



# EMOTIONAL WELLBEING AND MENTAL HEALTH SUPPORT OFFER

TO CHILDREN IN CARE AND CARE LEAVERS

SERVICE PROVIDER	SERVICE NAME	OFFER	AGE GROUP	REFERRAL ROUTE	FURTHER INFO/WEBSITE
<b>Kooth</b>	Kooth	Anonymised emotional wellbeing and mental health support through self-help resources, user led forums, and counselling support.	10 to 25	Self-referral / open access	<b>www.kooth.com</b>
<b>CWPT / Compass</b>	CAMHS Children in Care	Dedicated support offer to children in care. Service provides consultations and training to foster carer, residential homes, and social workers. Bi-weekly foster care drop-ins. dedicated therapeutic intervention to children and young people	Up to 17 with a consultation offer up to 19	Coventry Childrens Services / Foster Carers	Work is underway to review and develop this offer with a new offer commencing from Dec 2025. <b>Looked After Children (LAC)   CAMHS</b>
<b>Rees Foundation</b>	Ask Jan	Licensed led offer with a variety of support offers provided through housing, financial management, and counselling. Counselling is face to face and can be booked through the service	Up to 25	Coventry Childrens Services	<b>The Rees Foundation   Ask Jan Membership - Rees Foundation</b>
<b>Compass</b>	Compass Shine	Community based emotional wellbeing and mental health support, providing Cognitive Behavioural Therapy (CBT) informed intervention. This is delivered through 1:1 / group-based support, counselling, and family support	Up to 18 (or 25 if SEND or Care Leaver)	Self-referral / early help / Navigation hub	<b>Compass Shine - Coventry's Children and Young People's Emotional Health and Wellbeing Service - Compass</b>
<b>CWPT / CW Mind</b>	Talking Therapies	Face to face / virtual CBT informed therapeutic intervention.	16+	GP	<b>Adult led service. Home   Coventry, Warks &amp; Solihull Talking Therapies</b>
<b>CW Mind</b>	Peer Mentoring Support Service	An early intervention / prevention service providing 1:1 and group peer mentor support with the goal of enabling a smoother transition from children's mental health services into adult support or community services. Those care leavers who are aged 18 to 25 at risk of accessing mental health services.	16 to 25	Self-referral / PA's / Coventry Childrens Services	<b>Peer Support Worker Service - CWMind</b>
<b>Childrens Society</b>	Time for Young People	Emotional wellbeing and mental health drop-in for children and young people who may be in crisis. Drop in currently operates on a Thursday .	10 to 25	Self-referral / drop-in	Thursdays from 11-4 at Valley House. <b>Time for young people, Coventry &amp; Warwickshire   The Children's Society</b>
<b>Trauma Vanguard</b>	Positive Directions	Trauma informed offer providing trauma informed training, trauma informed intervention, and social prescribing.	Social prescribing offer is open to anyone living in Coventry (age ranges depend on offer)	Coventry Childrens Services	Trama informed intervention open to those aged 10 to 18 – <b>Coventry - Happy Healthy Lives</b>