankindcharity.org.uk/service/barnsley-recovery-steps)  
Contact us for support or referral on 01226 779066

### WHEN ?

9am to 5pm, Monday to Friday.

### COVID-19 Changes ?

Telephone appointments mainly but will meet 1-1 depending on the individual and their requirements

# DRUGS + ALCOHOL

## HELPLINES

### DRINKLINE

Drinkline is a national alcohol helpline providing confidential counselling, support, advice and information.

Telephone: 0300 123 1110

The free helpline is available on weekdays from 9am – 8pm and on weekends from 11am – 4pm.

### FRANK

#### Confidential drugs advice

#### WHAT ?

The FRANK campaign helpline provides information and advice about drugs and information on local services. The service can take calls in over 120 languages via a three-way call with a translator.

#### WHO ?

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

#### HOW ?

Contact us through our confidential helpline, website or email us.

#### WHERE ?

Helpline

Call: 0800 77 66 00 Text: 82111

You can also text for quick questions that need an urgent answer and go online for a live web chat.

Website: [www.talktofrank.com](http://www.talktofrank.com)

Email: [frank@talktofrank.com](mailto:frank@talktofrank.com)

#### WHEN ?

Live web chat 2pm - 6pm

Helpline - is available 24 hours a day and is completely confidential.

# BULLYING + ABUSE

## BSARCS

### Barnsley Sexual Abuse + Rape Crisis Service

#### WHAT ?

The aim of our service is to help children, young people and their families to heal from the trauma caused by sexual harm.

#### WHO ?

Our Children's Service provides specialist support to children and young people from birth to the end of their 17th year who is resident in Barnsley, who has experienced sexual abuse, where the abuse has been reported and / or investigated by the police / social care and where any criminal proceedings have concluded\*. We also accept referrals for children / young people who have been impacted by sexual abuse. (\*BSARCS provides a separate support service for children and young people who are currently involved in court proceedings.)

#### HOW ?

We accept referrals directly from young people, parents/carers/family members and professionals. Please call us on 01226 320140 if you would like to self-refer or discuss making a referral.

#### WHERE ?

Our building is based in the very centre of Barnsley and is accessible to all. We will make sure clients know exactly where to come when they have an appointment to meet us.

Live Chat on [www.bsarcs.org.uk](http://www.bsarcs.org.uk). Monday 2pm-4pm & Wednesday & Friday 10am-12pm (closed over bank holidays)

#### WHEN ?

We offer appointments/sessions Monday to Friday at varying times throughout the day.

#### COVID-19 Changes ?

We are continuing to accept referrals despite the current pandemic. The majority of our work is currently being delivered online. We are not currently offering any group support but will resume this as soon as it's safe to do so.

# BULLYING + ABUSE

# VICTIM SUPPORT

## WHAT ?

Victim Support is the leading charity supporting people affected by crime. We are an independent charity and we not part of the police.

## WHO ?

We will support victims, or anyone else who is worried about how their friend or someone in their family has been affected by crime. We can support people even if they don't want to report the crime to the police or if the incident happened in the past.

## HOW ?

Our Victim Care Advocates help people through advocacy, wellbeing support and practical help. We also have a number of online resources that people can use on topics ranging from things like sleep and anxiety through to hate crime and wellbeing. We also have a Children and Young People advocate who can work with children directly or with families where children have been victims of crime.

## WHERE ?

Anyone can self-refer to our service and you can contact us in a number of ways. Call us on 0300 303 1976, email us at [humbersouthyorks.vs@victimsupport.org.uk](mailto:humbersouthyorks.vs@victimsupport.org.uk) or use live chat which you can access through our website <https://humbersouthyorks.victimsupport.org.uk/>.

## WHEN ?

We're based in Sheffield (available to anyone in South Yorkshire) and open 9am until 8pm Monday to Friday and 9am until 1pm Saturdays. If someone needs help outside of these hours, Victim Support has a national Supportline that is open 24/7 and the number for this is 0808 16 89 111.

# HEALTH + DISABILITY SENDIASS

## WHAT ?

The Barnsley SENDIASS Service offers free confidential and impartial; information, guidance, advice and support, to help you play a valued and active role in your own, or your child's, education; To enable you to make informed choices; To encourage and support joint working between you, the school or setting, the council and other agencies.

## WHO ?

It is for all children, young people, parents and carers of children who; have a Special Educational Need (SEN); are between the age 0-25 years and; and live in the borough of Barnsley.

## HOW ?

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 assessments and the education, health and care plan process, advice or issues around school or 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 and Disability) tribunal, advice on exclusions, advice on transport arrangements, information about other organisations that might be helpful to you.

Workshops for young people and parents and carer; Drop-in advice sessions for young people, parents and carers at schools, colleges and children's or family centres; Advice and support on starting support groups; Training to become an independent supporter.

## WHERE ?

We can arrange to meet you at a venue you prefer or also offer meeting sessions in our offices around the borough.

Telephone: 01226 787234 E-mail: SENDIASS@barnsley.gov.uk.

Website: <https://www.barnsley.gov.uk/services/children-families-and-education/children-with-special-educational-needs-and-disabilities-send/send-advise-and-support-service/>

Facebook: Barnsley SENDIASS Twitter: BnySENDIASS

## Mencap

Mencap are a national charity. We are working for a world where people with a learning disability are valued equally, listened to and included. If you are the parent of a child with SEND then they can provide support you may need. We provide a range of services from round-the-clock support to helping someone get involved in local leisure activities.

To find out more, please use the links below: <https://www.mencap.org.uk/advice-and-support/our-services/cqc-ratings/barnsley-mencap>

<https://www.facebook.com/localmencapbarnsley/>

Contact info: 0808 808 1111 helpline@mencap.org.uk

## Learning Disability Services

**What is the service all about?** This service is a community health service for people with learning disabilities in Barnsley. We offer support to improve health and wellbeing. It includes psychiatry, psychology, specialist learning disability nursing, therapists and an intensive support team with many different skills.

**How do I refer into the service?** Anyone can make a referral either for themselves or a person with a learning disability. The referral criteria are: Adults over 18 with a diagnosed learning disability whose needs cannot be met in mainstream services. Adults seeking a diagnosis of learning disability – psychology only. Young people in transition from children's services who need highly specialised support.

**Contact info: 01226 645237**

**Website:** <https://www.southwestyorkshire.nhs.uk/services/barnsley-adult-learning-disability-health-service/#service-about>

## SEND Youth Forum

The SEND Youth Forum, are a group of young people aged 8-25 in Barnsley who represent ourselves and our peers. We consult and work with young people with SEND to give them a voice. We get involved in decision making processes and work to positively influence change for young people.

**To get involved contact :** alex.taylor@barnsley.gov.uk or phone 01226 753406.

# HEALTH + DISABILITY

## DIAL Barnsley

### WHAT ?

DIAL offer advice and information to adults and children with disabilities and/or long-term health problems. DIAL Barnsley aims to support and empower disabled people and carers, enabling a more improved and independent lifestyle. DIAL Barnsley is a disability advice organisation. We strive to promote a positive image of disabled people and carers. Our work recognises that people are not all the same but all have a right to equal opportunities.

### When/Where?

#### Monday

Lavendar Court, Kendray, S70 3FG : 9am - 11.30am

Emmanuel Church, Huddersfield Road, S75 1DT : 9am - 1pm

Wharnccliffe Community Centre, Dodworth, S75 3QA : 1pm-4pm

#### Tuesday

Goldthorpe Library, S63 9NE : 9.30am - 12.30pm

Mapplewell Village Hall, S75 6AL 1st and 3rd of the month, 4.30pm - 7pm

Roundhouse Lifelong Learning Centre, Athersley, S71 3AE : 2.30pm 5pm (2nd and 4th Tuesday of the month)

#### Wednesday

Lavendar Court, Kendray : 9am - 12pm

Mapplewell Village Hall, Darton Lane, S75 6AL : 1pm - 5pm

Worsborough Common Community Centre, Warren Quarry Lane, S70 4ND : 1pm-4pm

#### Thursday

The Darton Centre, Huddersfield Road, S75 5NB : 9am - 1pm

Penistone Town Hall, S36 6DY : 9.30am-12.30pm

Goldthorpe Library : 1pm - 4pm

Royston Library, S71 4EP : 9.30am - 12.30pm

#### Friday

Roundhouse Lifelong Learning Centre : 9am - 1pm

Elm Court, Worsbrough Bridge, S70 5EB : 9am - 12pm (1st and 3rd Friday of month,)

Maltas Court, Worsbrough Dale, S70 4QG : 9am -12pm (2nd and 4th Friday of month)

### WHERE ?

Telephone: 01226 240273 E-mail: [info@dialbarnsley.org.uk](mailto:info@dialbarnsley.org.uk) Website:

<https://dialbarnsley.org.uk/>

Facebook: DIAL Barnsley



## Public Health Nurses 0-19

### WHAT ?

Barnsley's Health Visiting & School Nurses Team 0-19 Public Health Nursing Service supporting children, young people and families with their health & wellbeing.

### HOW ?

The Public Health Nursing Service also visits schools regularly, offering health information, advice and support to pupils, parents and staff, as well as offering health promotion activities in the classroom. They can also see children for individual health assessments if necessary. If you're worried about your child's development, you or your child's teacher can ask for them to be assessed

- Assessment of health needs
- Supporting children and young people in schools with complex and additional health and wellbeing needs
- Training of school staff to manage allergies and medical conditions
- Health promotion/education activities
- Drop-in health advice sessions for children and young people
- Sexual health and contraception advice and helping young people to access local services
- Parenting support, keeping safe and maximising school attendance
- Referral to specialist services including associate specialist is community paediatrics
- Weighing and measuring children as part of the National Child Measurement Programme (NCMP)
- Support with healthy nutrition and eating, healthy activity and lifestyles
- Support children and young people's emotional well being
- Safeguarding children and young people

### WHEN ?

Call the Single Point of Access (SPA) number on 01226 774411, lines open Monday to Thursday 8.45am to 4.45pm and Friday 8.45am to 4.15pm

In writing to 0-19 Public Health Nursing Service, PO Box 634, Barnsley S70 9GG

Email at [0-19HealthTeam@barnsley.gov.uk](mailto:0-19HealthTeam@barnsley.gov.uk)

You can also contact the service via facebook messenger:

<https://www.facebook.com/BarnsleyPHNS/>

## WHAT ?

We match our mums and families with trained volunteers, who will help them to recognise and use their strengths to work towards agreed goals. The support aims to develop emotional resilience, reducing isolation and supporting mums and their families in establishing supportive peer networks.

## WHO ?

Family Lives are offering support services to new mums and their families during the perinatal period and beyond, whether it is their first child or a new addition to a growing family, we work alongside mums during pregnancy, following birth and until the child's second birthday, as long as referred to us by the time they reach 18 months old. Mums living within the Barnsley Central Areas (Central, Stairfoot, Worsborough, Kingstone and Dodworth) and not currently accessing Family Centre services.

## HOW ?

Contact our team for more information and referrals.

## WHERE ?

Contact Lesley Brewin at [lesleyb@familylives.org.uk](mailto:lesleyb@familylives.org.uk)

Telephone Number: 07971253308

Our helpline number for families that may need support: 0808 800 2222.

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

## COVID-19 Changes ?

We have resumed face to face visits and are happy to visit in the home, garden or in the community at a coffee shop or Centre. We can also provide support via 'virtual visits' using Microsoft Teams and Google Duo and we support parents with the 'techie' side of this if that is required. We also offer telephone support only until a mum is ready to meet in person. We are fully risk assessed in terms of Covid-19 and have adapted our agreement with mums to include each of our responsibilities to keep ourselves and each other safe.

## Families Information Service

### WHAT ?

Barnsley's Families Information Service (FIS) provides free and confidential information and advice to the whole family

### HOW ?

Use FIS to help you:

Apply for two, three and four year old childcare and education funding

Find childcare, look for an out of school club or holiday scheme

Find fun things to do including local clubs or activities

With employment advice, childcare career choices including how to become a childminder.

With Information and advice for parents and carers of disabled children

In fact any service that will help you in your family life.

If you have a question about services for families, childrens or young people and are not sure who to ask ask us.

### WHERE ?

Families Information Service

Telephone- 0800 0345 340

E-mail- [infoFIS@barnsley.gov.uk](mailto:infoFIS@barnsley.gov.uk)

Address- PO Box 679, Barnsley, Postcode S70 9JE

# RELATIONSHIPS + FAMILY Spectrum

## WHAT ?

Spectrum's sexual health teams in Barnsley deliver integrated services across the whole District. In the centre of Barnsley, the Gateway Clinic combines sexual health and contraceptive services to provide a full service for all your sexual health needs.

## HOW ?

Our clinic offers:

**Contraception services-** We can provide all methods of contraception including:

- Emergency contraception
- Long acting reversible contraception (coils, 'depo' contraceptive injections and implants)
- Oral contraceptive pills
- Vaginal contraceptive rings

**STI Treatment-** We also provide a range of services for the prevention and treatment of sexually transmitted infections (STIs), including:

- Chlamydia screening
- HIV testing, including 20 minute tests
- Cervical cytology
- Hepatitis B vaccinations

Gateway Clinic offers drop-in appointments and scheduled appointments - please call 0800 055 6442 for more details. We will usually offer you an appointment within two working days.

## WHERE ?

Telephone- 0800 0556442

Website- [www.spectrumhealth.org.uk/.../sexual-health-barnsley-gateway-clinic](http://www.spectrumhealth.org.uk/.../sexual-health-barnsley-gateway-clinic)

Spectrum Community Health

Address- Gateway Plaza, Sackville Street, Barnsley, South Yorkshire

Postcode- S70 2RD

Notes- There is a car park directly opposite the clinic.

## Spectrum Community health CIC Respect (CSE Programme)

### WHAT ?

We are available to offer support, via telephone or Teams, to any of your young people who you feel would benefit from our early intervention CSE RESPECT programme. This would be remote educational and emotional support around any of the areas covered in the RESPECT programme

### Who ?

CSE support in Wakefield and Barnsley

Aged 11 to 18 years old

Not currently receiving CSE support from Social Care or other agencies

Referrals from parents, schools, PRU's, BISH, WISH, Spectrum RSE team, youth groups, community groups or self-referrals

Verbal consent gained from young person and parent/carer

### HOW ?

**RELATIONSHIPS** – Healthy, unhealthy and coercive relationships

**EMPOWERMENT** – Understanding influences, resilience, self-esteem and self-agency

**SEXUAL HEALTH** - Contraception, STI's, accessing sexual health services and importance of condoms

**POSITIVITY** – Positive and safe use of social media

**EXPLOITATION** - Increasing knowledge of CSE, models, risks and refusing abusers approaches

**CONSENT** - Negotiating boundaries, consent and confidence to say NO

**TRUST**- Having a trusted adult, self-awareness and always having a 'stay safe' excuse

## Mermaids

### WHAT ?

Mermaids is passionate about supporting children, young people, and their families to achieve a happier life in the face of great adversity. We work to raise awareness about gender nonconformity in children and young people amongst professionals and the general public. We campaign for the recognition of gender dysphoria in young people and lobby for improvements in professional services.

### Who ?

If you are a young person that feels at odds with their birth gender, or you are a parent with a child who feels this way, Mermaids can help. Mermaids supports children and young people up to 20 years old who are gender diverse, and their families, and professionals involved in their care.

### WHERE ?

Telephone- Call the helpline number on 0808 801 0400

Phone lines are open Monday to Friday. 9am to 9pm

E-mail- [info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk)

Website- [www.mermaidsuk.org.uk/.../contact.html](http://www.mermaidsuk.org.uk/.../contact.html)

Suite 4, Tarn House Address- 77, The High Street, Yeadon, Leeds, West Yorkshire, Postcode- LS19 7SP

### Referral ?

We are sorry that we can't give you definitive times when we can answer your calls as our helpline is covered by volunteers who have other family and work commitments. General hours covered are between 9am and 9pm, Monday to Friday.

If your call is not answered, you can either leave a message and we can call you back or you can email us at [info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk). We understand that you may only be able to receive a call from us at a specific time, so please let us know when it would be convenient to call and we will try to call you at that time. We won't call you outside of that time.

# Mental Health Friendly Apps + 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](http://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](http://www.moodbug.me).

## Head Meds

This website, powered by Young Minds gives young people more information about medication. Visit [www.headmeds.org.uk](http://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.

# Mental Health Friendly Apps + Websites

## Clear Fear

Fear - Threat - Anxiety

Breathing exercises / mindfulness activities / tracks progress and change

## Fear Tools

Anxiety

Aims to lower anxiety, includes an anxiety test, breathing tools and a thought diary

## SAM

Self-help Anxiety

Offers a range of self-help methods to manage anxiety

## Mood Tools

Low Mood

Aims to lift your mood, includes a test and thought diary

## What's Up?

Anxiety - Low Mood - Anger

Includes negative thinking patterns, habit tracker, positive quotes and much more

## Smiling Mind

Mindfulness

Daily meditation and mindfulness exercises

## Calm Harm

Worried about self-harm?

Provides tasks to help you resist or manage the urge to self-harm

## Stay Alive

Help stay safe in crisis

Useful information and tools to help stay safe in crisis





# OPEN UP BARNLSLEY

If you would like your service adding to the directory, or to update the current information we have please email us at:  
[info@chilypep.org.uk](mailto:info@chilypep.org.uk)

