

**CHILDREN**

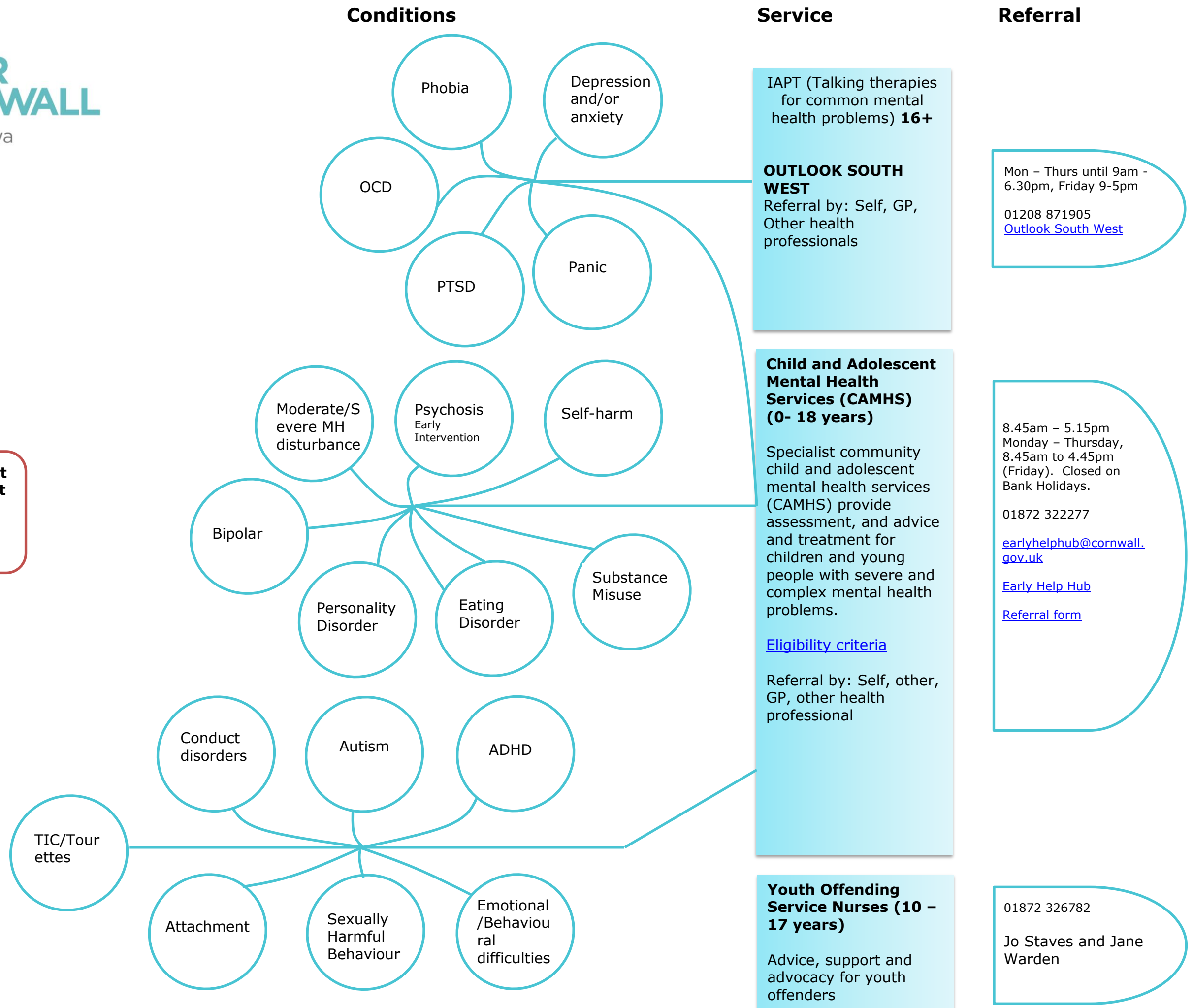
**Services**

**SAFER CORNWALL**

Kernow Salwa



**First Point of Contact**  
GP for individual concerned



## Specialist Domestic Abuse and Sexual Violence Services

### First Light/Barnardo's

*What:* Integrated Domestic Abuse and Sexual Violence community service.

The service includes

- crisis response for domestic abuse, including Children and Young Person IDVA service
- recovery toolkits for Adults, Children and Young People
- domestic abuse prevention programmes for men and women who display abusive behaviour in their relationships
- therapeutic services

*Who:* Adult and children

*Where:* Countywide

*When:*

*How:* REACH helpline 0300 777 4 777.

For professional advice and information please call 01872 241 711

Online Referrals at

<https://www.firstlight.org.uk/make-a-referral/>

### SARC and Children and Young Person ISVA

*What:* Specialist centre for people who have been raped or sexually assaulted including historic.

*Who:* All age male and female

*Where:* Truro

*When:* 24/7

*How:* 01872 272059

[willow.support@firstlight.cjsm.net](mailto:willow.support@firstlight.cjsm.net) non secure:

[willow.support@firstlight.net](mailto:willow.support@firstlight.net)

## Specialist Drug and Alcohol Services

### YZUP

*Who:* 11 – 18 years

*What:* One to one comprehensive assessment, care planning and structured interventions who are experiencing substance related harm

*How:* 01872 300816, Mon – Fri 9am – 5pm

[YZUP](#)

The Survivor Pathway Sexual Violence Support Services website provides details of services in Cornwall for both recent and non-recent young person or child victims

<https://www.survivorpathway.org.uk/cornwall/>

The victim care unit has a directory of services to help victims of crime find the support they need.

<http://www.victimcaredevonandcornwall.org.uk/>

### West Cornwall Women's Aid (WCWAid)

*What:* Counselling and refuge services for those women whose lives have been affected by sexual or domestic abuse.

*Who:* Women aged 16+ . Refuge 17+ if not with mother

*Where:* West Cornwall

*When:* Mon – Fri 10am – 3pm

*How:* 01736 367539 or [support@wcwaid.co.uk](mailto:support@wcwaid.co.uk)

### Working Against Violence Empowering with Support (WAVES)

*What:* Confidential counselling and support for anyone who is/has suffered domestic abuse or violence.

Service part of Cornwall Refuge Trust

*Who:* 16+ Men and women

*Where:* Locations throughout county

*When:* 24 hour helpline 01872 225629, Central office

01209 204152/07815136743 or [wr@cornwallrefuge.org](mailto:wr@cornwallrefuge.org)

## Non-commissioned Specialist Domestic Abuse and Sexual Violence Services

### The Women's Centre Cornwall

*What:* Recovery and therapeutic programmes for domestic abuse and sexual violence.

*Who:* Women 13+

*Where:* West Cornwall

*How:* Rape and Sexual Abuse Helpline 01736 367539 or

<https://www.womenscentrecornwall.org.uk/home/contact/>

### CLEAR and CRASAC

*What:* Offer specialised trauma therapies for domestic and sexual abuse for CYP 0-18 years and 18 years+

*Who:* Adults and children

*Where:* Locations throughout county

*When:* Monday and Tuesday 8.30am – 5.15pm. Rest of week variable

*How:* 01872 303038 (Adults) or 01872 261147

(Children and young people) [help@crasac.co.uk](mailto:help@crasac.co.uk)

### JIGSAW

*What:* Provides help to those who have alleged sexual abuse

*Who:* 13 – 18 years

*Where:* Locations throughout county

*When:* 8.45am to 5.15pm (Mon-Thurs), 8.45am-4.45pm (Friday)

Referral through Social Worker for Children's Social Care 0300 1234 101

Non-commissioned services are those which do not deliver under contract with Safer Cornwall.

These services are included to give a wider picture of available services in Cornwall.

## Early Help Hub

*What:* Single point of access for council and community based health early help services for children, young people and families.

*Who:* Support for a child or young person who may have additional needs that be met solely by universal services and where there is no perceived risk of significant harm.

*Where:* County wide

*When:* Mon – Thurs 8.45am – 5.15pm, Friday 8.45am to 4.45pm

*How:* 01872 322277 or

[earlyhelphub@cornwall.gov.uk](mailto:earlyhelphub@cornwall.gov.uk) [Early Help Hub](#)

## Schools

### HeadStart Kernow

Partnership programme to develop resilience and mental well-being in young people.

For more information please see

<https://www.cornwall.gov.uk/headstart>

### Healthy Relationships Schools Programme

*What:* Age appropriate training to primary and secondary schools to equip students with the skills to develop healthy and respectful relationships

*When:* From October 2018

*How:* 01209 699241 [nigel.cox@barnardos.org.uk](mailto:nigel.cox@barnardos.org.uk)

## National Helplines

### Samaritans

116 123

[jo@samaritans.org](mailto:jo@samaritans.org)

<https://www.samaritans.org/>

### Saneline

Over 16s only

0300 304 7000 4.30pm – 10.30pm

<http://www.sane.org.uk/home>

### HOPElineUK

08000684141 – up to age 35.

Monday – Friday 10am-5pm, Evening 7pm to 10pm, Weekends 2pm – 5pm.

[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Text 07786 209 697

## Youth counselling and portals

### Heart n' Soul

*What:* Counselling and support with personal issues

*Who:* Aged 12-21 (up to 25 with additional needs). Alternative provision available for under 13s.

*Where:* Saltash

*How:* <https://livewireyouth.com/about-us/mental-health/> Tel: 01752 843570

### Mind Your Way

*What:* information, tips on how to look after mental health and promote wellbeing, coping strategies, advice about getting help, support and access to specialist mental health services locally.

*Web:* <https://mindyourway.co.uk/>

### Hear our Voice

*Who:* 11-25 year olds

*What:* 12 hours of support through one-to one sessions and group work. Confidential space to talk.

*Web:* <http://www.youngpeoplecornwall.org/programmes/74-2/>

*Tel:* 01872 222447

*Email:* [annat@ypc.org.uk](mailto:annat@ypc.org.uk)

### Kooth

*What:* Free face-to-face and online counselling service. CYP IAPT focussing on supporting young people with depression and anxiety. IPT-A for young people with severe depression and complex family issues.

*Who:* 11-26 year olds

*Tel:* 08453 307090

*Web:* <https://kooth.com/>

### Savvy Kernow

*What:* Information hub of young person friendly services in Cornwall. Brief information and signposting for Depression, Self-Harm and Stress

*How:* [Savvy Kernow](#)

### Penhaligons Friends

*What:* supporting bereaved children, young people, parents and carers

*Where:* Countywide

*How:* 01209 210624 / 01209 215889

<http://www.penhaligonsfriends.org.uk/>

### Dreadnoughts

*What:* Range of support programmes who are facing emotional or behavioural problems

*Who:* Aged 7 - 19

*Where:* Centre in Pool. Operate an outreach service in North, East and West.

*How:* 01209 218764, [team@thedreadnought.co.uk](mailto:team@thedreadnought.co.uk)

<https://www.thedreadnought.co.uk/>

### Valued Lives

*What:* Crisis Service, Community Support Service and Wellbeing club

*Who:* 8 years and over. Can include family package

*When:* 2pm – 00:00 except Wednesday 14:00 – 23:45

*How:* 01209 901438 [info@valuedlives.co.uk](mailto:info@valuedlives.co.uk) [Valued Lives](#)

### Intercom Trust

*What:* Provides help, support and advocacy for Young Lesbian, Gay, Bi-sexual, Trans and Questioning Young People in Cornwall. Monthly trans family day and manage Young and Yourself Cornwall youth group.

*How:* 0800 6123010 [helpline@intercomtrust.org.uk](mailto:helpline@intercomtrust.org.uk) Referrals form available at

<https://www.intercomtrust.org.uk/help/referral>

### SCOPE

*Who:* 2 – 19 years

*What:* Sleep solutions Cornwall – support for families of disabled children and those with additional needs who have severe sleep problems

*How:* 07711059946 [jane.armstrong@scope.org.uk](mailto:jane.armstrong@scope.org.uk) [SCOPE](#)

# Mental Health Service Referral – Information to include

For referral to Child and Adolescent Mental Health Services this [form](#) should be completed and returned to the Early Help Hub as indicated above but the information below should be used as a guide for content.

