******Finding the Right Help from the Right People**

**An Overview for Schools/Settings**

It is important that families access the right support to meet their emotional wellbeing needs, from the most appropriate services. Schools/settings are well placed to be able to offer support and signpost families as a result of the consistent relationships and regular contact they have.

This document is designed to enable school/setting staff to navigate the support provided by Essex County Council and partners for Essex families.

Please note, this document does not capture everything that is available, but instead acts as a starting point for exploring what is available at the varying levels of need and intervention. The embedded links will take you to further information.

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| **Universal / Coping** | **Additional / Getting Help** | **Targeted / Intensive /**  **Getting More**  **Help** | **Specialist / Getting Risk**  **Support** |
| *School and community-based provision*  [*SEMH Infolink Portal*](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/default.aspx)  [*Essex Child and Family Wellbeing Service*](https://essexfamilywellbeing.co.uk/)  [*Essex Schools Infolink Covid Update Pages*](https://schools.essex.gov.uk/admin/COVID-19/Pages/default.aspx)  [*Every Family Matters*](https://www.essex.gov.uk/news/every-family-matters-supporting-your-childs-mental-wellbeing)  [*Think Family Approach*](https://www.scie.org.uk/publications/guides/guide30/introduction/thinkchild.asp?gclid=EAIaIQobChMIwJ_VtrPz7gIVj9_tCh17jADmEAAYASAAEgKKV_D_BwE)  [*Essex Local Offer*](http://www.essexlocaloffer.org.uk/category/coronavirus/)  [*Essex Youth Service*](https://youth.essex.gov.uk/) | *Community based provision*  [*Essex Wellbeing Service*](https://www.essexwellbeingservice.co.uk/)  *0300 303 9988*  [*Team Around Family*](https://www.essex.gov.uk/how-to-hold-a-team-around-the-family-taf-meeting)  [*One Planning*](http://www.essexlocaloffer.org.uk/one-plan-templates/)  *Mental Health Support Team (*[*where available*](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Documents/MAP%20(MHST).pdf)*)*  *ECFWS* [*Children’s Wellbeing Practitioners*](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Documents/CWP%20Leaflet.pdf)  [*SEND Quadrant Teams*](https://schools.essex.gov.uk/pupils/SEND/Pages/default.aspx)  [*EP Parent Helpline*](https://schools.essex.gov.uk/admin/COVID-19/Documents/Flyer%20EP%20Parent%20Helpline%20April%202020.pdf#search=EP%20helpline)  *01245 433293*  *(Mon & Weds 1pm-5pm)*  [*CAMH EP school’s helpline*](https://schools.essex.gov.uk/pupils/Emotional_Wellbeing_and_Mental_Health_Information_Portal_for_Schools/Documents/EWMHS%20school%20helpline.pdf#search=EP%20helpline)  *Thursday am*  *Book via:* [*educationalpsychologyCAMHS@essex.gov.uk*](mailto:educationalpsychologyCAMHS@essex.gov.uk) | [*CAMHS single point of access*](https://www.escb.co.uk/media/1507/updated-ewmhs-booklet-2017.pdf)  *0300 300 1600*  *(Mon-Fri 9am-5pm)*  [*Family Solutions*](https://www.essex.gov.uk/get-support-from-childrens-social-care)  *1-2-1 support for parents through voluntary engagement*  [*Families Hub*](https://www.essex.gov.uk/report-a-concern-about-a-child)  *0345 603 7627* | [*CAMHS Crisis Support*](https://www.nelft.nhs.uk/ewmhs-get-in-touch/)  *0800 953 0222*  *NELFT Urgent Out of Hours:*  *0300 555 1200*  *Contact the family’s Mental Health Support Worker or Care Coordinator (if relevant)*  [*Essex Crisis Management page*](https://www.essex.gov.uk/mental-health)  [*NHS 111*](https://111.nhs.uk/)  [*Life-threatening Emergency 999*](https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-call-999/) |

**\*Please note:** [**Safeguarding**](https://schools.essex.gov.uk/pupils/Safeguarding/Child_Protection_Referrals/Pages/Safeguarding-Key-Service-Contact-Infomation.aspx) **applies to all levels**