

## **Compass**

The Wakey Wellbeing app can get you help and support with information about your relationships, healthy eating, being happy, looking after yourself.

It's been designed especially for Wakefield children, young people and families as well as people who work for the community in Wakefield.

You can access our SHOUT 24/7 text messaging service to get hold of one of our dedicated workers by text. Or you can ask for support from our Wakefield staff for you or someone you know.

More information can be found here: <https://www.compass-uk.org/services/wakefield-children-and-young-peoples-emotional-health-and-wellbeing-service/>

## **Future in mind**

Future in Mind is a national initiative from the Department of Health and NHS England. The programme has a clear ambition to transform mental health services for children, young people and their families. Their primary responsibilities are to work in partnership with early intervention services and alongside primary practitioners to reach out and engage with vulnerable children and young people (0-19), to build rapport, to provide short term practical and emotional support and to assist the child/young person to increase their emotional well-being and resilience.

More information can be found here: <https://camhs.rdash.nhs.uk/helpful-information/future-in-mind/>

## **Star Bereavement**

Our vision is that all bereaved children and young people who live within the region will have access to the appropriate support they need to rebuild their lives when someone important to them has died.

We work proactively to support children, young people and their families when someone important has died, guiding them in their journey through grief and helping them to develop the necessary tools to be able to move forward in their lives.

More information can be found here: <https://starbereavement.org.uk/>

## **LumioNova – Tales of courage**

Does your child struggle with worries or anxiety? Help your child build confidence with this digital therapy game.

More information can be found here: <https://www.bfb-labs.com/luminova>