

# Guidance, Organisations and Contacts

The following is an overview of information and support relating to Mental Health (0-25) in Coventry.

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## Coventry Local Agencies

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### Coventry RISE



Coventry's [Rise](#) team is made up of a number of different services, each led by mental health specialists, who work with other local services such as schools to support you.

The services that come under the Rise family are:

1. Dimensions
2. Mental Health in Schools Teams
3. Primary Mental Health Teams
4. Targeted Emotional and Mental Health Support
5. Looked After Children (LAC)
6. Specialist Mental Health Services
7. Eating Disorders
8. Neurodevelopmental Service (conditions such as Autism and Attention Deficit Hyperactivity Disorder)
9. Crisis and Home Treatment Team
10. Learning Disabilities (LD)

Most RISE services require a referral made to the 'RISE Navigation Hub'. The majority of RISE services, are only able to currently accept referrals for children and young people who are aged up to 17 years, from professionals who are involved with or working with the young person and/or family, e.g. GPs, Schools, Social Care, School nurses, Health visitors.

[Contact the RISE navigation hub](#)

[Find out more about RISE Services](#)

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## Dimensions of Health and Wellbeing



Dimensions of Health and Wellbeing is a free, online tool providing self-care information to support adults, children and young people in Coventry and Warwickshire. Self-care information is tailored to a person's own needs and the challenges they face and is available 24/7.

- [Use Dimensions](#)
- View a video about [how Dimensions can support you](#).

More information

- [Adult Dimensions](#)
- [Child Dimensions](#)
- [Dimensions tool Frequently Asked Questions \(FAQ\)](#)

If you have any feedback on the tool contact: [dimensions@covwarkpt.nhs.uk](mailto:dimensions@covwarkpt.nhs.uk)

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## The Primary Mental Health Team (PMHT)



The [Primary Mental Health service](#) gives general advice, guidance, consultation and group training for those who work with children, such as school-linked professionals or social care roles. They help children and young people who may be displaying signs of emotional distress and emerging mental health difficulties by working with those around the child, such as teachers in order to put in place plans to manage issues and stop them becoming more serious.

Referrals should be submitted to the 'Navigation Hub' information on how to refer can be found via the '[Primary Mental Health Service](#)' [page of the RISE website](#).

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## RISE Mental Health in Schools Teams (MHST)



The Mental Health in Schools Team is a service consisting of qualified and trainee Educational and Specialist Mental Health Practitioners (EMHPs). Working across Coventry and Warwickshire, they work with Schools to provide low-intensity mental health interventions and support, through a 'whole school approach' in order to support positive emotional wellbeing and mental health. They can also work with children and young people in groups or on a one-to-one basis.

For more information about the MHST visit the [MHST page of the RISE website](#).

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## RISE CLA (MH) Team Coventry (Children Looked After)



The service is an integrated mental health service for Children Looked After (CLA) also known as Looked After Children (LAC). In Coventry the service is called '[Rise CLA \(MH\) Team Coventry](#)'. The focus is on supporting social workers and carers to improve the young person's mental health and wellbeing, as well as undertaking specialist assessment and intervention where required.

Referrals should be sent to the navigation hub and completed by a professional who is involved with or working with the young person and/or family, e.g. GPs, Schools, Social Care, School nurses, Health visitors.

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## CAMHS – 'Child and Adolescent Mental Health Services'



[CAMHS](#) is an NHS service that is part of the 'Core Specialist Mental Health Services'. They assess and treat young people (up to their 18th birthday) with emotional, behavioural or mental health difficulties. Rise's Core Specialist Mental Health Services can help if you:

- feel sad or like you don't want to be here any more
- have problems with your family, friends or at school
- hurt yourself or want to hurt yourself
- feel anxious and scared
- have problems with eating and food
- have trouble talking or sleeping
- hear voices or see things
- feel angry or are struggling to control your behaviour or temper
- find it hard to concentrate or get on with friends
- have to check or repeat things, or worry about germs
- don't like yourself or have low self-confidence

\*see the webpage for more information

The people who work within Rise have had specialist training in the way young people think and feel and know how to help them feel better. They will see children/young people accompanied by their parents/carers or on their own if that is preferred.

Referrals should be sent to the navigation hub and completed by a professional who is involved with or working with the young person and/or family, e.g. GPs, Schools, Social Care, School nurses, Health visitors.

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## The Neurodevelopmental Service (Children's)



The [Neurodevelopmental Service](#) works with children and young people from pre-school up to 17 years of age. It is a specialist service consisting of highly skilled multidisciplinary team responsible for the assessment and diagnosis of neurodevelopmental disorders including:

- Autism Spectrum Condition(ASC)
- Attention Deficit Hyperactivity Disorder (ADHD)

The service is tailored to meet the needs of children and young people with these disorders and to improve the child/young person's life chances by reducing/preventing co morbid acute mental health problems e.g. anxiety.

Referrals are usually completed via a relevant professional such as School SENCo or a GP.

You can also access [pre-assessment and post-diagnosis resources](#) via [RISE](#).

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## Community Autism Support Service (CASS)



[CASS](#) offers support to those with an autism diagnosis, those awaiting an autism assessment, or those who may self-identify as autistic and are living in Coventry or Warwickshire. The 'all-age' autism support service provides support using a single 'front door' approach via a single phone number and dedicated website.

Support is offered through a collaborative partnership with [Coventry and Warwickshire Mind](#), [Act for Autism](#) and [Autism West Midlands](#). The team will help with emotional support, and based on individual needs they can signpost, provide information and, if required, identify further personalised support.

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## RISE: Specialist Eating Disorders Team



The [RISE Specialist Eating Disorders Team](#) work in collaboration with children, young people and their families or carers to offer specialist assessment and treatment provision in order to restore both physical and psychological wellbeing.

The team works with children and young people with eating disorders, such as Anorexia Nervosa, Bulimia Nervosa, or Binge Eating disorder offering supportive therapies focused on the eating disorder as recommended by the NICE guidelines.

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## The All Age Disability Team



The [All Age Disability Service](#) works alongside people with disabilities of all ages and their family carers to support their personal, social care and health outcomes. The service is split into two teams, one for [children and young people aged 0-17](#) and a team working with [adults aged 18+](#). The service offers information and advice to everyone. If your child is aged 0-5 you may be eligible for support from the [Early Support Team](#). Referrals for 0-17 year olds should be made through Coventry MASH Email: [mash@coventry.gov.uk](mailto:mash@coventry.gov.uk) Tel: 024 7678 8555

The children and young people team also support children and young people with mental health issues. For adults aged 18 and over support is provided by [Adult Mental Health Services](#). Referrals can be made through professionals such as GP's and District Nurses. Adults aged 18+ with a disability can refer themselves or a family member can contact Social care on their behalf.

[Adult Social Care – Coventry City Council](#)

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## Kooth



**Kooth** is a safe, and confidential way for young people to access emotional wellbeing and early intervention mental health support. The service will be available to all young people across Coventry aged 11-25 years.

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## MIND - Coventry and Warwickshire



**Coventry and Warwickshire Mind** aim to increase awareness and understanding of mental health issues within the local community. It provides a range of services for people experiencing mental ill-health including drop-in centres, well-being courses, counselling, self-help tools, therapeutic work, and befriending services amongst others. There are a number of services for children through to adults.

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## Coventry Family Hubs and Coventry Families Digital Offer



[Coventry Family Hubs](#) and '[Coventry Families Digital Offer](#)' can help you find information and support from a wide variety of services in the Coventry area for children and young people from 0-25yrs, including information around SEND.

If you would prefer to speak to someone directly, Coventry's Family Hubs can provide advice and support at their friendly locations across the city. You can find your nearest Family Hub at [www.coventry.gov.uk/familyhubs](http://www.coventry.gov.uk/familyhubs)

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## NHS 'Talking Therapies'



**NHS Talking therapies** are for people (aged 16 and over) with mild, moderate and moderate to severe symptoms of anxiety or depression living in Coventry, Solihull and Warwickshire (who are not already under the care of specialist mental health services).

NHS talking Therapies offers service for those experiencing mental health difficulties such as:

- Anxiety (for example Social Anxiety, Health Anxiety)
- Depression
- Post Traumatic Stress (PTSD)
- Sleep Problems
- Obsessions and Compulsions
- Panic Attacks
- Post Natal Depression

NHS 'Talking Therapies' can be accessed via self-referral.

They also have a range of 'self-help guides' on their webpage that can be downloaded.

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## The Neurodevelopmental Service (Adults)



The **Adult Neurodevelopmental Service** is an assessment and diagnostic service for people who are over 17 years of age, with neurodevelopmental disorders such as Autism Spectrum Disorder (ASD)

and Attention Deficit Hyperactivity Disorder (ADHD). To be eligible for this service you should have no known learning disabilities and should not currently be under the care of Acute or Community Mental Health Services.

Referrals are completed via the GP. A diagnosis can help you identify your unique strengths and abilities, rather than seeing your differences as difficulties. It will also help you access support so you can manage the difficulties you experience. Following a diagnosis they offer group and/or individual support and signposting beyond the service.

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## Coventry and Warwickshire Mental Health Wellbeing Line



'[Wellbeing for Warwickshire](#)': [Coventry and Warwickshire Mental Health Wellbeing Line](#) aims to help people before crisis. This is a non-clinical service. The service offers connection, advice, information and signposting to other services.

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## Compass Coventry



[Compass](#) support children and young people from 5 to 18 years, and up to 25, if they have Special Educational Needs and Disabilities (SEND) or are a Care Leaver. They also support parents, carers and professionals who are worried about a child or young person's mental wellbeing. Compass provide self-help resources, information & advice, 1:1 or group intervention, counselling and family-based support. Supporting children & young people understand the issues they are struggling with, provide strategies to cope and achieve positive mental wellbeing.

Compass Coventry can support with presentations in relation to:

- *Low Mood*
- *Anxiety*
- *Self-harm*
- *Managing Emotions and Behaviours that challenge*
- *Relationships (Family/Peer)*
- *Change and Transitions*

Visit their webpage to find out more and complete a 'request for support form'.

You can speak to Compass directly by ringing them (contact details can be found on their webpage), they will ask you a few questions to get started, then one of their team members will call you back to make sure they're the right people to help.

Please note, compass currently only accept direct requests for support from young people (16+), parents and carers and Early Help professionals. If you are a professional and would like to complete a request for support, please continue to refer into [RISE Navigation Hub](#)

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# Guidance, Organisations and Contacts - Other Useful Information / Agencies / Links / Apps

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## Healios



[Healios](#) is a partner of the NHS, offering support and services through therapies and interventions designed to support your needs, for mild or moderate mental health difficulties including problems with sleep, feeling low, anxiety, or neurodiverse conditions.

The care team can also provide specialist assessments, diagnosis, support and interventions for those with Autism and ADHD conditions. Access to the service is by referral through CAHMS or a GP.

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## BEAT (Beating Eating Disorders)



[B-eat](#), the eating disorders charity, provides information, help, up to date advice and support for both people experiencing an eating disorder and their carers.

Beat is a member of Language Line and can provide access to an interpreter for non-English speaking callers.

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## YoungMinds



[YoungMinds](#) is an independent national charity and is not part of the NHS at all. It offers support and advice around mental health concerns of children and young people, up to the age of 25, directly and to their parent/carers, and professionals. Support includes advice and information on the webpage, training courses (for adults), programmes of support, helplines, webchat, top tips, and help and guidance on accessing services.

[Parents helpline and webchat page](#)

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## NHS Services and Support



[Coventry and Warwickshire Partnership Trust \(NHS\)](#) have some useful information on their website providing details and contact information for NHS Mental Health Services, including specialist services for mental health, learning disabilities, autism, or children's physical health need.

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## Mental Health Foundation



The [Mental Health Foundation website](#) has a range of information about mental health to help you to look after yours, and your families mental health needs, including; podcasts, videos, stories and an A-Z help guide offering information about different mental health conditions, and advice around the types of support available. The A-Z help guide includes pages for ADHD and ASC.

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## MindEd



[MindEd](#) offers online advice and support for parents/carers concerned about their child or young persons mental health. MindEd provide advice and information from experts to support you and your family. The site includes information, tips, advice and details of possible organisations that can help.

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## Kidscape



[Kidscape](#) provide support, resources, and advice across all ages to challenge bullying and protect young lives. They also offer adult training sessions and their ZAP programmes (for children aged 9+). They have a parent's advice line, open to parents of children/young people of all ages.

[Parent Advice Line Information](#)

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## PAPYRUS - Prevention of Young Suicide



PAPYRUS 'Prevention of Young Suicide' is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. PAPYRUS offer professional advice and information to young people and those who are worried about them when suicide becomes part of their lived experience.

[Help and Advice Resources | Papyrus UK](#)

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## Coventry Parenting Courses



Coventry parenting team have a range of parenting courses for families in Coventry with several targeted for parents/carers of children with SEND. The offer ranges from targeted parenting interventions such as Family Links Nurturing programmes/Triple P/'Stepping Stones' Triple P (for SEND), and online workshops. Online workshops are designed for parents to complete at a time that suits them and can be translated into different languages.

For details of how to access the courses and/or to find out more about the range of courses available, visit the [Coventry Positive Parenting Team webpage](#) for Coventry residents.

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## The Recovery and Wellbeing Academy Workshops



[The Recovery and Wellbeing Academy](#) is not a School, College or Academy in the traditional sense of the word, you don't need to be academically minded to attend and there are no tests, exams or assessments. The Academy offers a wide range of courses and workshops designed to empower your mental health and wellbeing provided by a number of partner organisations working together. Courses are delivered face to face and online via Zoom.

All Academy courses and workshops are completely FREE OF CHARGE and open to anyone over the age of 18 living in Coventry and Warwickshire who wants to better manage or understand their mental health and wellbeing. Friends, family, staff, and carers are encouraged to attend as we strongly believe in learning together to get the most out of the courses on offer.

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# Guidance / organisations - Crisis Services

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## RISE Crisis Team



The [Rise Crisis & Home Treatment team \(Coventry & Warwickshire Partnership NHS Trust\)](#) provide multi-disciplinary support to children and young people (under 18s) who present in a mental health crisis.

You can view 'The Rise Crisis & Home Treatment team leaflet' via the website link above.

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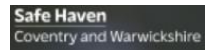
## Coventry and Warwickshire Mental Health Access Hubs



[The Coventry and Warwickshire Mental Health Access Hubs](#) will explore and triage the nature of your crisis with you and, if appropriate, will make arrangements for a clinician to meet with you. The team comprises a range of experienced NHS staff and clinicians with specific expertise in crisis and de-escalation interventions. 24 hours a day, seven days a week, 365 days a week.

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## Safe Haven Coventry and Warwickshire



[Safe Haven Coventry and Warwickshire](#) offer out-of-hours, friendly, non-clinical crisis support every day between 6pm-11pm for Coventry and Warwickshire residents aged 16+

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## Samaritans



[The Samaritans](#) provide confidential, caring emotional support, 24 hours a day for people who have feelings of distress or despair, including those which could lead to suicide.

[National helpline](#) (24 hours a day, 365 days a year)

[Coventry Samaritans](#)

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## Childline



[Childline](#) is available to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, they have trained counsellors to support you. Childline is open 24 hours a day, 7 days a week.

