

**Queen Elizabeth High School**  
**Directory of Early Help Services**

AGENCY	INFORMATION	CONTACT DETAILS
<b>2gether NHS Foundation</b>	2gether NHS Foundation Trust provides services for those suffering from mental health, substance misuse and learning disability across Gloucestershire and Herefordshire.	<b>01432 364046</b> <b>www.2gether.nhs.uk</b>
<b>CAMHS (children and adolescent mental health services)</b>	Operate specialist services which offer assessment and treatment for children and young people (0-17 years of age) and their families who have complex mental health needs. These problems may be emotional or behavioural and may include difficulties in developing and forming relationships. Referral to service is via professionals, usually health, e.g. GP.	<b>01432 378940</b>
<b>CLD Youth Counselling Trust</b>	CLD provides a specialist therapeutic counselling service for young people (10 – 25 years old) and some adults, who have a range of mental health, social, emotional or behavioural concerns. Approaches include cognitive behavioural therapy (CBT), solution focused, integrative, family based, art and play.	<b>01432 269245</b> <b>www.cldyct.org</b>
<b>CRUSH (run by West Mercia Women's Aid)</b>	<p>CRUSH is a structured programme of group support and empowerment for young people in the age range of 13-19 who have witnessed, experienced or are at risk of domestic abuse. CRUSH aims to help you gain the skills, knowledge and tools to be able to:</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Avoid abusive relationships</li> <li><input checked="" type="checkbox"/> Exit an abusive relationship safely</li> <li><input checked="" type="checkbox"/> Help you with your exposure to domestic abuse within your home environment</li> </ul> <p>The CRUSH Programme is suitable for young people of both sexes and can be helpful to those who are vulnerable to domestic abuse and also for those who are beginning to show signs of controlling behaviour. We are also able to deliver the</p>	<b>0800 014 9084</b> <b>On-line referral form</b>

	<p>sessions to groups of peers, for those of you who feel more comfortable with people that you know. The programme has been designed to complement the information on relationships given in PHSE lessons.</p>	
<p><b>Phoenix Bereavement Support Services</b></p>	<p>Advice, guidance and support for children and YP when someone in their family dies. Support for children aged 5 to 21 years old throughout Herefordshire.</p>	<p><b>01432 264555</b>  <a href="http://www.phoenixbereavement.org/">http://www.phoenixbereavement.org/</a></p>
<p><b>SENDIAS</b></p>	<p>Formerly Parent Partnership Scheme. Information, advice and support to parents and carers of children and young people up to the age of 25 who have a disability and/or special educational needs. They offer an impartial, confidential and supportive service for parents and carers, helping parents play an active role in the education or training of their children. They can advise you on what you should expect from statutory agencies and at key transition stages for a child with disabilities.</p>	<p><b>01432 260955</b>  <b>Email: <a href="mailto:sendias@herefordshire.gov.uk">sendias@herefordshire.gov.uk</a></b></p>
<p><b>SHYPP</b></p>	<p>Supported Housing for Young People; we work in Herefordshire with 16-25 year olds. We offer emergency and medium term accommodation in supported housing projects, outreach support to young people and young parents, a 'Nightstop' emergency accommodation project and education in schools.</p>	<p><b>01432 374320</b>  <b><a href="http://www.shypp.co.uk">www.shypp.co.uk</a></b></p>

<b>Stonewall</b>	Information and advice for the LGBT community and their allies on a number of topics including: Asylum Partnership rights Criminal law Hate crime	<a href="http://www.stonewall.org.uk/">http://www.stonewall.org.uk/</a>  08000 50 20 20 (Mon-Fri 9:30am - 5:30pm)
<b>St Michael's Hospice</b>	Support families and their relatives and friends who are experiencing the emotional, social, practical and financial impact of serious illness and bereavement. Offers training for community groups and organisations who are coming into contact with or supporting families where a member of the family has a life limiting illness.	01432 851000
<b>Young Minds UK</b>	Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we campaign, research and influence policy and practice. We also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications.	<a href="http://www.youngminds.org.uk/">http://www.youngminds.org.uk/</a> Parents' Helpline: 0808 8025544