

Name of service/organisation:

Northorpe Hall Child & Family Trust

Description: We are a charity supporting children's mental and emotional health in Kirklees. We support hundreds of local children and their parents every year, providing counselling, mentors and confidence building activities to help children grow strong and well.

Support offered

Children and young people are amazing, they are growing and changing so fast, learning and playing and finding out who they are and where they fit in the world. It's normal for children and young people to experience strong emotions or to behave in ways which others find difficult, particularly as the approach adulthood. It's part of growing up.

Sometimes, though, they need some extra help. It might be that they have had some particularly challenging or painful life experiences and they are struggling to understand and cope with how these experiences have affected them. Sometimes there are relationship or communication problems that develop over time. We're all different, and how we cope with difficulties depends on our personality, our circumstances and experience.

Northorpe Hall Child & Family Trust is here to support children facing challenges to their emotional well-being and mental health. We provide flexible, caring and effective support to those who need it. Young people rate our services 9 out of 10, and they tell us that we have really made a difference to their lives.

How to access support

If you have concerns around a child or young person's emotional wellbeing, or if you are a young person who is finding it difficult to deal with your feelings, you can call us on **01924 492183**.

Specific services

[ChEWS](#) (Children's Emotional Wellbeing Service) is a service to support the mental health and emotional wellbeing of children and young people through therapeutic counselling or direct support and also to provide advice and support to their parents/carers. (It does not replace the Tier 3 clinical CAMHS psychology service which is now provided by South West Yorkshire Foundation Trust.)

[Self Harm Support Group](#) - Northorpe Hall will be facilitating a support group for parents, carers or family members whose child is self harming. The groups run on the last Thursday of each month, 7.00pm-8.30pm at Northorpe Hall Child and Family Trust. It offers a safe place for family members to share their experiences with others in a similar position and to learn from each other.



HELP FOR PARENTS AND CARERS

PCAN Pages

Really useful information for parents of children with additional needs in Kirklees

Website www.pcankirklees.org Call 07754 102336 Email info@pcankirklees.org

[Kirklees Young Carers](#) is a service that helps young carers feel supported, less isolated and to grow more confident at dealing with life's challenges. Young carers include children and young people who have a sibling or parent with a disability.

Intended client group: Children and young people with emotional or mental health needs and their carers.

Phone number: 01924 492183

Email address: info@northorpehall.co.uk

Website: www.northorpehall.co.uk

Address: 53 Northorpe Lane
Mirfield
West Yorkshire
WF14 0QL

Planned Events: Please visit our website for information



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