



## Summer contact numbers



### Early Help Support

#### Safeguarding

For immediate safeguarding concerns about a child or young person's welfare contact the Integrated Access and Referral Team (i-ART):

**i-ART - 0300 123 7047**

The team can be contacted 8.30am to 5pm, Monday to Thursday, and 8.30 – 4.30pm on Friday.

For urgent concerns outside these hours, or over a bank holiday, contact the Emergency Duty Team (EDT)

**EDT - 01244 977277**

Alternatively call Cheshire Police on 101 for non-emergencies or 999 in an emergency.



### CAMHS out of hours advice line children and young people

Are you a young person concerned about your mental health?

Are you a parent concerned about a child's mental health? We are the Children and Young Peoples (CYP) Out of Hours Advice Line Our aim is to provide access to a mental health service for children & young people, their families and concerned professionals outside of the usual business hours

Mon 5pm-10pm Mon to Fri, 12pm-8pm Weekends

**01244 397644**



**Crisis line: 0800 145 6485**

Some good support for parents and young people can be found on the My Mind website <https://www.mymind.org.uk/about-mymind>



For ages: 10-25

Kooth is an **online mental wellbeing** community for young people

Here are some of the features you can access on Kooth:



**Magazine** | The Kooth magazine shares personal experiences and tips from young people and our Kooth team



**Discussion Boards** | Start or join a conversation with our friendly Kooth community, with lots of topics to choose from



**Chat** | Chat with our helpful team about anything that's on your mind



**Daily Journal** | Use your daily journal to track feelings or emotions and reflect on how you're doing



**Wellbeing Activities** | Find activities that support your wellbeing and help to build valuable life skills



Sign up for free at [kooth.com](https://www.kooth.com)

## Cheshire Autism Practical Support (ChAPS)

**Emma 07462868322** For advice support, signposting and advice

**Carey 07462 887815** intensive group sessions ,THE Club ,counselling

[www.cheshireautism.org.uk](http://www.cheshireautism.org.uk)



## Shout



24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

Only available in mainland UK

**Samaritans**

**SAMARITANS**

You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing [jo@samaritans.org](mailto:jo@samaritans.org)