

Mental Health and Emotional Wellbeing Support for Children and Young People in Bolton

Professionals Directory

NHS

Bolton

Clinical Commissioning Group

Introduction

This directory aims to provide an overview of the mental health and emotional wellbeing provision available to children and young people in Bolton. This is by no means an exhaustive list and NHS Bolton CCG welcome additional services to be added by emailing the service offer to bolccg.cypcommissioning@nhs.net.

Details of the offer across Greater Manchester and some national support have also been included where appropriate, along with an overview of support available for all staff in line with the adult mental health offer both locally and across GM.

A slide has been dedicated to free mental health training which is available for all Professionals in Bolton.

The document will be reviewed quarterly and published on both NHS Bolton CCG's website and the professionals section of Bolton's mental health anti-stigma campaign website www.bekindtomymind.co.uk.

Service provision has been categorised into sub-sections, however, some services may appear in multiple sections due to the provision they deliver.

If your organisation is represented on the following slides and you are aware of any changes to service delivery, please email bolccg.cypcommissioning@nhs.net as soon as possible.



Digital Support

Kooth

Anonymous online mental health support for children and young people in Bolton aged 11 -25. It can be accessed for free on any device via www.kooth.com – simple anonymous registration. Includes 1:1 text based counselling , 24.7 messaging function, moderated forums, self-help materials and articles. Professionals can email Tom Boroughs (Kooth Integration and Participation Worker for Bolton) on tboroughs@kooth.com to request promotional cards and a free virtual or face to face information session to enable staff to find out more about Kooth and how it can support some of the children and young people they may support. Access to social media assets via <https://cloud.brandmaster.com/brandcenter/en/koothplc/>

QWELL

Online mental health support for parents and carers in Bolton aged 26+ via www.qwell.io (Parents and Carers under 26 can access 1:1 counselling via Kooth above). Access to anonymous 1:1 text based counselling, 24.7 messaging function, forums and self help materials. Qwell offers support around a parent/carers mental health as well as supporting them to manage their child's mental health. Professionals can email Georgie Stokes gstokes@kooth.com for promotional materials and to find out more. Access to social media assets via <https://cloud.brandmaster.com/brandcenter/en/koothplc/>

Chat Health

A confidential texting service for anyone aged between 11 and 19 (25 if a Care Leaver or have SEND) who lives or goes to school in Bolton. Young people can text a Bolton Public Health Nurse anonymously for support on a range of topics including mental health, bullying, smoking, drugs, sexual health, bereavement, relationships and much more. To use Chat Health young people simply text their message to 07507331753 and will get a reply within 24 hours. Parents/Carers can text 07507 331751 with questions ranging from infant feeding and child development, to behavioural issues and general advice.

SHOUT

24/7 free crisis text line available to anyone across Greater Manchester. By texting 'SHOUT' to '85258' a young person will be put in touch with a trained Crisis Volunteer who will chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next steps to feeling better.

SilverCloud (16+)

SilverCloud is for people aged 16 or over who need help with mental health issues and the emotional challenges associated with long-term conditions. It is an online course which uses Cognitive Behavioural Therapy (CBT) to help individuals manage stress, anxiety and depression. <https://GM.silvercloudhealth.com/signup>

Living Life to the Full (16+)

Living Life to the Full is free to all Greater Manchester residents and has a range of online course to improve feelings, beat stress and boost an individuals ability to live well. <https://www.gmhealthhub.org/feeling/living-life-to-the-full>

Digital Support

Beat

Beat provide a 1:1 webchat for anyone affected by an eating disorder <https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one>
The organisation also provides a range of helplines and email addresses for under 18s, students and adults who need additional support. <https://www.beateatingdisorders.org.uk/support-services/helplines>

Proud Connections

The ProudTrust have recently launched a digital help service for LGBT+ young people and the adults who support them. The instant messaging service is free, confidential and secure. <https://beta.theproudtrust.org/proud-connections/>

Think Ninja

ThinkNinja is an app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well. During the coronavirus pandemic, ThinkNinja is freely available to all children and young people. To download the app and see a range of self-help videos go to <https://www.healios.org.uk/services/thinkninja1>

Don't Be A Zombie

Don't Be a Zombie is a national campaign designed and developed by Early Break aimed at combating the issues associated with drug and alcohol abuse among many young people in the UK. The site provides information and harm reduction advice around drugs and alcohol including tools that can be used by young people to address substance related needs. <https://dontbeazombie.co.uk/>

MeMotional

MeMotional is a digital resource developed by Early Break which allows children and young people to explore and better understand their emotions <http://memotional.co.uk/>

Ollee

Ollee is a digital friend for children aged 8-11 funded by BBC Children in Need's A Million & Me initiative, which aims to make a difference to children's emotional wellbeing. Ollee aims to help children reflect on how they feel and to process their experiences with the support and help of their parents and carers, offering advice and support they can also store for later. Go to <https://app.ollee.org.uk/#/welcome>



Early Years

Bolton Start Well

The Start Well Service works with the early years workforce; children and families; and other professionals to ensure the best possible start in life for every Bolton child. Go to <https://www.boltonstartwell.org.uk/> for a range of services, pathways, resources and training courses. Email boltonstartwell@bolton.gov.uk Telephone 01204 338149. During the pandemic, Bolton Start Well moved their parent/carer and baby activities online via a private Facebook page called [Bolton Start Well at Home](#)

Bolton Parent and Infant Relationship Service (PAIRS)

Multi-agency service providing support to families with a child aged 0 – 2 where there are concerns about attachment and/or the parent and infant relationship. Referrals can be received from GPs, Public Health Nurses (formerly Health Visitors), Perinatal Midwives and Perinatal Community Mental Health Teams. PIMHS@boltonft.nhs.uk

Homestart HOST

A team of trained local volunteers, who are all parents themselves, provide one to one support to families if they have at least one child under five. Email: info@homestarthost.org.uk Telephone 0161 344 0669

Dad Matters

Provides advice, signposting and 1:1 or group support to help Bolton Dads have successful relationships with their families, and to support dads with anxiety, stress and mental health issues. The website also contains a range of support offers for Dads in Bolton in addition to contacting Dan Blackman, Bolton's local Dad Matters Coordinator <https://dadmatters.org.uk/bolton/>

Bolton Toy Library

Can guide parents to find the right support, provides drop-in advice sessions, one to one support, themed activity sessions and is offering Emotional Well Being Kits. Email: boltontoylibrary@yahoo.co.uk Telephone 01204 395 079

Solihull Parenting Programme

Free online parenting programme delivered as part of Bolton Children's Integrated Health and Wellbeing Service (0-19). Go to www.inourplace.co.uk and use access code RIVINGTON. Courses: Understanding pregnancy, labour, birth and your baby; Understanding your baby; Understanding your child ; Understanding my brain (for teenagers) ; Understanding your teenagers brain (for parents)

Public Health Nursing

The 9 neighbourhood teams include health visitors and school nurses available to provide advice and support to Bolton families. Telephone: 01204 462325

Baby Basics

Provide support to new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby.

Email: babybasics@bridgebolton.com Telephone: 01204 361704

Bolton Together's IThrive 2 – 11 Offer

See slide 8 for how to refer

Action for Children

Decider skills Group Work therapy to teach children, and adults the skills to recognise their own thoughts, & to monitor and manage their own emotions.

Bolton Toy Library

Can guide parents to find the right support, provides drop-in advice sessions, one to one support, themed activity sessions and is offering Emotional Well Being Kits.

Bolton Wanderers In the Community

One to one mentoring for young people with the opportunity for each child to attend activities with their mentor as part of the support offered.

Child Action North West

Offers a range of therapies and activities for children and their families, both one to one and group work.

Fortalice

Support for children and families who are or have experienced domestic abuse. Providing guidance and techniques to parents/ carers in how they can support their child. Fortalice offer a range of interventions and support to children and young people

Homestart HOST

A team of trained local volunteers, who are all parents themselves, provide one to one support to families if they have at least one child under five.

Urban Outreach

One to one support for the child and the family, exploring issues and challenges, learning tools to manage emotions and developing coping strategies.

Zacs Youth Bar

Group and one to one mentoring focusing on preparing for the move to High School in Year 6, delivering to those living in the South of Bolton.

Bolton Together's IThrive 11 – 19 Offer (25 years for young people with SEND)

See slide 8 for how to refer

Bolton Lads and Girls Club

Information advice guidance and signposting. A range of emotional health and wellbeing workshops and group sessions to support positive emotional health and wellbeing. One to one support using a range of therapeutic interventions to support young people who are feeling anxious, low, and struggling to manage how they feel.

Breaking Barriers North West

One to One Listening Service for young people with Special Education Needs and Disabilities. Exploring emotions and identifying and explaining coping mechanisms.

Bolton YMCA

Information, advice, guidance and signposting. Group sessions and one to one listening service to support young people aged 13 and over to talk through the difficulties they are experiencing and agree steps to address these.

Fortalice

Information, advice, guidance, and signposting for young people affected by domestic abuse. One to one support and group work provided to support young people using the recovery toolkit and exploring healthy relationships.

The Proud Trust

One to one, group sessions and mentoring available for young people experiencing emotional health and well being difficulties due to their sexual identity. Support is also available for those questioning their gender identity.

Zacs Youth Bar

Information, advice, guidance and signposting. Healthy Minds Workshops and one to one listening service exploring coping mechanisms.

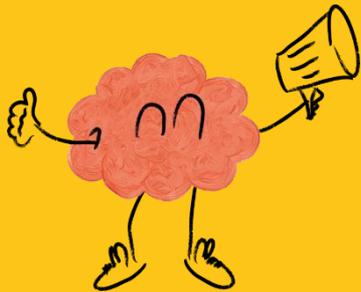


How to Refer to Bolton's IThrive Offer (2 – 19)*

* 25 years for young people with SEND

One point of referral**

Triaged and allocated to the right service by an Emotional Health and Well Being Practitioner



[Click here for Two Page Referral Form](#)

Email: IThrive@boltontgether.org.uk

Website: <https://bolton-together.org.uk/>

** *The one point of referral currently applies to accessing Bolton Together's mental health and emotional wellbeing offer. If you feel a child or young person requires CAMHS please refer directly to the service*

<https://www.qmmh.nhs.uk/bolton-camhs/>

Bereavement Support

Bolton Bereavement Service for Children and Young People

Bolton Lads and Girls Club provide a single point of access for children, young people (8 – 18 years) and their families who have experienced bereavement and are identified as requiring extra support. Referrals are made to bereavement@blgc.co.uk using the referral form on their website. Please go to <https://boltonladsandgirlsclub.co.uk/targeted-youth-services/bolton-bereavement-service-for-children-and-young-people/> for more information.

Greater Manchester Bereavement Service

Support for anyone in Greater Manchester that has been bereaved or affected by a death. The website <https://greater-manchester-bereavement-service.org.uk/> includes an interactive map which displays all the bereavement support services available in a particular area in addition to a page dedicated to resources and materials to download. For those unable to access the website they can ring 0161 983 0902.

Winston's Wish - Support for Children and young people following the death of a parent or sibling

- Website: <https://www.winstonswish.org/>
- ASK email support: ask@winstonswish.org
- National Freephone Helpline: 08088 020 021 (9am – 5pm, Mon-Fri)
- Online Chat available Wednesdays and Fridays, 12pm – 4pm <https://www.winstonswish.org/online-chat/>
- Crisis Messenger: text 'WW' to 85258

Grief Encounter - Support bereaved children and their families to help alleviate the pain caused by the death of someone close

- Website: <https://www.griefencounter.org.uk/>
- Email: griefftalk@griefencounter.org.uk
- National Freephone Helpline: 0808 802 0111 (9am – 9pm, Mon-Fri)
- Griefftalk Online Chat available Mon – Fri, 9am – 9pm (Access via homepage)

Cruse Bereavement - Offers support, advice and information to children, young people and adults when someone dies.

- Website: <https://www.cruse.org.uk/>
- Email: helpline@cruse.org.uk
- National Freephone Helpline: 0808 808 1677 (9:30am – 5pm (M&F), 9:30am – 8pm (Tues, Wed & Thurs))
- Dedicated Youth Website: <https://www.hopeagain.org.uk/>
- Young Person email: hopeagain@cruse.org.uk

Child Bereavement UK - Support children, young people and families to rebuild their lives when a child grieves or when a child dies

- Website: <https://www.childbereavementuk.org/>
- Email: support@childbereavementuk.org
- National Freephone Helpline: 0800 02 888 40 (9am – 5pm, M-F)

Mental Health Support

Bolton Child and Adolescent Mental Health Service (CAMHS)

Provides specialist assessment and treatment of serious mental health difficulties and associated risk in children and young people up to 18 years of age. For referral details including the referral form go to <https://www.gmmh.nhs.uk/bolton-camhs/> or contact 01204 483 222

Children and Young People's Community Eating Disorder Service (8 – 18 years)

Provides assessment, treatment and support for young people with eating disorders and their families. Referrals are accepted from GPs, teachers, school nurses, social workers and other health professionals. Telephone: 01942 775400 <https://www.gmmh.nhs.uk/young-peoples-eating-disorder-service/>

Bolton Young Carers Service

Provides support to young carers and their families from 8 to 18 years old. Includes advocacy, signposting, 1:1 and group support, transition to Bolton's local adult carers service and awareness raising within education settings via the free 'how to identify young carers' offer.

<https://boltonladsandgirlsclub.co.uk/youngcarers/>

Adolescent Health Service (13+)

The Parallel offers an adolescent health service for young people living in Bolton up to the age of 19. The service is based at 9a Churchgate, Bolton, BL1 1HU and offers drop in or scheduled appointments. Telephone: 01204 462444 <http://www.boltonft.nhs.uk/services/the-parallel-young-peoples-health/information/> Referrals made to boh-tr.theparallel1@nhs.net

360°

Young People's substance misuse service delivered within The Parallel. Provides support to young people up to the age of 19 and their families who are using alcohol or drugs. The service also supports anyone who has alcohol or drug concerns about a young person. Referrals sent to boh-tr.360info@nhs.net or telephone 01204 462444

Public Health Nursing

The 9 neighbourhood teams include health visitors and school nurses available to provide advice and support to Bolton families. Telephone: 01204 462325

Mentoring for Looked After Children and Care Leavers

Bolton Lads and Girls Club have fortnightly mentoring available for children and young people in care or are leaving care. A social worker referral is required to access mentoring. Email mentoring@blgc.co.uk Telephone 07787254989

Supporting Children and Young People affected by Domestic Abuse and Violence

Fortalice provide a range of support for children and young people who have witnessed domestic abuse or who are in an unhealthy relationship of their own. Education programmes are also delivered within School Settings <https://fortalice.org.uk/children-young-people/>

Crisis Care Support

Bolton Self-harming Behaviour Pathway (Children and Young People)

A local self-harming behaviour pathway has been developed to guide professionals through a range of scenarios if a child or young person presents with self-harming behaviours or suicidal ideation. The pathway includes 3 flowcharts and a range of supportive information such as a safety plan and conversation guide. This can be soon found by accessing the Be Kind to My Mind Professionals Section www.bekindtomymind.co.uk but for now please email bolgccg.cypcommissioning@nhs.net for access.

All Age Mental Health Liaison

Royal Bolton Hospital has an All Age Mental Health Liaison Team which provides rapid support to anyone who presents at A&E in a mental health crisis.

Rapid Response Team

Across Greater Manchester there are 4 Rapid Response Teams that provide risk assessment and management for young people who are experiencing a mental health crisis. The Rapid Response team will support a young person and their family for up to 72 hours and can currently only be accessed via All Age Mental Health Liaison and CAMHS. Those already open to the Rapid Response Team can self-refer back in for support. Bolton are part of the West RRT which covers Bolton and Wigan.

Shining a light on suicide

A Greater Manchester resource for young people, adults, parents/carers and professionals. It includes free online [suicide awareness training](#) for anyone who lives or works across Greater Manchester in addition to service directories and stories of hope.

Safety Plan

Staying safe provide a great online and downloadable [safety plan](#) resource which is recommended by the Greater Manchester 'Shining a light on suicide' campaign.

PAPRYUS

Provides confidential suicide prevention support 9am – 12am every day to any young person via 0800 068 4141 or pat@papyrus-uk.org. [PAPYRUS](#) are able to offer organisations a 30 minute '[Suicide Prevention – Awareness, Resource, Knowledge e-delivery](#)' (SP-ARK'ed) session free of charge (one session per organisation) as well as other paid training opportunities.

SHOUT

A free 24/7 [crisis text messaging service](#) when young people can message any time of day or night wherever they are and every conversation is with a human being. Simply text SHOUT to 85258

Bolton Safeguarding Children

Bolton's Referral and Assessment Team, part of the Multi-agency Screening and Safeguarding Service (MASSS) can be contacted on on 01204 331500 (9am – 5pm) If you have a concern outside these times you can contact Bolton Emergency Duty Team – 01204 337777.

Staff Mental Health Support

SilverCloud

All Greater Manchester residents can now access online therapy and resources to help with stress, anxiety, low mood and depression. For health & care staff and their families use the link <https://nhs.silvercloudhealth.com/signup/> with the access code: NHS2020 or Non-NHS/Public sector workers: GMCA2020. For GM residents use <https://gm.silvercloudhealth.com/signup/greatermanchester/>. No code is required.

Greater Manchester Resilience Hub

Whilst previously set up in response to the Manchester Arena Attack in 2017 to co-ordinate care and support for thousands of children, young people and adults; the [GM Resilience hub](#) is now also providing emotional support for all health and care workers who live or work in Greater Manchester.

Living Life to The Full

<https://www.gmhealthhub.org/feeling/living-life-to-the-full>

Free of charge to residents in Greater Manchester, Living Life to the Full has a range of online courses to improve feelings, beat stress and boost an individual's ability to live well. Printed copies are also available for free across libraries in Greater Manchester.

MindEd

specially commissioned by Health Education England and others to provide resources with the aim of helping frontline staff with their mental health and emotional wellbeing. These are available free to all at: covid.minded.org.uk/

Single Point Of Access (SPOA)

Access to services for help with anxiety or depression. Open to self referrals: 01204 483101 or via their online portal –

<https://www.iaptportal.co.uk/bolt.html>

1Point

Provides IAPT counselling including bereavement counselling to anyone registered with a GP in Bolton. Access via SPOA or self refer: 01204 917745.



Staff Mental Health Support

MhIST – providing group support, self help, and non-statutory advocacy via phone/video/limited F2F (appointment only). Open to anyone living in Bolton and accepts self-referrals : 01204 527200.

BAND – providing 1-1 & group support and activities mainly via phone or video. Open to anyone living in Bolton and accepts self-referrals : 01204 380643 or band@family-action.org.uk.

Silverwellbeing Therapy Service

Provides telephone/online therapy for all forms of bereavement and loss for anyone living, working or studying in Bolton. Also provides couples counselling. Contact 01204 917745 or silverwellbeing@1pointbolton.org.uk.

Greater Manchester Resilience Hub

Whilst previously set up in response to the Manchester Arena Attack in 2017 to co-ordinate care and support for thousands of children, young people and adults; the [GM Resilience hub](#) is now also providing emotional support for all health and care workers who live or work in Greater Manchester.

Fortalice – Providing a range of support for women & children affected by domestic abuse in Bolton: 01204 701846 (24 hour) helpline <https://fortalice.org.uk/>

Men's Advice Line - confidential helpline for male victims of domestic abuse and those supporting them. Call them on 0808 8010327 or www.mensadvice.org.uk.

NHS Bereavement Helpline on 0800 2600 400, available 8am to 8pm every day.

Bolton Council of Mosques (BCOM)

Provides free and confidential counselling with qualified counsellors that speak English, Gujarati and Urdu. Email admin@thebcom.org
Telephone 01204 363680

Samaritans – in addition to their standard Freephone number (116 123), there is a separate 24/7 helpline for NHS staff to use only: 0300 131 7000 or text 85258.

Staff Mental Health Support

Jewish Community Holistic Mental Health - providing befriending, mentoring, counselling etc. For more info: <https://www.jamh.org.uk/> or <https://www.neshomo.co.uk/>

BAME Holistic Mental Health – supports BAME groups and organisations of all sizes to provide culturally appropriate holistic mental health support for predominately of South Asian ethnic background (but not exclusive to). For more info - <https://www.manchestercommunitycentral.org/black-minority-and-ethnic-network-page>

Caribbean & African Health Network (CAHN) - support offer into the Caribbean & African community that will provide a bespoke mental health service. For more info: <https://www.cahn.org.uk/>

Bolton Dementia Support – providing welfare telephone calls and virtual support groups/activities to all current members and their loved ones/carers. Open to anyone living with dementia or caring for someone in Bolton: 01204 386696 or boltondsg@gmail.com.

Relatives & Residents Association - helpline open between 9.30am –1 pm for families who have relatives in 24 hours care: 020 7359 8136 <https://www.relres.org/>.

Silverline - Aimed at people over 55. Helpline open 24/7 on 0800 4 70 80 90 <http://www.thesilverline.org.uk/>

Age UK – Can be contacted on 0800 678 1602 between 8am–7pm, 365 days a year <https://www.ageuk.org.uk/>



Free Mental Health Training for Bolton Professionals

Bolton's Mental Health Training Programme (All Age) – Bolton Council have funded a range of Mental Health training courses for anyone in Bolton that works with children and young people. This includes but isn't limited to 5 ways to wellbeing, Connect 5, Mental Health Awareness, Mental Health First Aid and SafeTALK. All details can be found <https://www.bolton.gov.uk/skills-training/working-children/1>. If you are a staff member that works with Adults the free training courses can be found <https://www.bolton.gov.uk/skills-training/working-adults>

MindEd – A free e-learning resource for professionals working with children and young people.

<https://www.minded.org.uk/catalogue/FolderView>

Psychological First Aid Training– A free online three week course produced by Public Health England for any professional working with children and young people. The Psychological First Aid course focuses on children and young people's mental health and what you can do to help them cope and access the support they need during and after emergencies and crisis situations. <https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people>

Shining a light on suicide –Free online suicide awareness training for anyone who lives or works across Greater Manchester

<https://shiningalightonsuicide.org.uk/learn-to-save-a-life/>

ME Learning – A range of e-learning modules are available on the ME Learning platform including bereavement and loss training. If you have a Bolton council email, there is access to the ME learning platform; for those already with an account go to

<https://boltonc.melearning.university/user/login>. For those Bolton Council workers who don't have an account please contact wpd-elearning@bolton.gov.uk regarding access.

Bolton Safeguarding Children E-Learning Brochure – A large range of online training delivered to professionals who work with children and young people in Bolton. Includes training such as Child Bereavement, Transgender Awareness, Parental Mental Health and Working with children affected by domestic abuse. <https://www.boltonsafeguardingchildren.org.uk/downloads/file/173/multi-agency-safeguarding-training-brochure>

Greater Manchester Learning Hub– A new training platform has been developed which can be accessed for free by anyone working in Greater Manchester. Access is via <https://app.melearning.co.uk/auth/validate-key?registerKey=NBCHYTMQ> and there are currently two GM i-Thrive training modules available "Intro to THRIVE" and "Intro to Arts, Culture and Mental Health."

Additional Resources

Every Mind Matters - <https://www.nhs.uk/oneyou/every-mind-matters/>

Created by Public Health England, with tips and advice developed with experts and approved by the NHS. Provides dedicated advice and support to young people, parents and carers.

Mental Health and Wellbeing Resources (Greater Manchester Health and Social Care Hub) - <https://hub.gmhsc.org.uk/mental-health/covid-19-resources/>

A range of free resources to support mental health and wellbeing with a particular focus on Covid-19. Includes a dedicated section on Children, Young People and Families.

Mental Health Services in your area (Greater Manchester Health and Social Care Hub) - <https://hub.gmhsc.org.uk/mental-health/in-your-area/>

Provides a breakdown of mental health support (all age) in each of the 10 areas of Greater Manchester

Mind Ed for Families - <https://mindedforfamilies.org.uk/young-people>

Supports parents and those caring for children and young people in their family when they are concerned about a young person's mental health or well-being.

Resources for Schools and Colleges - <https://www.annafreud.org/schools-and-colleges/resources/>

A large range of downloadable resources for Education Settings from the developers of the Thrive model.

Young Minds - <https://youngminds.org.uk/>

An online resource to help young people look after their own mental health. The website also contains information and resources to Parents/Carers and also Professionals. A Parent/Carer Helpline is also available on 0808 802 5544

Education Hub – Mental Health Resources

Large range of mental health resources and useful signposting for students, parents/carers and Education Staff

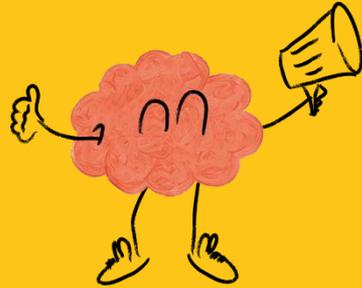
<https://educationhub.blog.gov.uk/2021/09/03/mental-health-resources-for-children-parents-carers-and-school-staff/>



Click here to download a one page overview of NHS approved apps for mental health (adults & children)



Bekindtomymind



Please visit www.bekindtomymind.co.uk regularly for further services available in Bolton.

If you are aware of a Bolton service that provides mental health support to children and young people and it is not on www.bekindtomymind.co.uk please email bolccg.cypcommissioning@nhs.net

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