

**WESAIL**

**Information for Parents and Carers- Signposting for Services**

**Anxiety**

**Facebook Pages**

• Wesail Wakefield

• Wakefield Local Offer

• Carers Wakefield

• Wakefield Parent Carer Forum

• Young Lives Wakefield

**Useful Resources**

* <https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2020/05/1561-Wakefield-children-and-young-peoples-mental-health-booklet-FINAL.pdf> - a useful guide detailing the mental health services and support available in the Wakefield district during the Coronavirus pandemic.
* <http://wakefield.mylocaloffer.org/s4s/WhereILive/Council?pageId=5109> - scroll down to the Anxiety heading at the bottom of this Coronavirus section of Wakefield's Local Offer for various resources to download.
* <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing> - government guidance on children and young people's mental health
* <https://www.bbc.co.uk/bitesize/articles/z6ksy9q?fbclid=IwAR3bLiBB1lwugcgDqjM0tJX_cCs1nId1CXA28HLAFLugl-B6lfvYbAM9Myk>

**Parent Training**

* <https://witherslackgroup.co.uk/webinars/>
* <https://www.eventbrite.co.uk/o/barnardos-wesail-17787276417> - Wesail parent Training

**Support services within the Wakefield district**

* Child and Adolescent Mental Health Services (CAMHs)

Wakefield CAMHS has recently increased and expanded the offer of crisis support to children, young people and families.

The REACH team now operate seven days a week delivering services between 9.00 am - 8.00 p.m. seven days a week.

The team can be contacted through Single Point of Access (SPA) Wakefield on 01977 735865.

**Wakefield Information Network**

* <http://wakefield.mylocaloffer.org/s4s/WhereILive/Council?pageId=4063>

If you sign up you can receive your free max card and you will receive regular newsletters with information on training, support groups, things happening locally/nationally

**Wakefield Local Offer**

* <http://wakefield.mylocaloffer.org/Home>

This is a statutory website all local authorities have to have. It has all the information a parent needs in regards to a child with additional needs. There are specialist leisure groups, info on benefits, school processes, housing etc

If you need to ask any questions or for further advice, please contact:

Barnardo’s SENDIASS on **01924 304152**

or email **wesail@barnardos.org.uk**

Barnardo’s Registered Charity Nos. 216250 and SC037605