

Other Support Services:

Cheshire Carers:

You can access carers grants and get other support in relation to your caring role. For more information visit: www.cheshireyoungcarers.org/

Young Adult Carers. Cheshire Carers have a group for 18- 25 year old Carers (although they sometimes take referrals for 16 year olds). Offering emotional support, respite activities and breaks. Call Cheshire Carers on: **01925 248 465**.

Useful websites:

www.matter.carers.org Matter gives Young Adult Carers in the UK a space to connect, share advice and access trusted support.

www.happyoksad.org.uk/ This website has been developed especially for people in Warrington. This site has links to information and tips ranging from how to boost your mood, to where to get help if you're unable to cope.

www.youngminds.org.uk/ Loads of information about well being and mental health.

www.kooth.com Speak to a counsellor, free, safe and anonymous online support for young people.

www.rethink.org Loads of information and advice about all aspects of mental health

Useful phone numbers:

[Samaritans](#) a safe place for you to talk any time you like **116 123**

[PAPYRUS](#) Prevention of Young Suicide **0800 068 41 41**

[CASS](#) Women's self injury helpline **0808 800 8088**



Wired Young Carers Guide to Services 2017

A note from the Young Carers Team

We have pulled together some information around services and support you can access in Warrington.

We appreciate this isn't a list of everything available, so would recommend visiting the Warrington family information service website for more information:

www.mylifewarrington.co.uk

This website is designed for you to be able to browse, search and find the local services and organisations you need.

Still cant find what you're looking for? Contact the Wired Carers Centre on: **01925 633 492** or **email: asm@wired.me.uk**

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Mental Health

Mental health difficulties can creep up on anyone one, at any time, so its useful to have a few contact details of organisations that might be able to help you, both in Warrington and nationally. Also, if you have a trusted adult in your life, try talking to them about how you feel.



Services in Warrington:

St Josephs Family Centre run a counselling service for Young People.
Call them on: 01925 635448

GP & School nurse: can give you help, advice and refer you on to mental health services if you need them to.

CAMHS Child and Adolescent Mental Health Service is a team of people from different professional backgrounds who have training and skills in working with children, young people and families. They can help with lots of problems or worries such as if you're feeling depressed, not enjoying food, feeling panicked or scared, having trouble concentrating, or having problems with your family life.

Improving Access to Psychological Therapies (IAPT) for Young People aged



16+, was introduced as a way in which people could access talking therapies as close to their home or place of work as possible. Contact the team on: 01925 401720

See next page for useful websites

Warrington Youth Service



Warrington Youth Service provide a range of activities for children and young people to meet, try new things, develop new skills and have the chance to speak out about the things that matter most in their lives.

Warrington Youth Service deliver sessions from a variety of locations. These groups include:

- Health Drop Ins
- Age specific groups
- Girls group
- Media night
- GLYSS
- Music nights
- IMPACT Youth Council

For more information, please call the Orford Youth Base on: **01925 442 440**

There are many other groups and organisations who offer a range of fun activities, such as: sports clubs, scouts/guides, dance groups, art groups, NCS.

Check out **www.warrington.fsd.org.uk** for more information



Warrington Carers Centre



Wired provide support to Carers of all ages in Warrington.

Meet Susan Cassapi

Susan is the Service Manager here at Wired . She will be available if you have any questions, need advice or simply want to talk things through.



You can contact Susan at the Carers Centre on: **01925 633 492**

Aged 16 or over?

You can access the Carers counselling service at Wired.

If you provide care for an adult you can apply for a FREE Leisure pass.

Contact the team for more information: 01925 633 492

Wired Young Carers Service will continue to hold activity sessions. Find us on Facebook and Twitter to keep up to date.

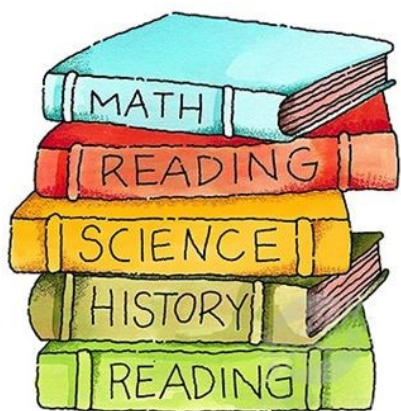


Search: 'WIRED Young Carers '

Warrington Carers Centre, 86 Sankey Street, Warrington, WA1 1SG

Schools & Colleges

Accessing support through your school and college is a great way for you to get help when you need it. Your school or college should have a pastoral worker, mentor or counsellor who you can talk to about issues around your caring role. Sometimes it helps for your school to know about the situation you are in, as they can often put support in place to make sure you are well supported and that your teachers or tutors know that at times you might have a lot on your mind.



One young carer said,

'College look out for me as I struggle with stress at college and at home, they ensure that I am catching up on coursework and not missing out on opportunities, it helps me to keep an eye on my mental health and know that there is support around me from them.'

Speak to a member of staff at your school or college to find out how you could be supported as a Young Carer.



Advocacy

Advocacy is support which can be used to make sure your wishes and views are heard, especially when decisions affecting your future are being made. An advocate will listen to you and act on your wishes, without judgment. An advocate should never advise, but support you to make informed decisions, (these are decisions where you know all of the information, both positive and negative and then make your decision based on this). Below are some organisations that you or your family can contact when you feel that you need support to have your voice heard:



National Youth Advocacy Service, offer support to young people who are experiencing a range of difficulties, including support for those who are on either a Child In Need Plan (CIN) or a Child Protection plan and those who are in care. However, they may be able to help you if you ring them

with a different issue. Their contact details are: 0808 808 1001, This line is open from 9am- 8pm on weekdays and on Saturday 10am- 4pm. website: www.nyas.net and email: help@nyas.net



An advocacy service for people who are over 18 or children who are disabled and over 16 who might need advocacy support.

Contact details: 01925 246 938 or 01925 248 472.

Online: info@warringtonspeakup.org.uk / www.warringtonspeakup.org.uk

Speak up together advocacy Hub provides a range of services to ensure people can have their views and wishes genuinely considered when decisions are being made about their lives and that their rights are upheld. Contact the Hub on: 01925 246 888