

- Cheshire East Educational Psychology Service-
<https://livewellservices.cheshireeast.gov.uk/Services/1087/Cheshire-East-Educat>



- Cheshire East Local Offer- 0-25 Cheshire East Local Offer for Special Educational Needs and Disability (SEND)- The Cheshire East Local Offer includes information about the support and provision that families can expect from a wide range of agencies for children and young people with Special Educational Needs and/or disabilities (SEND) from birth to 25 years old.

<https://www.cheshireeast.gov.uk/livewell/local-offer-for-children-with-sen-and-disabilities/local-offer-for-children-with-sen-and-disabilities.aspx>



- Childline- Childline is yours – a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime.
<https://www.childline.org.uk/>



- East Cheshire CAHMS and Learning Disability CAHMS
We are Cheshire and Wirral Partnership NHS Foundation Trust (CWP) Child and Adolescent Mental Health Service (CAMHS). We support children, young people and their families in many different ways, offering a range of treatments and therapeutic practices
<http://cwpcamhscentre.mymind.org.uk/about/east-cheshire/>



- Health Watch Cheshire East <https://healthwatchcheshireeast.org.uk/>

Healthwatch Cheshire East, part of Healthwatch Cheshire, is an independent voice for the people of Cheshire East to help shape and improve local health and social care services. We want to hear about your views, needs and experiences to help Cheshire East get the best possible health and social care



- Just Drop-In- The Drop-In first opened on Chestergate, Macclesfield in late 2001 operating as a one-stop-shop offering information and support.
<http://www.justdropin.co.uk/about-us/>



- Kind to your mind
Here you will find a range of useful resources to help you through. If you are looking for tips, advice, apps or even online courses to help with your mental wellbeing – there is something here for you!
<https://kindtoyourmind.org/>



- Kooth- XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

<https://www.kooth.com/>



- Live Well Cheshire East
<https://www.cheshireeast.gov.uk/livewell/livewell.aspx>



- NHS- For people over age 18 the NHS offers therapies, such as cognitive behavioural therapy (CBT), for problems including: stress, anxiety, depression, obsessive compulsive disorder (OCD) and phobias. This programme is called Improving Access to Psychological Therapies (IAPT). You can ask your GP or self-refer.
<https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>



- Richmond Fellowship
Richmond Fellowship is a national mental health charity. We've been working with individuals, families and communities to make recovery reality for over 60 years.
<https://www.richmondfellowship.org.uk/who-we-are/>



- Special Needs Nursing Service- The Special Needs Nursing Service is a team of qualified nurses and health care assistants dedicated to providing clinical support to children and young adults with complex health needs, within the special schools across Central and Eastern Cheshire.
<https://www.eastcheshire.nhs.uk/Our-Services/special-needs-nursing.htm>



- VisYon- Visyon is a charity that supports the emotional health of children, young people and their families in the Cheshire and Staffordshire moorlands areas.

<https://www.visyon.org.uk/>



- Young Minds- <https://youngminds.org.uk/>
We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

YOUNGMINDS