



Online Counselling and 1:1 digital support

- Kooth
- Young Minds Text Chat
- Chat Health
- The Mix
- SHOUT

Parents and Carers Emotional Health

- Qwell
- Young Minds Parent/Carer Helpline
- Solihull Online Parenting
- Chat Health
- Bolton Parent Carer Forum

Grief and Loss

- Bolton Young People's Bereavement Service
- NHS Bereavement Helpline
- Greater Manchester Bereavement Service
- Youth Bereavement Cafe

Eating Disorders

- Bolton & Wigan Community Eating Disorder Service
- Beat Helpline / Online Chat

Low level face to face support

- I-Thrive
- Adolescent Health and Wellbeing Service

Gender Identity & Sexuality

- The ProudTrust
- NHS Gender Incongruence Service for Children and Young People
- Healthy Families Team

Online Programmes

- SilverCloud
- Living Life to the Full
- Every Mind Matters
- NHS in Mind

Perinatal and Parent Infant

- Public Health Nursing Team
- Bolton Perinatal Midwifery Team
- Homestart HOST
- Family Support 0 – 2
- Parent and Infant Relationship Service (PAIRS)
- Specialist Perinatal Community MH Team
- Dad Matters

Crisis Care / Urgent Help

- 24.7 Mental Health Helpline
- Mental Health Liaison Service
- Safe Zone
- Rapid Response Team
- Samaritans
- Integrated Front Door
- Greater Manchester Assessment and Inreach Centre
- Papyrus

Neurodevelopmental

- Autism Pathway (BSCIP)
- ADHD Pathway
- The SEND Local Offer

Community Health Services

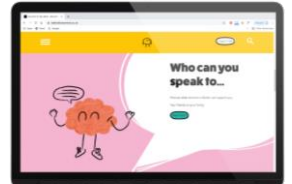
- Integrated Community Paediatric Service
- Paediatric Learning Disability Nursing
- Therapies (SALT, OT, Physio)

Specialist Support

- Bolton CAMHS
- Home Treatment Team
- Fortalice
- Young Carers Service

Colour Key
Red – Bolton or GM funded
Black – National service

Always signpost children, young people, and families to Bolton's Mental Health Website www.bekindtomymind.co.uk
This website provides a service directory and lots of advice and resources
























Service details and further information

Below provides a breakdown of each of the services listed above and how they can be accessed or referred to. Each service is aligned to the [Thrive Framework](#) to enable visual representation of where each service offer fits in the needs based groupings for children’s mental health.

Service Name	What and who is it for?	How is it accessed?	Further information
0 – 2 Family Support	<p>Any parent/carer in Bolton with a child under 2 that is struggling around low mood, anxiety, social isolation, or parent-infant attachment. Support is provided by Homestart HOST, Bolton Toy Library, MHIST and Little Bats Learning.</p> <p><i>Provided by: Bolton Together</i></p>	<p>Email IThrive@boltontogogether.org.uk with a brief summary of the parent/carers needs. Parents and Carers can also self-refer to the I-Thrive hub email address above or by contacting each service separately.</p>	<p>Homestart HOST – TraceyWhistlecraft@homestarthost.org.uk Bolton Toy Library - boltontoylibrary@yahoo.co.uk MHIST - christine.makinson@mhist.co.uk Little Bats Learning – 07402 470161</p>
24.7 Mental Health Crisis Line	<p>Access to 24.7 mental health support helping anyone of any age work through immediate problems and provides information and signposting to other local services and resources.</p> <p><i>Provided by: Greater Manchester Mental Health NHS FT</i></p>	<p>Open access for any child, young person, adult or professional via 0800 953 0285.</p>	<p>This number is for anyone living in Bolton, Manchester, Salford, and Trafford.</p>
360° Substance Misuse	<p>Provides specialist advice and support to young people up to 19 in Bolton with problematic substance and/or alcohol misuse. Service also offers information and advice to family members.</p> <p><i>Provided by: NHS Bolton Foundation Trust</i></p>	<p>Call 01204 462444 to arrange an appointment or to seek advice. Service is based at The Parallel.</p> <p>For adult support contact Achieve on 01204 483090</p>	<p>360° Substance Misuse Service</p> <p>Achieve</p>
ADHD Pathway	<p>Bolton’s ADHD pathway is for young people aged 5 to 17 where there are concerns around disordered conduct and suspected ADHD.</p> <p><i>Provided by: Multi-agency</i></p>	<p>SENCOs are in a better place to refer to Bolton CAMHS for assessment following a series of observations and interventions. An ADHD referral tool has been developed to guide SENCOs through the required evidence.</p> <p>GPs may also complete a Sharing Information Form and email to the SENCO/setting</p>	<p>Referral forms and pathway found on https://www.bekindtomymind.co.uk/area/learning-disabilities-autism-and-adhd/#1</p> <p>Professionals can contact Behaviour Support on 01204 338133 for advice about the pathway.</p>
Adolescent Health and Wellbeing	<p>Available to young people up to 19 (25 with SEND) who live, attend School/College or have a GP in Bolton. Provides a holistic offer of health</p>	<p>Call 01204 462444 to make an appointment or encourage the young person to drop into The Parallel on the following days/times:</p>	<p>https://www.boltonft.nhs.uk/services/children-young-people-families-support/</p>

Service (Parallel)	  	<p>and wellbeing support including physical, sexual, social, and emotional health needs.</p> <p><i>Provided by: NHS Bolton Foundation Trust</i></p>	<p>Monday, Wednesday & Friday – 3:30pm to 6:30pm Tuesday – 2:3pm to 6:30pm Thursday – appointments only Saturday – 12:30pm to 3:3pm Sunday – telephone appointments only</p>	
Autism Pathway BSCIP	   	<p>Any child or young person under 18 that has suspected autism will be required to follow the diagnostic pathway for autism spectrum condition (ASC).</p> <p><i>Provided by: Multi-agency</i></p>	<p>SENCO to initiate next stage of pathway to gather information and evidence. Signpost family to Bolton Parent Carer www.boltonparents.org.uk.</p> <p>GPs may also complete a Sharing Information Form and email to the SENCO/setting.</p>	<p>Referral forms and pathway found on: https://www.bekindtomymind.co.uk/area/learning-disabilities-autism-and-adhd/#ld</p> <p>Bolton’s Integrated Working Team will be able to establish which school a child goes to. Email: boltonISA@bolton.gov.uk</p>
Beat	   	<p>National eating disorder charity providing help, support, and resources to anyone with a diagnosed or suspected eating disorder. Support is also provided to family and friends, equipping them with essential skills and advice.</p> <p><i>Provided by: Beat</i></p>	<p>Provide the child/young person and their family with the helpline number 0808 801 0677 and email address help@beateatingdisorders.org.uk.</p> <p>The helpline is available every day of the year 9am – midnight during the week and 4pm – midnight on weekends and bank holidays.</p>	<p>https://www.beateatingdisorders.org.uk/</p>
Be Kind to My Mind	   	<p>Provides advice, resources and service information for Children, Young People, Parents/Carers and Professionals in Bolton.</p> <p><i>Provided by: NHS Greater Manchester Integrated Care (Bolton)</i></p>	<p>Signpost the child, young person, or family member to www.bekindtomymind.co.uk.</p> <p>Provide them with a Be Kind to My Mind contact card if you have them – to request some email gmicb-bol.cypcommissioning@nhs.net.</p>	
Bolton and Wigan Community Eating Disorder Service	   	<p>Provides assessment, treatment and support for young people aged 8 to 18 with eating disorders and their family.</p> <p><i>Provided by: Greater Manchester Mental Health NHS FT</i></p>	<p>If you suspect a child or young person has an eating disorder you can encourage them to see their GP.</p> <p>You can also signpost them to Beat and also Families Empowered And Supporting Treatment for Eating Disorders (FEAST) for further self-help support including advice and helplines.</p>	<p>Greater Manchester Children’s Eating Disorder Flyer</p> <p>https://www.feast-ed.org/</p> <p>https://www.gmmh.nhs.uk/young-peoples-eating-disorder-service/</p>

<p>Bolton CAMHS</p>		<p>Specialist assessment and treatment of serious mental health difficulties in children and young people up to 18 years with a GP in Bolton (including Looked After Children placed into Bolton from out of area registered with a Bolton GP).</p> <p><i>Provided by: Greater Manchester Mental Health NHS FT</i></p>	<p>Complete referral form on GMMH website or produce clinical letter including information required from referral form. Email to: boh-tr.boltoncamhs@gmmh.nhs.uk</p>	<p>Contact 01204 483222 for advice and guidance https://www.gmmh.nhs.uk/bolton-camhs</p>
<p>Bolton Specialist Perinatal Mental Health Midwifery Service</p>		<p>Provide a range of support, advice and treatment to individuals experiencing mental health difficulties during and after pregnancy. Both Bolton's Specialist Perinatal Midwifery Team and the Greater Manchester Specialist Perinatal Community Mental Health Team work closely with Midwives, Health Visitors, Adult Mental Health Teams, and GPs to ensure the right help is provided at the right time.</p> <p><i>Provided by: NHS Bolton Foundation Trust & Greater Manchester Mental Health NHS FT</i></p>	<p>All individuals who choose to receive their midwifery care at Royal Bolton Hospital will be triaged using a RAG criteria; with those rated red being referred into the GM Specialist Community Perinatal Service (GMMH) and those rated amber being offered support through the Bolton perinatal mental health midwifery service (Bolton FT).</p>	<p>GM Perinatal Services Overview Video Specialist Perinatal Support Leaflet for Partners and Family Perinatal Support Leaflet for Families across Greater Manchester</p> <p>GM Specialist Perinatal Community Mental Health Team contact number: 0161 271 0188</p>
<p>Chat Health</p>		<p>Young people aged 11 – 19 (25 with SEND) can confidentially text a Bolton Public Health Nurse for support around mental health, relationships, smoking, sexual health, and general wellbeing. Parents and Carers can also text on with questions ranging from child development to behavioural problems and general advice.</p>	<p>The service is available 8am – 8pm, Monday to Friday with messages outside of this time responded to the following working day.</p> <p>Young People: 07507 331753 Parent/Carers: 07507 331751</p>	
<p>Children's Bereavement Service</p>		<p>For children and young people in Bolton aged 8 – 18 which are experiencing loss and grief. Provides a range of support from advice and signposting to 1:1 support.</p> <p><i>Provided by: Bolton Lads and Girls Club</i></p>	<p>Refer a child or young person via the referral form on the Bolton Lads and Girls Club website to thrive@blgc.co.uk.</p>	<p>https://boltonladsandgirlsclub.co.uk/targeted-youth-services/bolton-bereavement-service/</p>
<p>Dad Matters</p>		<p>1:1 and group emotional wellbeing support for Dad's in Bolton. Supports with attachment and bonding, partners mental health and getting further access to services.</p> <p><i>Provided by: Homestart HOST</i></p>	<p>Encourage parent to access the Dad Matters website where they can find a range of ways to connect including closed Facebook groups, walks and talk, Dad Chat live and online antenatal groups. Outreach is also provided outside Royal Bolton Hospital and as part of antenatal sessions.</p>	<p>https://dadmatters.org.uk/about-us/connect-with-us/ https://dadmatters.org.uk/bolton/</p>

Every Mind Matters		National wellbeing website for adults and children and young people in England. Provides ideas on self-care including a range of videos and a summary of services that can help.	Suggest the child, young person, or family member accesses Every Mind Matters website.	https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/
Greater Manchester Bereavement Service		Advice and signposting service for anyone of any age living in the 10 localities of Greater Manchester.	Encourage young person or family member to call 0161 983 0902 (Mon – Fri, 9am – 5pm).	https://greater-manchester-bereavement-service.org.uk/
		<i>Provided by: NHS Greater Manchester Integrated Care</i>		
Greater Manchester Assessment and Inreach Centre		Assessment and admission process for children and young people aged 13 - 18 across Greater Manchester requiring inpatient mental health admission (Tier 4).	For awareness only. Referrals are made via Community CAMHS, Rapid Response Teams, Mental Health Liaison and CAMHS medical on-call.	Details for info: 0161 716 2689 gm.ac@nhs.net Junction 17 - 0161 357 1270
		<i>Provided by: Pennine Care NHS FT</i>		
Integrated Community Paediatric Service		The service will provide medical and nursing holistic care for children & young people who require assessment, intervention, advice, and support to manage short or long term health conditions.	For awareness only – referrals can be made by a health care professional.	Email: boh-tr.icpsreferrals@nhs.net
		<i>Provided by: NHS Bolton Foundation Trust</i>		
Healthy Families Team		Bolton's Healthy Families Team cover a broad range of health and wellbeing aspects for children, young people, and their families. They can provide specific information, advice, training, and support focusing on gender identity.	Contact HF@boltonft.nhs.uk or call 01204 463175 to discuss if the service is already working with the child or young person and/or if they can provide support.	https://www.boltonft.nhs.uk/services/children-young-people-families-support/
		<i>Provided by: NHS Bolton Foundation Trust</i>		
Homestart Peer Support			Email info@homestarthost.org.uk	https://home-starthost.org.uk/

		Peer support for parents and carers with a child under the aged of 2 that require additional support around parent-infant attachment. <i>Provided by: Homestart HOST</i>	Bolton's Parent Infant Mental Health Coordinator is Tracey Whistlecraft. TraceyWhistlecraft@homestarthost.org.uk	
Home Treatment Team (Bolton and Wigan)		An enhanced community package of care for young people 13 – 18 at risk of hospital admission. The service provides an intensive home treatment package for up to 6 weeks. The service operates 7 days a week: 8am – 8pm Mon – Fri and 9am – 5pm Saturday and Sunday. <i>Provided by: Greater Manchester Mental Health NHS FT</i>	For information only. Referrals are made via Bolton & Wigan Community CAMHS, Rapid Response Team (West) and Early Intervention Teams.	
Information and Advisory Service		Provides legally informed information, advice, and support, to parents and carers who have children under 25 years, with any type of SEND.	iasoutofhours@outlook.com Encourage family to contact the office on 01204848722 (term time only) or send a text to 07467943495 requesting a call back.	Webchat also available on https://iasbolton.com/home
Integrated Front Door		The Integrated Front Door is the point of contact for enquiries and referrals relating to children and young people made by professionals, families, and the public. <i>Provided by: Bolton Council</i>	If you are worried about a child that lives in Bolton, you can speak to a Social Worker by calling 01204 331500 and pressing Option 2. Phone lines are open Monday to Friday - 8:45am to 5pm. For out-of-hours or bank holidays, call the Emergency Duty Team on 01204 337777.	https://www.bolton.gov.uk/safeguarding-protecting-children/reporting-child-abuse/1
I-Thrive		Low level mental health support for 2 – 19 years (25 with SEND) from a range of Bolton community and voluntary sector organisations under the consortium of Bolton Together. Interventions such as mentoring, counselling, listening services, arts and culture and group work. <i>Provided by: Bolton Together</i>	Bolton Together operate a referral hub to ensure children receive the right support to meet their needs. Complete the online referral form: https://bolton-together.org.uk/ithrive-2-19-years-referral-form/	Overview of all services included within I-Thrive https://bolton-together.org.uk/wp-content/uploads/2021/11/IThrive-Overview-of-Services-.pdf 8 steps to consider when making an I-Thrive referral
I-Thrive Parent/Carer Peer Support		Peer support programmes for parents/carers in Bolton with a child experiencing mental health difficulties. <i>Provided by: Bolton Together</i>	Refer the parent/carer online via https://bolton-together.org.uk/parent-peer-support-programme-referral-form/ Parents and Carers can also self-refer	https://bolton-together.org.uk/wp-content/uploads/2023/11/IThrive-Parent-Peer-Support-Overview-Nov-2023.pdf

Kooth		Free and anonymous online counselling for any young person in Bolton aged 10 – 25. Also provides moderated forums, self-help resources and a messaging function.	Encourage child/young person to sign up for a free and anonymous account via www.kooth.com .	Kooth have a number of engagement leads across Greater Manchester who can provide your setting with mental health awareness sessions, Kooth resources or service introductions. Contact greatermanchester@kooth.com Kooth and Qwell Promotional Resources
		<i>Provided by: Kooth PLC</i>		
Living Life to the Full		For young people and staff 16+ that are able and willing to access online self-help support around anxiety and low mood.	Signpost young person to register on https://littfgm.littf4.com/ which is the free access version for Greater Manchester residents.	
Mental Health Liaison Service		Provide full assessment to anyone of any age presenting at A&E in a mental health crisis.	Child or young person will present at A&E department at Royal Bolton Hospital.	Bolton Mental Health Liaison Team number – 01204 390745
		<i>Provided by: Greater Manchester Mental Health NHS FT</i>		
Mental Health Support Teams		Currently mobilised in 29 Schools and 2 colleges/sixth forms across Bolton offering brief interventions and support to children and young people with low to moderate mental health difficulties.		Confirmation of all Schools can be found on the professionals section on www.bekindtomymind.co.uk under 'Mental Health in Education'
		<i>Provided by: Greater Manchester Mental Health NHS FT and Bolton Lads and Girls Club</i>		
NHS Gender Incongruence Service for Children and Young People		Children and young people up to and including 16 years of age with features of gender incongruence as described in NHS England's service specification can be referred into this service. No self-referrals are accepted.	For awareness: https://www.ardengemcsu.nhs.uk/services/clinical-support/national-referral-support-service-for-the-nhs-gender-incongruence-service-for-children-and-young-people/	
Occupational Therapy		The Occupational Therapy Service will assess and provide intervention, support and/or advice to children, young people, and their families, where they have a disability or impairment which impacts on their performance and participation in	The Paediatric Occupational Therapy Service will accept referrals from professionals across education (including early years settings), health and social care for children & young people aged 0-18 years (or up to 19 years if considered clinically appropriate) who are registered with a	Telephone: 01204 462670 Email: CommunityTherapyAdmin@boltonft.nhs.uk Therapies - Bolton NHS FT (boltonft.nhs.uk)

		<p>activities of everyday life to help them to reach their full potential.</p> <p><i>Provided by: NHS Bolton Foundation Trust</i></p>	<p>Bolton G.P., or for home adaptations and equipment for those who are permanent residents in Bolton Council Borough.</p> <p>Referral via form or letter with copy of Early Help Form.</p>	
Paediatric Learning Disability Nursing Service		<p>The team has specialist knowledge and skills to help children and young people who have learning disabilities or global development delay (where two or more milestones in all areas of development have not been reached) and an additional health need.</p> <p><i>Provided by: NHS Bolton Foundation Trust</i></p>	<p>Referrals are accepted from agencies who are supporting the child/young person</p> <p>Referrals should be made via the Early Help document with a clear rationale for the referral</p> <p>Parents must have consented to the referral and should be made aware that we are a learning disability service. Young people's consent should also be sought where possible.</p>	<p>Paediatric Learning Disability Service - Bolton NHS FT (boltonft.nhs.uk)</p>
Public Health Nursing		<p>Public Health Nurses consist of Health Visitors and School Nurses to offer family centred service to all children and young people who live or attend formal education in Bolton.</p> <p><i>Provided by: NHS Bolton Foundation Trust</i></p>	<p>Public Health Nurses are aligned to Schools and also to Neighbourhoods. To establish a child/young person's public health nurse call 01204 462325.</p>	<p>https://www.boltonft.nhs.uk/services/children-young-people-families-support/</p>
Qwell		<p>Free and anonymous online counselling for any adult in Bolton aged 26+. Also provides a messaging function, moderated forums, and self-help resources.</p> <p><i>Provided by: Kooth PLC</i></p>	<p>Encourage parent/carer or young adult to sign up for a free and anonymous account via www.qwell.io.</p> <p>Provide contact card if you have access to them</p>	<p>Kooth PLC have a number of engagement leads across Greater Manchester who can provide your setting with mental health awareness sessions, Qwell resources or service introductions. Contact greatermanchester@kooth.com</p> <p>Kooth and Qwell Promotional Resources</p>
Papyrus		<p>National charity providing confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person under 35.</p>	<p>Provide child/young person and family with contact details of HOPLINEUK:</p> <p>Phone: 0800 068 4141 Text: 07860 039967 Email: pat@papyrus-uk.org</p>	<p>https://www.papyrus-uk.org/</p> <p>Papyrus offers one free 30 min Suicide Prevention – Awareness, Resource, Knowledge (SP-ARK) training per organisation – email training@papyrus-uk.org</p>
Physiotherapy		<p>An assessment of the child/young person's needs and intervention which may include advice, therapy programmes, review, therapy assistant</p>	<p>Paediatric Musculoskeletal (MSK) Physiotherapy - If there are any concerns regarding pain or loss of function or movement of a joint or queries of a musculoskeletal problem, please advise parents</p>	<p>Telephone: 01204 462670 Email: CommunityTherapyAdmin@boltonft.nhs.uk</p>

		<p>sessions, specialist equipment advice/provision, adaptations at home, contribution to EHCPs.</p> <p><i>Provided by: NHS Bolton Foundation Trust</i></p>	<p>to seek advice from their GP. Their GP can then assess and refer to the relevant service.</p> <p>The Neuro Paediatric Physiotherapy Service - will accept referrals from professionals across education (including early years settings), health and social care but most referrals are made by a health professional.</p>	<p>Therapies - Bolton NHS FT (boltonft.nhs.uk)</p>
Rapid Response Team		<p>Provide community based crisis response, brief intervention, safety planning, risk assessment and management for up to 72 hours.</p> <p>Available 8 am – 10 pm 7 days a week for young people up until 18th birthday.</p> <p><i>Provided by: Greater Manchester Mental Health NHS FT (West Team)</i></p>	<p>For information only. Referrals made by Community CAMHS, NHS 111, Mental Health Liaison, 24.7 Mental Health Crisis Line, Safe Zones and CAMHS medical on-call.</p> <p>Check if young person has been under Rapid Response Team within the last 6 months. If they have, advise that child/young person can self-refer back into the service.</p>	<p>0300 323 0911</p> <p>Option 4 for West Team (Wigan and Bolton)</p>
Safe Zone		<p>Provides crisis step down and/or short term interventions for young people under 18 in crisis that don't require a response from Rapid Response Team.</p> <p><i>This service is currently being re-procured</i></p>	<p>For information only. Referrals made by Community CAMHS, Rapid Response Team, Mental Health Liaison, CAMHS medical on-call and 24.7 Mental Health Crisis Lines.</p> <p>Open 8am – 10pm 7 days per week</p>	<p>Details for info:</p> <p>07710396149 safezonereferrals@childrenssociety.org.uk</p>
Samaritans		<p>Available 24 hours a day, 365 a year for support</p>	<p>Provide child/young person with Samaritans phone number 116123</p>	<p>https://www.samaritans.org/</p>
SEND Local Offer		<p>Bolton's Local Offer provides a single point for information to help families of a child/young person with Special Educational Needs and Disabilities access details about services available to them and offer guidance in multiple areas such as Early Years, Schools, Colleges, Health and Care and Leisure activities.</p> <p><i>Provided by: Bolton Council</i></p>	<p>Encourage parent/carer to access https://www.bolton.gov.uk/sendlocaloffer/</p>	<p>Bolton Local Offer Poster - https://www.bolton.gov.uk/sendlocaloffer/downloads/file/23/send-local-offer-poster</p>
				<p>Home (iasbolton.com)</p>

SEND Information and Advisory Service		<p>The service supports parents and carers who have children with special educational needs and disabilities (SEND), as well as directly supporting young people with SEND. We work with the 0 - 25 years age range, and provide information, advice, and support on a wide range of matters across education, health, and social care.</p>	<p>Encourage parent/carer/young person to access this service – they are unable to accept third party referrals.</p>	
SHOUT		<p>Free, confidential, anonymous text support service. Shout Volunteers are available day or night for anyone that is struggling to cope and needs to talk.</p>	<p>Provide the child, young person, and parents/carers with the SHOUT text number 85258.</p>	<p>https://giveusashout.org/</p>
SilverCloud		<p>Online programmes using Cognitive Behaviour Therapy for anyone in Bolton aged 16+ focusing on improving their wellbeing.</p> <p><i>Provided by: SilverCloud</i></p>	<p>Access is free for anyone living in Greater Manchester via https://gm.silvercloudhealth.com/signup</p> <p>Advise the young person/parent/carer that once signed up, a two minute wellbeing quiz should be completed to help establish the most suitable programmes. Programmes are based on completing one module a week taking up to one hour.</p>	<p><i>Additional platform for young people currently being mobilised across Greater Manchester</i></p> <p><i>To familiarise yourself with how the programme works read https://gm.silvercloudhealth.com/onboard/greatermanchester/howitworks/</i></p>
Solihull Online Parenting		<p>A total of 15 free online courses commissioned by NHS Bolton FT as part of 0 – 19 service.</p> <p><i>Provided by: NHS Bolton Foundation Trust</i></p>	<p>Access via www.inourplace.co.uk , select ‘Start now’ to create login and then add access code rivington to enable free access for Bolton residents.</p>	<p>Public Health Nurses, Behaviour Support and Start Well staff are Solihull trained and can support a parent/carer through the programmes</p>
Specialist Perinatal Community Mental Health Service		<p>For moderate to severe mental health difficulties during pregnancy and first 2 years after birth.</p> <p><i>Provided by: Greater Manchester Mental Health NHS FT</i></p>	<p>For information only.</p>	<p>GM Perinatal Services Overview Video</p> <p>Specialist Perinatal Support Leaflet for Partners and Family</p> <p>Perinatal Support Leaflet for Families across Greater Manchester</p>
Speech and Language Therapy		<p>The Speech and Language Therapy Service will assess, diagnose, and develop an individualised programme of care to maximise the communication potential of the children and</p>	<p>Referrals can be made into the service by a health, social or education professional, with the consent of the child’s parent or carer. – please</p>	<p>Speech and Language Therapy - Bolton NHS FT (boltonft.nhs.uk) Telephone: 01204 462670</p>

	<p>young people referred to them and under their care. The work involves direct contact with children and young people with communication difficulties as well as their carers and other key people in their lives. Therapists also support children and young people with swallowing, eating and drinking difficulties.</p> <p><i>Provided by: NHS Bolton Foundation Trust</i></p>	<p>see Speech and Language Therapy - Bolton NHS FT (boltonft.nhs.uk).</p> <p>To make a referral and access the Speech and Language Therapy Toolkit.</p>	<p>Email: CommunityTherapyAdmin@boltonft.nhs.uk</p>
The Mix	<p>A national charity providing a hub of information and support to children and young people up to the age of 25.</p>	<p>Provide children and young people with the website https://www.themix.org.uk/.</p>	
Young Carers Service	<p>For young people aged 8 – 18 that have a caring responsible and would like support and/or to connect with other young carers. The service provides holistic support to the whole family by connecting/signposting to other local services.</p> <p><i>Provided by: Bolton Lads and Girls Club</i></p>	<p>Referral form can be found on the Bolton Lads and Girls Club website and should be emailed to youngcarers@blgc.co.uk.</p>	<p>https://boltonladsandgirlsclub.co.uk/youngcarers/</p>
Young Minds	<p>A national mental health charity for children and young people. Provides advice and guidance for young people, families, and professionals as well as helplines and text support for young people.</p>	<p>Encourage young person to text the initials YM to 85258 to initiate a text chat with a trained mental health advisor.</p>	<p>https://www.youngminds.org.uk/</p>
Young Minds Parent/Carer Helpline	<p>Provides detailed advice, emotional support, and signposting about a child or young up to the age of 25.</p>	<p>Provide parent/carer with the number for the Parent Helpline which is free to access between 9:30am and 4pm, Monday to Friday on 0800 802 5544.</p> <p>Webchat function also available during the same timeframe by accessing chat icon in the bottom corner of website.</p>	<p>https://www.youngminds.org.uk/parents-helpline-and-webchat/</p>

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