

Some potential helpful contacts/ services in Northamptonshire

CIRV:- The Community Initiative to Reduce Violence (CIRV) is a multi-agency gang intervention programme designed to reduce gang violence and help those involved in gangs to live a life free of crime.

Anyone can refer into CIRV - whether that is someone who needs help themselves to get out of 'gang life' or someone who is concerned about someone they know. Referrals can be made by calling 07539 183975 any time, day or night. www.cirv-nsd.org.uk there is more information and referral form online.

NGAGE:- early intervention drug and alcohol service for young people aged 10 – 18. Also offer a youth group Evolve, offering positive activities and opportunities for young people to get involved. 01604 633848; email: ypnorthamptonshire@aquarius.org.uk.

Service Six :- Offers lots of different services; counselling, Opal Project- self harm support, LGBTQ, Online abuse/ safety group etc look for more on their website - www.servicesix.co.uk/about-us/
Contact: Phone: 01933 277520. Email: referrals@servicesix.co.uk.

Northamptonshire Childrens Trust:- Early Help – also can offer support – mentors, family support services – email: Partnershipadvice@nctrust.co.uk

Youth Works (based in Kettering):- Do youth activities – like dodge ball, LGBTQ, circle skills and street dance. They offer counselling, family support, Triple P – parenting support, mental health drop in's and support. Contact: 01536 518339, www.youthworksnorthamptonshire.org.uk.

Citizens Advice 0800 144 8848 / www.cencab.org.uk offers advice and information on wide range of issues such as benefits, housing, employment, law and rights etc.

Fearless online where you can report crime or share information without having to leave any personal information. You can give us information about crime without giving your name or any personal details. You will not be asked for your gender or age. They will not record any personal details you might mention. They physically cannot trace your email or IP address as the system is designed to protect your identity. www.fearless.org

The Salvation Army provides specialist support for all adult victims of modern slavery in England and Wales. Our confidential referral helpline 0800 808 3733 is available 24/7. "Modern slavery is the exploitation of other people, for personal or commercial gain". www.salvationarmy.org.uk/modern-slavery

Childline - 0800 1111 When you call on 0800 1111 you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online. Childline is open 24 hours a day, 7 days a week. So you can talk to them any time.

Runaway helpline – telephone/ text 116 000, email: 116000@runawayhelpline.org.uk. website: www.runawayhelpline.org.uk/about-us/ "Runaway Helpline is here if you are thinking about running away, if you have already run away, or if you have been away and come back. You can also contact us if you are worried that someone else is going to run away or if they are being treated badly or abused".

The Lowdown – 01604 634385 is a Mental Health charity for young people aged 11 – 25 years old in Northamptonshire; providing free and confidential support.

CAMHS – 0800 170 7055 / www.nhft.nhs.camhslive Mental Health support. **Child and Adolescent Mental Health Services** is part of the NHS. They assess and treat young people with emotional, behavioural or mental health difficulties. CAMHS supports a wide range of issues that may affect young people including depression, eating disorders, self-harm, abuse, anger, bipolar, schizophrenia, anxiety and more. CAMHS teams have a wide range of experienced professionals including nurses, therapists, psychologists, support workers and social workers.

Guiding Young Mind – 07908 156992; Service offers: family support, mentoring and therapy.

MENTAL HEALTH DROP-IN SERVICES FOR 11-18 YEAR OLDS IN NORTHAMPTONSHIRE

If you find yourself needing support, we're here to listen and help in your time of need.

Book an appointment by calling the numbers provided or drop in during our opening times.

Monday & Friday 4pm - 8pm
the lowdown, 3 Kingswell Street,
Northampton, NN1 1PP
01604 634385

Tuesday 4pm - 8pm
Youth Works at Corby Mind,
18 Argyll St, Corby, NN17 1RU
01536 518339

Wednesday 4pm - 8pm
CHAT Youth Counselling,
Souster Youth Building,
30 Market Road, Thrapston,
NN14 4JU
01832 274422

Thursday 4pm - 8pm
Youth Works, 97 Rockingham Rd,
Kettering, NN16 9HX
01536 518339

Saturday 10am - 2pm
Service Six, 15 Sassoon Mews
Wellingborough NN8 3LT
01933 299520

Saturday 12pm - 4pm
Time 2 Talk, The Abbey,
Market Square, Daventry,
NN11 4XC
01327 706706

- Support and Advice
- Wellbeing Activities
- Peer Support
- Parent Support is Available
- Also Available Remotely

NHS Northamptonshire Healthcare NHS Foundation Trust

Service Six Changing Lives - Creating Futures

YOUTH WORKS

the lowdown supporting young people

Time 2 TALK

St Andrew's HEALTHCARE

CHAT Youth Counselling

There is a 24 Hour consultation line if someone is struggling with their emotional health or wanting advice on someone who is struggling :- 0800 170 7055 Option 1, then Option 1 again.

There is a Text support service called SHOUT for young people:-

- 1) To start a conversation, text the word 'Shout' to 85258. If your feeling low, anxious, worried, lonely, overwhelmed, suicidal, or not quiet yourself.
- 2) Once you send a text you'll receive four automated messages before you are connected to one of their empathetic Shout Volunteers. This will usually be within 5 minutes, but if they are busy it could take little longer.
- 3) The volunteer will introduce themselves and ask you to share a bit more about what's bothering you. This might include feeling anxious, having relationship problems, addiction, depression, bullying, self-harm, and suicide. You will text back and forth and share what you feel comfortable with.
- 4) The goal of the conversation is to help you reach a calm and safe place, with a plan of how to support yourself going forward. As well as listening without judgement, our volunteers may provide you with further resources or tools to help you get more expert support.