

The support is

Free, confidential and effective.

Our team of skilled professionals will keep what you tell them private unless they have concerns about the safety of yourself or others. They will always try to talk to you about this first. All workers are supervised and managed, to make sure they are working safely and professionally.

There are lots of ways we can help; setting goals, advising on other options, working through issues in a structured way and being there every week.

Support can be accessed in lots of different locations. Contact us to find your nearest place to get help.

How do I access the service?

You or someone on your behalf can contact us directly on 01803 290330 or **complete our enquiry form** or drop into one of our services.

Your doctor, school, family member or any other professional can also make a referral on your behalf.

Go to our [0to19torbay](https://www.0to19torbay.org.uk) website to download the enquiry form, then email it to Checkpoint and someone from the wellbeing team will contact you.

How long will I have to wait?

Whilst waiting times may vary, we will always contact you and let you know.

What do I do if I need immediate help?

If you feel like you need help straight away you can take the following steps to ensure you keep yourself safe.

if you feel you may seriously hurt yourself, visit your local A&E where a professional can help or call 111



Torbay
Wellbeing Service
for children and young people
aged 8 to 18

Who We Are

Torbay wellbeing service is a partnership between Oto19 Torbay, Checkpoint, South West family Values, Young Devon and Imagine This.

Our Wellbeing Service provides a range of services that are designed to help you with your practical issues: offering various groups, drop-ins and individual information, advice and guidance.

Who is it for?

Children and young people under 19 living in the Torbay area.

When can we help?

- Do you often find yourself feeling hopeless and tearful?
- Are you finding day to day life difficult to cope with?
- Do you feel overly nervous or worried?
- Do you find your behaviour gets you in trouble?
- Have you become overly worried about your body image or eating habits?
- Have you thought about hurting yourself?

These are just some of the things we can help and support you with. If we feel that our service is not right for your particular need, then we will put you in touch with someone that is able to help you further as we work with a variety of different organisations.

Where and when

To find out where and when services are running check out the What's On page on our Oto19torbay website. www.Oto19torbay.co.uk



Other support available

CAMHS - call 01803 655 650. They are open between 9am and 10pm during the week, and between 9am and 5pm on weekends and bank holidays. Outside of these hours and overnight, please call the Emergency Duty Team on 0300 4564 876.

Kooth – Sign up online and access self-help tools, moderated live chat and an online team of counsellors. www.kooth.com

Childline – call 0800 1111 or speak to a counsellor online at www.childline.org.uk

Anna Freud – The Anna Freud National Centre for Children and Families works to change the experience of children, young people and families with their mental health. www.annafreud.org

Young Minds – for children’s and young people’s mental health, including support if you’re struggling. youngminds.org.uk

Samaritans – the national helpline open 24 hours a day, 365 days a year for anyone who needs support or someone to listen. Call 116 123 free, or email @samaritans.org. www.samaritans.org/

What we offer

Wellbeing conversations

A single conversation with a therapist about how things are for you and the things you are struggling with. They may be able to offer information or strategies you can use to when it is hard to cope, help you plan what you want to happen next and to access more support.

Counselling

Six sessions where you can talk through the things matter to you. We will try to help you understand yourself better and find new ways of coping with everyday life.

Individual CBT– Wellbeing

Practitioners can help when your feelings get in the way. We could help you understand the links between what you think, how you’re feeling and how you act. We’ll work with you to try and find out what works to make things better.

Wellbeing Drop-ins

If something's on your mind and you'd like to talk to someone, we have places where you can drop in and see someone - quick, easy, no stress.

Wellbeing cafe

A friendly, relaxed place where you can meet other young people and share ongoing support. Led by young people with a worker available to offer help, advice, information and strategies. This can be a place when you can access support when you are having a hard time and offer support to others when things feel easier.