



# Support and Help for Emotional Well-being

For Children, Young People,  
Parents and Carers



# Feeling down or stressed about things? Worried about a friend? Don't know where to get help?

Being troubled by thoughts and feelings is a normal part of life and common in young people, however, help is available. Young people have told us that talking to someone you trust and telling them how you are feeling can really help. It could be a friend or family member, youth worker, teacher or school nurse etc. However, some young people may need additional support and whatever the problem, there is a service that will help you get it sorted.

HeadStart Hull helps children and young people aged 10-16 by offering services to support their emotional health and well-being, ranging from services available to everyone, to services for those who feel they need or want extra support.

We also provide services for parents and carers of young people aged 10-16 years, including families with a young person with a Special Education Need or Disability (SEND).

We are funded by The National Lottery Community Fund, meaning all our services are FREE, and you can find them all at [www.howareyoufeeling.org.uk](http://www.howareyoufeeling.org.uk)



## Trio of Trusted Adults

In the school, community & at home

## Aspirations for the future

## Confidence and Self-esteem

## Positive Peer Network

Friends they can rely on and support each other

## Stronger Family Networks

# Top Tips

Sometimes life can be difficult, but there are some easy ways to help you feel better. Here are some simple tips to help, but remember, it's OK not to be OK and you should always ask for help when you need it.



## EXERCISE

BEING ACTIVE HELPS LIFT YOUR MOOD, REDUCES STRESS AND ANXIETY.



## TALK

BE OPEN WITH PEOPLE YOU TRUST ABOUT HOW YOU'RE FEELING.



## BE KIND

ACCEPT WHO YOU ARE AND ENCOURAGE RATHER THAN CRITICISE YOURSELF.



## YOU FIRST

EAT HEALTHILY, DRINK WATER AND BALANCE YOUR SLEEP.



## IN TOUCH

MAKE REGULAR CONTACT WITH FRIENDS AND FAMILY



## RELAX

MAKE TIME FOR YOURSELF TO DO WHAT YOU ENJOY.

# **Open Access Services** available for all children and young people

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No referral needed.

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## Turn 2 Us

Support for young people in secondary schools, giving you a chance to talk to a youth worker in your lunch break.

### What we do...

If you are feeling a bit stressed, fed up or anxious about something and want someone to talk to, our youth workers will be there to listen and give support. During the school holidays, you can come and see us in youth centres across Hull.

### How to contact us:

For more information, please call: **01482 331238** or ask a member of staff at your school about dates and times.

## Play Rangers

Fun family activities in parks and open spaces during the school holidays, provided by youth workers.

### What we do...

With lots of different activities to try like arts & crafts, sports, games, and music & dance, we help you build confidence, make new friends and reduce feelings of stress and anxiety. There's no need to book, just turn up!

### How to contact us:

For more information, please call: **01482 606077** or email: **info@hesslerdnetwork.karoo.co.uk**

# Additional support for Children and Young People aged 10-16

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If the young person feels they need additional support, talking to a Peer Mentor, joining a group or working with a resilience coach or counsellor could be the best option for them.

With a choice of 1-2-1 or group sessions, these services will provide additional support.

These do need to be booked in advance, you can contact the service yourself, or speak to someone you trust like a teacher, youth worker or family member and they can help you access the right service.

One of these people may have already told you about the services, so here is more information about what they can help with and how to get in touch.

## Young People's Peer Mentoring

1-2-1 support over a number of sessions from a trained peer mentor who is a similar age to you, who can lend a listening ear and give support to help you deal with your worries.

### What we do...

Young people have told us our fully trained young mentors help with issues such as making friends, building self-esteem and self-confidence, bullying, worries about changing schools (transition), worries about exams or family issues.

### How to contact us:

For more information, please call:

**01482 326513** or email:  
[peermentoring@wearecornerhouse.org](mailto:peermentoring@wearecornerhouse.org)

## SMILE

A 12 week group work project for young people, delivered in local youth centres by youth workers.

### What we do...

Run by youth workers, the SMILE group offers a mix of activities to help you understand your feelings, talk to other young people and build positive relationships.

Young people have told us this has helped with developing problem solving skills, experiencing success and achievement and developing support networks. It also helps to deal with issues such as bullying, stress, body image issues, low self-esteem /confidence, and behaviour changes.

### How to contact us:

For more information,  
please call: **01482 331238**  
or email: [smile@hullcc.gov.uk](mailto:smile@hullcc.gov.uk)



## School Based Group Work

School based group work sessions run 1 day a week per term and can help you improve your emotional and mental health.

Before joining a group, we will meet with you and your parents to talk about your need for support. You'll need your parents permission to attend these groups as they are in school time.

The groups are run by SMASH and WRAP who cover a set of schools each.

Young people have told us this has helped with developing problem solving skills, experiencing success and achievement and developing support networks. It also helps to deal with issues such as bullying, stress, body image issues, low self-esteem/ confidence, and behaviour changes.

### SMASH

Malet Lambert,  
Archbishop Sentamu  
and The Marvell College

#### How to contact us:

For more information, please call:  
**01482 692929: option 1** or email:  
**hnft-tr.smashhull-ery@nhs.net**

### WRAP

Winifred Holtby, St. Mary's,  
Sirius North, Sirius West, Newland,  
Kelvin, Boulevard and Trinity

#### How to contact us:

For more information, please call:  
**01482 325883** or email:  
**headstart.groupwork@barnardos.org.uk**





## Emotional Resilience Coaches

1-2-1 support to help young people who have a range of emotional health issues and who are struggling to cope.

### What we do...

An Emotional Resilience Coach meets you at home, in school, or any suitable place to help you identify your issues or concerns, making a plan with you to get you back on track. Over a number of sessions, we will help you develop skills to cope with any problems, as well as improve your confidence and self-esteem.

Young people have told us this can help with low-level anxiety and depression, stress, identity/body image, early signs of self-harm, transition from primary to secondary, secondary into education, employment and training, or between schools.

### How to contact us:

For more information, please call: **01482 331238** or email: **emotionalresiliencecoaches@hullcc.gov.uk**

## Counselling Services

### What we do...

Counsellors work 1-2-1 with young people to help you identify what you are struggling with and help you find ways to overcome these problems. Sometimes this could include working with your family, or others, to identify the best ways to do this.

Young people have told us counsellors can help with low mood, anxiety, bereavement, bullying, anger and low self-esteem, as well as sexuality and gender issues, identity and body image issues and risk taking behaviour.

This service can take place in a range of venues across the city that you are more comfortable with.

### How to contact us:

For more information, please call: **01482 240200** or email: **therapyservices@heyhound.org.uk**

# Help for Parents and Carers to improve family emotional health and well being

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Parents do a fantastic job, but sometimes it can be hard, and sometimes parents need a bit of additional support.

Services specifically designed for parents and carers of young people means that whatever the problem, there is an

organisation that can help them improve their families emotional health and well-being.

If you are working with a family, parent or carer who thinks they need support, you contact HeadStart Hull services on their behalf.

## Parenting Support (10-16)

Parenting Practitioners work with parents to help them support the emotional well-being of their young people.

### What we do...

We offer group work sessions and 1-2-1 support.

Parents have told us this has helped them to provide emotional warmth, stability and consistency for their children to grow into healthy young adults by improving boundaries and behaviour, showing love and limits, and improving relationships.

### How to contact us:

For more information, please call: **01482 615523** or email: [parenting@hullcc.gov.uk](mailto:parenting@hullcc.gov.uk)

## Parent Peer Mentoring (10-16)

1-2-1 support from one parent to another over a number of sessions.

### What we do...

Trained Parent Peer Mentors offer a listening ear, help parents to access services, and support them to identify the changes needed to build a happy family home.

The mentors recognise the role of parents in the life of children and young people and believe that reducing parental stress, improving their emotional well-being and providing them with parenting skills and knowledge, helps them to support their children and young people.

## Support for Parents of Children with a Disability (5-16)

### What we do...

We provide a range of group work delivered across Hull, offering parents/carers guidance and practical support, such as:

- Stepping Stones Triple P (children aged 2-14)
- National Autistic Society Teen Life (children aged 10-16)
- Balancing Act (children aged 10-16)

1-2-1 support is also available to parents who want to attend these workshops, which can be accessed without a SEND diagnosis.

Parents have told us this can help with issues related to parenting teenagers with a disability and lack of supportive family networks and good child-parent relationship.

### How to contact us:

For more information, please call: **01482 467540** or email: [enquiries.yorkshire@kids.org.uk](mailto:enquiries.yorkshire@kids.org.uk)

Our volunteer mentors also offer group workshops and a drop-in service in schools and the community.

Parents have told us this can help with issues such as family breakdowns, lack of family support, social isolation and advice on family boundaries and parenting.

### How to contact us:

For more information, please call: **01482 799070** or email: [liz.hammond@childdynamix.co.uk](mailto:liz.hammond@childdynamix.co.uk)

**To find out more  
about HeadStart  
Hull, please visit:**

**[www.howareyoufeeling.org.uk](http://www.howareyoufeeling.org.uk)**

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