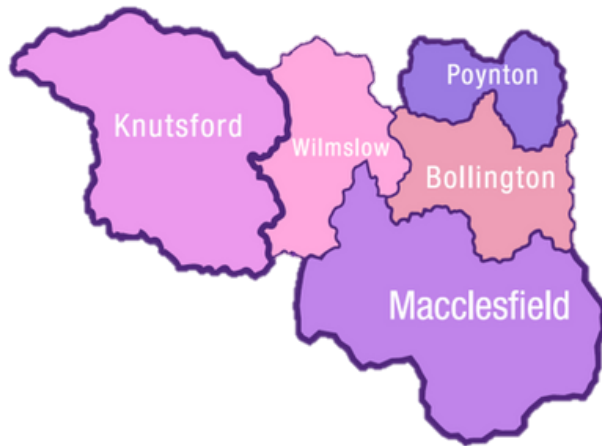


# GETTING HELP PATHWAY



PLEASE FOLLOW THIS PATHWAY GUIDANCE TO ENSURE THAT CHILDREN, YOUNG PEOPLE AND PARENTS GET THE RIGHT HELP AT THE RIGHT TIME FROM THE RIGHT PLACE, FIRST TIME. THANKS.







Just Drop-In is a registered charity (1081416) that supports children and young people aged 11-25 who live in the north of Cheshire East (Macclesfield, Bollington, Wilmslow, Knutsford and Poynton.) Our expertise and operating model is embedded in Early Help and Prevention. All of our services are free of charge.

We are here to help and support children and young people who are finding life hard. We have a heartfelt commitment to improve their mental health and wellbeing, helping them to find their feet. For all who drop-in, we seek to: create a safe space; instil a sense of self-worth and hope; relieve their struggles; embrace and develop their strengths; and build their resilience to face the world with renewed self-confidence. Our aim is that they grow to their full potential as individuals and live fulfilled lives as members of their communities.

As our name suggest we promote ease of access, operating from a range of spaces, places and times which work for families. We do not take professional referrals, families should "Just Drop-In" via our website enquiry form: [www.justdropin.co.uk](http://www.justdropin.co.uk) or by giving us a call on 01625 665079.

	COUNSELLING SERVICES	SUPPORT FOR PARENTS/CARERS	WELLBEING SERVICES
 WHO WE HELP 	<p>Children and young people aged 14-25 who live with the following:</p> <ul style="list-style-type: none"> <li>• Generalised and social anxiety</li> <li>• Low mood</li> <li>• Low risk self-harm</li> <li>• Fleeting and undeveloped suicidal ideation</li> <li>• Bereavement, grief and loss</li> <li>• Disordered eating pattern</li> <li>• Emotional regulation including anger control</li> <li>• Relationship difficulties</li> <li>• School and academic issues including exam stress.</li> </ul>	<ul style="list-style-type: none"> <li>• Parents of children and young people aged 8–18 who require advice and information about emotional and mental health to support their children to thrive</li> <li>• Our courses run online and face to face, from various locations across our footprint. The dates and times are always on our website.</li> </ul>	<ul style="list-style-type: none"> <li>• Children and young people aged 11 to 25 who live in our footprint. Most of our offer is currently based in Macclesfield but we are gradually increasing wellbeing support in other locations</li> <li>• This service is for children and young people who need early help and prevention support. However, we do help children with more complex needs in collaboration with other services such as Children's Social Care, Children and Young People's Mental Health Services or Adult Mental Health Services. Our Wellbeing Services are not a therapeutic intervention and therefore for us to work with those young people their therapeutic needs would need to be met by the appropriate specialist service.</li> <li>• Children and young people who are struggling socially may particularly benefit from this support.</li> </ul>

	COUNSELLING SERVICES	SUPPORT FOR PARENTS/CARERS	WELLBEING SERVICES
  HOW WE SUPPORT THEM  	<p>We provide one to one 10-week person centred counselling.</p> <p>We provide "Circles" - a long term therapeutic group for young women aged 16-25.</p>	<p><b>For parents and carers of children aged 8-11:</b></p> <ul style="list-style-type: none"> <li>• Timid to Tiger - a friendly and supportive 8 week parenting-based approach to managing anxiety in children.</li> </ul> <p><b>For parents of children and young people aged 11-16:</b></p> <ul style="list-style-type: none"> <li>• Sleep Workshop - led by trained Sleep Practitioner, the group aims to support parents and carers in understanding why their child may be struggling to sleep, causes of sleeping issues and what they can do to help their child and family to get better sleep. Parents seeking support for sleep issue with neuro-diverse children may benefit from more specialist support from <a href="https://koalanw.co.uk/the-koala-north-west-sleep-service-cheshire">https://koalanw.co.uk/the-koala-north-west-sleep-service-cheshire</a></li> </ul> <p><b>For parents of children and young people aged 11-18:</b></p> <ul style="list-style-type: none"> <li>• Youth Mental Health Aware and Youth Mental Health First Aid - we offer both Mental Health First Aid England and Thrive for Life Training courses, spanning half, one and two days. Courses cover mental health issues, case studies and practical activities to gain confidence and awareness to support parents/carers with their children's mental health.</li> <li>• Just Support - monthly face-to-face parent peer support group run by our Parent/Carer Peer Support Workers with lived experience of challenging times, who can offer a listening ear in a safe and non-judgmental space, helping them navigate mental health services for their children and young people.</li> </ul>	<p>Our Wellbeing Offer is based around the 5 Ways to Wellbeing:</p> <ol style="list-style-type: none"> <li>1. Connect – talk &amp; listen, be there, feel connected</li> <li>2. Give – your time, your words, your presence</li> <li>3. Take Notice – remember the simple things that give you joy</li> <li>4. Keep Learning – embrace new experiences, see opportunities, surprise yourself</li> <li>5. Be Active – do what you can, enjoy what you do, move your mood</li> </ol> <p>We offer the following:</p> <ul style="list-style-type: none"> <li>• <b>Mentoring (14+)</b> – long-term, regular, one-to-one support for young people to help them to set and work towards achieving their goals. This might include practical life skills, support with finding appropriate learning, training, volunteering or work. Or, their goals may be more socially focussed, on meeting new people and making new friends.</li> <li>• <b>Social Support Groups</b> – safe spaces to make new friends and reduce loneliness. Some of our groups are themed and includes a singing group and an art group.</li> <li>• <b>Physical Activities</b> - one to one and group physical activities promoting an active lifestyle</li> <li>• <b>Financial and Social Wellbeing</b>, including one to one short term support, life skills or practical support to overcome a significant issue such as homelessness, food or period poverty.</li> </ul>

	COUNSELLING SERVICES	SUPPORT FOR PARENTS/CARERS	WELLBEING SERVICES
 WHO WE <u>CANNOT</u> SUPPORT  	<ul style="list-style-type: none"> <li>• Anyone outside of our age or footprint.</li> <li>• <b>Anyone waiting for an assessment from the Children and Young People's Mental Health Service</b></li> <li>• <b>Anyone who has accessed a crisis service within 3 months</b></li> <li>• Anyone who requires Family or Couples Therapy</li> <li>• Anyone where substance misuse is the primary issue</li> <li>• Anyone needing a specialist service for sexual harm (RASASC may be more appropriate):  <a href="https://www.rapecentre.org.uk/about-rasasc/">https://www.rapecentre.org.uk/about-rasasc/</a>)</li> <li>• Anyone needing counselling relating to adoption support.</li> <li>• Anyone who might need more extensive or clinical support including those living with:               <ul style="list-style-type: none"> <li>◦ Pervasive Anxiety, agoraphobia or Obsessive Compulsive Disorders</li> <li>◦ Pervasive depression</li> <li>◦ Developed suicidal ideation or pattern</li> <li>◦ Personality Disorders</li> <li>◦ Psychosis Disorders</li> <li>◦ Eating Disorders</li> </ul> </li> </ul> <p><b>If aged under 18, these children and young people would benefit from Mental Health Hub referral. If this is a time of crisis, the Crisis Line is the best source of support:            0800 145 6485.</b></p>	<ul style="list-style-type: none"> <li>• Anyone outside of our age or footprint</li> <li>• We do not provide long term one to one support for parents</li> <li>• We can provide a listening ear to parents and carers but we do not provide longer term one to one support or counselling. Parents might value a referral to Talking Therapies:  <a href="https://www.thebiglifegroup.com/service/talking-therapies-eastern-cheshire/">https://www.thebiglifegroup.com/service/talking-therapies-eastern-cheshire/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Anyone who has accessed a crisis service within the last 3 months, or is living with a mental health crisis or a complex mental health issues that is not managed by a more specialist service.</li> <li>• Anyone waiting for an assessment from the Children and Young People's Mental Health Service.</li> </ul>