

Adults

MIND – No longer funded by BMBC after 1st however still do have some commissioned services with large businesses such as ASOS. They also offer a fast track counselling service but there is a fee for this and I'm not sure on exact prices. <http://www.rbmind.co.uk/>

Recovery college - Offers a range of courses and one-off workshops which all aim to improve wellbeing through learning. This is funded jointly between BMBC (People- Adult Joint Commissioning) & the CCG- Might want to touch bases with Patrick on this though as I think he was looking to review the service in the near future. <https://www.southwestyorkshire.nhs.uk/recovery-college/barnsley/>

Pathways - This service has now closed.

Improving Access to Psychological Therapies (IAPT) – Barnsley - A free and confidential NHS service, helping people (16+) access the therapy needed to support mild to moderate common mental health difficulties such as depression, anxiety and stress. Working alongside local GP's, they have a team of experienced professionals specialising in Cognitive Behavioural Therapy (CBT) and counselling to help people address current emotions in a non-judgemental and supportive environment and to gain a new understanding of how to manage and/or cope with them better. Self referral is possible via the service website (24hrs) or contact can be made by calling 01226 644900 Monday to Friday from 9am until 5pm.
<https://www.barnsleyiapt.co.uk/>

Making Space- Barnsley Carers Service. Supporting carers to stay connected in the community
<https://makingspace.co.uk/services/centres/barnsley-carers-service> Commissioned by BMBC- Jo Ekin

Creative recovery - 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
<https://www.creativerecovery.co.uk/>

Walking Well Barnsley – I think this is still running and SWPT provide this.
<https://www.walkingforhealth.org.uk/walkfinder/walk-well-barnsley> Funded by BMBC - Sport and active recreation- Speak to Stuart Rogers. - This is running out of the recovery college so the point of contact would be Jane Taylor the principle

There is also a range of more clinical services commissioned but again this would be commission by the CCG and Patrick would have the details. Assertive outreach teams, Community mental health teams & Intensive home based treatment teams.

Humankind (From 1st July) – Early Intervention and Prevention Support Service for adult low level mental health need from 1st July. The service will provide a range of support through a variety of groups, peer mentoring, floating support and up to 12 week counselling 1:1 sessions. Further details around referral pathways will be circulated once mobilisation is underway.

Single Point of Access – all general referrals are sent here. Referrals accepted from other professional groups/GPs. Assessment to establish if there are Mental Health Needs where there are

then passed to most appropriate team. Where there are not MH needs then the SPA will signpost to relevant services or back to the GP.

Core Mental Health Team - This team works with Individuals with Moderate Mental Health needs which require only one worker and do not present with complex mental health needs .

Enhanced teams East and West - Work as a multi-disciplinary team over 7 days a week. They work with those individual who present with very complex mental health needs.

Early Intervention - Work with people from 14 upwards who are experiencing their first psychotic episode or those thought to be at risk of developing psychosis. The team will take direct referrals but usually get their referrals from other agencies or schools.

Children's

Thrive - Through online tools, training and mentoring, we support you in learning about the emotional and social development relevant to a child's age. We also help you to understand a child's challenging or troubling behaviour as communication.

<https://www.thriveapproach.com/> Commissioned by CCG and Suzy Jubb leads form Public Health in BMBC.

Chilypep – Work with young people, organisations to offer training and consultancy. We work to promote and protect the rights of some of the most vulnerable young people in South Yorkshire. They work with many different groups of young people including young carers, LGBT groups and individuals, black and minority ethnic children and young people with mental health issues to create effective campaigns that champion the rights of those most affected by policies and service. Commissioned via CCG

CAMHS – The Barnsley child and adolescent mental health service (CAMHS) provides a comprehensive and quality service to children and young people in the Barnsley area. We provide services to children and young people up to their 18th birthday who are experiencing a wide range of behavioural, psychological and emotional problems, difficult relationships, trauma or abuse. Commissioned by the CCG

PH Nursing service - Public Health Nursing Service is a universal service provided to children and young people aged 0-19 years. The service prioritises children, young people and their families' health and wellbeing. The skill mix team of Specialist Community Public Health Nurses (Health Visitors and School Nurses), Public Health Nurses, Child Development Practitioners, Public Health and Infant Feeding Support Workers focus on collaborative working in partnership with parents, carers and other agencies to optimise children, young people and families health and wellbeing. Funded by BMBC

TADS - Offers 8 week workshop to teach young people coping techniques and offer support with their mental health. They also offer 1:1 coaching sessions to people who struggle in group sessions. <https://www.tadsbarnsley.co.uk/> Charity Funded

MindSpace - MindSpace helps children and young people who struggle to manage and understand their feelings. With empathy, support and a range of constructive self-help tools we help children

and young people lead happier, more confident, more sociable school and home lives.
<https://wearemindspace.com/>

Early Help - Early help is the support we give to children, young people and their families where they have additional needs that aren't being met by universal services (services that are available to everyone, like health and education). <https://www.barnsley.gov.uk/services/children-families-and-education/early-help-for-families/what-is-early-help/>

Mind Matters Training - This is a link form a Barnsley based mental health training provider who offers paid for services
This link is provides contact details to local and national organisations, many of whom offer resources and some have things like phone support, some are for individuals, others for professionals. Useful when supporting families through specific issues such as family bereavement or eating disorders. Some offer online support or, for example, a young person with anxiety may feel being online is a better or additional pathway to get support.
www.mindmatterstraining.co.uk/get-support-now/