******Finding the Right Help from the Right People**

 **An Overview for Schools/Settings**

It is important that schools/settings and families access the right support to meet the emotional wellbeing needs of their children, from the most appropriate services. Schools/settings are well placed to be able to offer support and signpost families as a result of the consistent relationships and regular contact they have.

This document is designed to enable school/setting staff to navigate the support provided by Essex County Council and partners.

Please note, this document does not capture everything that is available, but instead acts as a starting point for exploring what is available at the varying levels of need and intervention. The embedded links will take you to further information.

|  |  |  |  |
| --- | --- | --- | --- |
| **Universal / Coping**  | **Additional / Getting Help**  | **Targeted/ Intensive/** **Getting More****Help** | **Specialist / Getting Risk****Support** |
| [*SEMH Infolink Portal*](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/default.aspx)[*Designated Mental Health Lead*](https://schools.essex.gov.uk/pupil-support-and-wellbeing/social-emotional-and-mental-health-semh/designated-mental-health-lead)[*Trauma Perceptive Practice*](https://schools.essex.gov.uk/pupil-support-and-wellbeing/social-emotional-and-mental-health-semh/semh-training/trauma-perceptive)[*CYP Self-care Library*](https://schools.essex.gov.uk/pupil-support-and-wellbeing/social-emotional-and-mental-health-semh/self-care-cyp-library)[*Let’s Talk suite of resources*](https://schools.essex.gov.uk/pupil-support-and-wellbeing/social-emotional-and-mental-health-semh/essex-lets-talk-resources)[Multi-schools Council](https://www.multischoolscouncil.org.uk/)[*Inclusion Strategy*](https://schools.essex.gov.uk/key-priorities-and-updates/2024/inclusion-strategy)[*Early Help Drop-ins*](https://secureschools.essex.gov.uk/DisplayDocument.aspx?DocID=278)[*ECC Teams*](https://schools.essex.gov.uk/)*[Essex Local Offer](https://send.essex.gov.uk/)*[*Essex Child and Family Wellbeing Service*](https://essexfamilywellbeing.co.uk/)[*Essex Youth Service*](https://youth.essex.gov.uk/) | [*Essex Wellbeing Service*](https://www.essexwellbeingservice.co.uk/)*0300 303 9988**Mental Health Support Team (*[*where available*](https://secureschools.essex.gov.uk/DisplayDocument.aspx?DocID=693)*)* [*Kooth*](https://send.essex.gov.uk/search-support-groups-and-activities/kooth-online-mental-health-and-wellbeing-support)[*Team Around Family*](https://www.essex.gov.uk/how-to-hold-a-team-around-the-family-taf-meeting)*[One Planning](https://send.essex.gov.uk/help-learning/support-school/make-plan-action-support-your-child)*[*SEND Quadrant Teams*](https://schools.essex.gov.uk/pupils/SEND/Pages/default.aspx)*[EP Parent Helpline](https://send.essex.gov.uk/search-support-groups-and-activities/essex-educational-psychology-ep-service)**01245 433293**(Mondays 1pm-5pm)**School Outreach: Special Schools / Alternative Provision /* [*SEMH Enhanced Provisions*](https://schools.essex.gov.uk/pupil-support-and-wellbeing/social-emotional-and-mental-health-semh/semh-enhanced-provision)POWER[*Affinity*](https://essexfamilywellbeing.co.uk/services/affinity-programme/)[*Essex Virtual School*](https://schools.essex.gov.uk/pupil-support-and-wellbeing/essex-virtual-school)[*Non-violence resistance approach (NVR)*](https://www.essex.gov.uk/children-young-people-and-families/fostering/foster-carer-resource-hub/resources-foster-carers/non)*[CAMHS single point of access](https://www.nelft.nhs.uk/set-camhs/)**0800 953 0222* *(Mon-Fri 9am-5pm)* | *[CAMHS single point of access](https://www.nelft.nhs.uk/set-camhs/)**0800 953 0222* *(Mon-Fri 9am-5pm)*[*Family Solutions*](https://www.essex.gov.uk/get-support-from-childrens-social-care)*1-2-1 support for parents through voluntary engagement**[Children & Families Hub](https://www.essex.gov.uk/report-a-concern-about-a-child)**0345 603 7627* | *Contact the family’s Mental Health Support Worker or Care Coordinator (if relevant)*[*CAMHS Crisis Support*](https://www.nelft.nhs.uk/ewmhs-get-in-touch/)*0800 953 0222* *(Mon-Fri 9am-5pm)*[*Mental Health Direct*](https://www.nelft.nhs.uk/set-camhs/)*0800 955 1000* *(Out of Hours / Weekend / Bank Holiday)*[*NHS 111*](https://111.nhs.uk/) *option 2 for Mental health*[*Life-threatening Emergency 999*](https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-call-999/)[*Transforming Care*](https://www.livewellsouthend.com/health-wellbeing/transforming-care) |

**\*Please note:** [**Safeguarding**](https://schools.essex.gov.uk/pupils/Safeguarding/Child_Protection_Referrals/Pages/Safeguarding-Key-Service-Contact-Infomation.aspx) **applies to all levels**