

## Help and support for Families

We recognise that at times families may need some extra help, signposting or support, often this can be from friends, family or someone in the community but sometimes more may be required. Below are some of the places you might be able to find out more about the right support for your child and family.

## Further help and support available in Herefordshire

### **Children's Help and Advice Team (CHAT). CHAT**



Often families can solve their own problems, at times they may need support. If you need any advice or support for your child or your family, we recommend you share your worry with a professional you feel comfortable talking to or call CHAT (Children's Help and Advice Team within Early Help) if that works better for you and speak to an advisor.

A CHAT advisor can give advice over the phone, send you out information and signposting, or if needed, arrange a package of support through an Early Help Assessment to access a family support worker if required. This could include support from Children's Centre Services (for families with children aged 5 or under) or Early Help Family Support (for families with children 0-18, or up to 25 years with SEND)

We have information on a wide range of needs

Parenting support  
Bullying  
Family relationships  
Online safety  
Attendance  
Behaviour worries  
Mental health  
Finances  
And more

If you would like to seek help, advice and guidance for your family please contact our CHAT team to speak with an experienced CHAT advisor

**01432 260261**

Lines are open 9:00am to 4:30pm **Monday to Friday**

## **Further links to direct support for children and families**

### **Additional support for SEND – link to local offer and short breaks**

- Herefordshire SEND local offer [Local offer special educational needs and disabilities – Herefordshire Council](#)
- Sendiass Hereford / Worcester [Welcome to SENDIASS Herefordshire and Worcestershire | Worcestershire County Council](#)
- Herefordshire Short Breaks Scheme [Short Breaks Scheme – Herefordshire Council](#)

### **Wellbeing and Mental Health – Children**

- CAMHS Herefordshire & Worcestershire [Herefordshire Child and Adolescent Mental Health Services | Herefordshire and Worcestershire CAMHS \(hacw.nhs.uk\)](#)
- CLD Trust [WELCOME | The CLD Trust](#)
- Kooth [Home - Kooth](#)

### **Wellbeing and Mental Health – Adults**

- Healthy Minds – Now We're talking [Welcome to NHS Talking Therapies | Talking Therapies \(hwhct.nhs.uk\)](#)
- Herefordshire Mind [Herefordshire Mind - Herefordshire's Local Mental Health Charity \(herefordshire-mind.org.uk\)](#)
- The Cartshed [Woodland wellbeing Herefordshire | The Cart Shed | England](#)

### **Other support**

- Turning Point [Herefordshire Recovery Service | Turning Point \(turning-point.co.uk\)](#)
- Women's Aid [West Mercia Women's Aid | WMWA is a full member of the Women's Aid Federation of England. \(westmerciawomensaid.org\)](#)
- WRASAC [Home - WMRSASC](#)
- Herefordshire Directory of Early Help [Herefordshire Directory of Early Help Services](#)
- Virtual Family Hub – TC Directory – [Virtual Family Hub - Talk Community Directory](#)
- Parenting Courses [Parenting groups and courses – Herefordshire Council](#)