******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.

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| **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**