

Resources for children

Chat Health is an award-winning text messaging service which is now available for Kirklees' young people aged 11 - 19 years. They can receive confidential advice from Thriving Kirklees nurses.

The number is 07520 618866 and it is available Monday to Friday from 8am to 8pm (automatic bounce-backs respond to incoming messages out of hours. All text messages will be responded to within one working day). Text messages are charged at standard message rates.

In addition, parents/carers can contact the service too for advice and help on health and well-being issues relating to their children. The text number for parents to contact Thriving Kirklees nurses is: 07520 618867.

Thriving Kirklees is a partnership of local health and wellbeing providers all working together to support children, young people and their families to thrive and be healthy – find out more at www.thrivingkirklees.org.uk

Barnardos Young Carers – young carers 8-18 years (01484 426100)

Supports carers aged 8-17yrs with 1:1 sessions. support line: 0808 801 0331

Youth Services Brunswick Centre – **HIV support and LGBT Project** supporting young people and their parents/carers (01484 541589) thebrunswickcentre.org.uk

The Base – confidential **drug and alcohol support** service for people up to 21yrs old and support for parents and carers. They also have a Hidden Harm Project providing support for young people who have concerns about parent /carers struggling with drug/alcohol issues (01484 541589). www.thebasekirklees.co.uk

Kooth.com is an online **emotional health and wellbeing** platform for **11-19 year olds and up to Age 25 for those with additional needs**. Established in 2001, Kooth is a completely safe, anonymous website where young people living, working, being educated in or looked after within **Kirklees** can go to gain advice, support and guidance from BACP qualified counsellors, up to 10 o'clock at night, 365 days a year.

Luke's Lads – Mental Health Support groups for males ages 11+ to 15 in addition to adults <https://www.lukeslads.co.uk>

Sessions virtually (used to include a free circuit class and then time after for support) please check website for days and times.

Butterflies – Mental Health Support Group for females ages 11+ to 15 in addition

The poster features the NHS logo and the Solihull Approach logo. It includes a brain icon and three circular portraits of diverse teenagers. The text is set against a colorful background of overlapping shapes in teal, yellow, green, and orange.

NHS
Online course for residents of
Kirklees and Calderdale
'Understanding your brain
(for teenagers only!)

- Have you noticed changes in your behaviour?
- Do you sleep more than you used to?
- Want to know why teenagers are more open-minded?

Your brain is changing!
Find out more!

Register on:
www.inourplace.co.uk **k**
and enter the 'access code'
TKPARENTS
to gain **FREE** (prepaid)
access where eligible

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For technical support contact:
solihull.approach@heartofengland.nhs.uk
or call 0121 296 4448 Mon-Fri, 9am-5pm

to adults <https://www.butterfliesmentalhealth.co.uk/> See above (Lukes Lads)

Stem4.org.uk supporting positive Mental Health in teenagers

Chat health animation <https://youtu.be/sq4-RVtO0D4>

Papyrus – **prevention of young suicide** – under 35's

Papyrus-uk.org Support line: 0800 068 4141 or text 07860 039967

Leaving Care – Kirklees Looked After Children Independent Service (Childrens Rights Team)

0800 389 3312 Email: childrens.rights@kirklees.gov.uk

Coram Voice Advocacy Helpline 0808 800 5792 supports those in care in any setting.

Childline 0800 1111

Activities for children

Due to the Covid19 situation none of the usual programme of Kirklees activities are currently running, however, this will be updated as soon as they start again.

Creative kirklees for up to date activities some in person, others online – shows a calendar of events which are updated regularly. www.creativekirklees.com

There are also a wide range of activities for adults.

Football for kids

<http://www.westridingfa.com/kids-zone>

Youth Central – online activities for children www.youthcentral.co.uk – options vary due to age of child/young person. Also includes activities and option to talk online with qualified youth worker who do outreach work in the community.

Childrens' Art School www.childrensartschool.co.uk free online ideas and activities