



This pathway is designed as a guide for School Staff. This will ensure that the child or young person receives the right service, at the right time and in the right place to best fit their individual needs. Prior to making an enquiry regarding counselling, school staff must consider the pathway. The pathway includes other services, links to useful 'apps' and websites for each presenting issue which may be more appropriate before counselling is considered. The apps and websites mentioned may suit some age groups more than others and will need to be checked by yourselves for age appropriateness.

Sometimes counselling is the most appropriate service, and we encourage discussions regarding possible referrals with our counsellors

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- The child or young person must agree to the enquiry and give explicit consent
- The child or young person must not be currently receiving regular therapeutic intervention with CAMHS or Other Therapists
- The child or young person must be regularly attending school - non-attenders can enquire through our EOTAS, Community or Online services (Not a requirement for Primary)

Presenting Issue(s)	Pathway (to be considered if counselling not appropriate yet)	Useful Apps	Useful Websites
Abuse (including sexual)	Safeguarding procedures, MASH, G.P. School Nurse New Pathways Sexual Assault Referral Centre (SARC)	Mindshift Mindful Gnats For Me (Childline)	<p>www.youngminds.org.uk crisis messenger: 85258 Office: 020 7089 5050</p> <p>www.newpathways.org.uk Phone: 01685 379 310 Email: enquiries@newpathways.org.uk</p> <p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p> <p>www.rapecrisis.org.uk Helpline: 0808 802 9999 Online chat available (16+)</p> <p>www.NSPCC.org.uk Helpline: 0808 800 5000 (24hr) Email: help@nspcc.org.uk</p>

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Presenting Issue(s)	Pathway (to be considered if counselling not appropriate yet)	Useful Apps	Useful Websites
Academic	Head of Year Pastoral care, YEPS School Support Services, Educational Psychology Service (EPS)	Headspace –has in app purchases Mindshift Exam Stress	www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website
Anger	School Support Services, School Nurse Behaviour Support YEPS, EPS	Aim for Anger Management Mindshift What’s Up MiSpace	www.youngminds.org.uk Office: 020 7089 5050 http://www.valleyssteps.org/ (free courses in RCT for over 14’s if accompanied by an adult or over 16’s can go alone or with a friend) Phone: 01443 803048 https://www.wicid.tv/ www.mindmate.org.uk
Anxiety	Eye to Eye’s Anxiety Workshop or Group, Pastoral/Wellbeing Team, School Nurse, ELSA,THRIVE, GP, PMHT, CAMHS, EPS*,YEPS	Mindshift Mindful Gnats Worry Tree (in app purchases) Clear Fear	http://www.valleyssteps.org/ (free courses in RCT for over 14’s if accompanied by an adult or over 16’s can go alone or with a friend) Phone: 01443 803048 www.mindfulgnats.com Email: info@peskygnats.com

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Presenting Issue(s)	Pathway (to be considered if counselling not appropriate yet)	Useful Apps	Useful Websites
		<p align="center">Catch It</p> <p align="center">Combined minds</p> <p align="center">Think Ninja</p> <p align="center">MiSpace</p> <p align="center">For Me (Childline)</p> <p align="center">Samaritans (download via website)</p>	<p align="center">www.anxietycanada.com</p> <p align="center">www.youngminds.org.uk crisis messenger: 85258 Office: 020 7089 5050</p> <p align="center">www.oxfordmindfulness.org</p> <p align="center">https://www.wicid.tv/</p> <p align="center">www.healios.org.uk</p> <p align="center">www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available</p> <p align="center">www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p> <p align="center">www.kooth.com Online chat and messenger available</p>
Behaviour	<p>Not suitable unless there has been a change in behaviour.</p> <p>Pastoral/Wellbeing Team. School Nurse, YEPS, Behaviour Support, EPS</p>	<p align="center">Headspace</p> <p align="center">Stop, Breathe & Think- (has in app purchases)</p> <p align="center">Breathe2relax</p>	<p align="center">https://www.wicid.tv/</p> <p align="center">www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available</p>

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	Miskin Project (through Social Services)	Well-mind (NHS)	www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website
Bereavement and Loss	<p>Many young people will cope with bereavement with the support of their families and access to information about the grieving process. If the family seem to be working through things together it may be best to wait and see how the young person responds over the next few months before referring to a counsellor. However, if the young person feels ready to talk or their grief is complex, if there are multiple losses or young people do not have others able to support them through the grieving process then early access to counselling can be appropriate.</p> <p>ELSA, Pastoral/Wellbeing Team.</p> <p>School Nurse, EPS</p>	<p>Apart of me</p> <p>Happify- has in app purchases</p> <p>Smiles & Tears</p> <p>Grief Support</p> <p>For Me (Childline)</p>	<p>www.cruse.org.uk RCT/Merthyr Phone: 01685 876020</p> <p>www.rd4u.org.uk Phone: 01685 876020</p> <p>www.hopeagain.org.uk Helpline: 0808 808 1677</p> <p>www.mariecurie.org.uk</p> <p>www.winstonswish.org.uk Phone: 08452 030405</p> <p>www.uk-sobs.org.uk</p> <p>www.ifucareshare.co.uk Phone: 0191 387 5661</p> <p>www.childhoodbereavementnetwork.org.uk</p> <p>www.childbereavementuk.org Phone: 01494 568900</p>

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Presenting Issue(s)	Pathway (to be considered if counselling not appropriate yet)	Useful Apps	Useful Websites
			<p align="center"> www.2wishuponastar.org Phone: 01443 853125 https://www.mentallyhealthyschools.org www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available </p>
Bullying	Pastoral/Wellbeing Team, YEPS, ELSA, THRIVE. School Nurse School procedures have been followed, Behaviour Support Services (BSS)	<p align="center"> Stand Up to Bullying Mindshift </p>	<p align="center"> www.standuptobullying.co.uk www.kidscape.org.uk www.youngminds.org.uk crisis messenger: 85258 phone: 020 7089 5050 https://www.wicid.tv/ www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available </p>

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			www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website
Caring Responsibility	Pastoral/Wellbeing Team, School Nurse, Carers Support Project RCT MASH/Safeguarding/YEPS	Change4Life Smart Recipes	www.carers.org.uk www.rctcbc.gov.uk/EN/Resident/ChildrenandFamilies/YoungCarersSupport/YoungCarersSupport.aspx Phone: 01443 425006. www.actionforchildren.org.uk RCT YC Phone: 01443 433 079 www.barnardos.org.uk/what-we-do/services/merthyr-young-carers-service Phone: 01685 725171 Email: linda.jones@barnardos.org.uk
Covid-19	School support services, YEPS, AWS, GP, EPS Eye to Eye Covid-19 response team (for communities in RCT affected by traumatic events made worse by the Covid pandemic)	ThinkNinja	www.mylockdowndiary.com https://youthworksupport.co.uk/wp-content/uploads/2020/05/NYAxVR-Coping-With-Stress-Anxiety.pdf

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Presenting Issue(s)	Pathway (to be considered if counselling not appropriate yet)	Useful Apps	Useful Websites
			<p>www.nhs.uk/conditions/coronavirus-covid-19/</p> <p>https://gov.wales/coronavirus</p> <p>www.healios.org.uk</p> <p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p> <p>www.youngminds.org.uk crisis messenger: 85258 phone: 020 7089 5050</p> <p>https://www.annafreud.org/on-my-mind/</p>
Cyber Safety	Other Agencies. YEPS School Nurse	Bright Sky Stay Alive	<p>www.saferinternet.org</p> <p>www.internetmatters.org.uk</p> <p>www.youngminds.org.uk crisis massager: 85258 phone: 020 7089 5050</p> <p>https://www.wicid.tv/</p>

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Presenting Issue(s)	Pathway (to be considered if counselling not appropriate yet)	Useful Apps	Useful Websites
			<p>www.ceop.police.uk/safety-centre/</p> <p>www.thinkuknow.co.uk</p> <p>www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available</p> <p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p>
Depression/Low Mood	Pastoral/Wellbeing Team, ELSA, School Nurse, GP. YEPS, EPS	<p>Well-mind (NHS)</p> <p>Self-Heal</p> <p>Cove: music for mental health</p> <p>Combined minds</p> <p>Think Ninja</p> <p>Samaritans (download via website)</p> <p>For Me (Childline)</p>	<p>www.youngminds.org.uk crisis messenger: 85258 phone: 020 7089 5050</p> <p>http://www.valleyssteps.org/ (free courses in RCT for over 14's if accompanied by an adult or over 16's can go alone or with a friend) Phone: 01443 803048</p> <p>www.mindmate.org.uk</p> <p>https://www.wicid.tv/</p> <p>www.kooth.com Online chat and messenger available</p>

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		MiSpace	<p>www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available Crisis messenger: THEMIX to 85258</p> <p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p> <p>www.samaritans.org Phone: 116 123 Email: jo@samaritans.org</p> <p>SHOUT: Crisis text: 85258</p> <p>CALM (Males 15+) Helpline: 0800 132 737 Text: 81066</p>
Domestic Abuse	Pastoral/Wellbeing Team, School Nurse Resilient Families, MASH/Safeguarding,	Bright Sky	<p>www.womensaid.org RCT: ww.wa-rct.org.uk Phone: RCT 01443 400791 / Pontypridd 01443 491528</p> <p>www.thehideout.org.uk</p> <p>www.newpathways.org.uk</p>

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Presenting Issue(s)	Pathway (to be considered if counselling not appropriate yet)	Useful Apps	Useful Websites
			<p>Phone: 01685 379 310 Email: enquiries@newpathways.org.uk</p> <p>www.galop.org.uk Helpline: 0800 999 5428 Online chat available (wed/thus)</p> <p>DYN Project: Helpline: 0808 801 0321 Email: support@dynwales.org</p> <p>www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available</p> <p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p>
Eating Disorders	School Nurse, GP, CAMHS has a new Rapid Intervention Service for Eating Disorders they will be seen within a week – referral through GP	<p>Mindful Eating</p> <p>Recovery Record</p> <p>Change4Life Smart Recipes</p> <p>Combined minds</p>	<p>www.beateatingdisorders.org.uk BEAT Youth Line: 0808 801 0711</p> <p>www.bodygossip.org</p> <p>www.seedeatingdisorders.org.uk Helpline: 01482 718130</p>

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			<p align="center">www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available</p> <p align="center">www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p> <p align="center">www.kooth.com Online chat and messenger available</p>
Family	Pastoral/Wellbeing Team, ELSA, School Nurse, YEPS, Resilient Families, Llamau	<p align="center">Mindshift</p> <p align="center">Self-Heal</p>	<p align="center">www.kidshealth.org</p> <p align="center">https://www.wicid.tv/</p> <p align="center">www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available</p> <p align="center">www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p> <p align="center">https://www.llamau.org.uk/Pages/FAQs/Category/i-am-a-young-person-and-need-help</p> <p align="center">Llamau also offer a family mediation service for young people struggling to live at home</p>

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Presenting Issue(s)	Pathway (to be considered if counselling not appropriate yet)	Useful Apps	Useful Websites
Financial Concerns/Poverty	Resilient Families, Young Carers/DASPA/NACOA/CAB		<p align="center"> www.moneysavingexpert.com www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website </p>
Illness	School Nurse, GP, Other Agencies.		<p align="center"> www.mariecurie.org.uk https://www.nhs.uk/live-well/ https://www.nhs.uk/ www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website </p>

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OCD (coping strategies)	CAMHS, EPS	Brain in Hand (bih)	www.youngminds.org.uk Phone: 020 7089 5050 www.braininhand.co.uk www.ocdaction.org.uk Phone: 0845 390 6232
Offending	YOS, YEPS, Resilient Families, MASH/Safeguarding, CAMHS, EPS.	Aim for Anger Management	https://www.wicid.tv/
Relationship (Others)	Pastoral/Wellbeing Team, ELSA, School Nurse, EPS	Worry Tree For Me (Childline)	https://www.wicid.tv/ www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website
Relationship with Teachers	Pastoral/Wellbeing Team, ELSA, Restorative School Systems, School Nurse, YEPS, EPS.	Worry Tree For Me (Childline)	https://www.wicid.tv/ www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website

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School Refusers/Poor attendance	Pastoral/Wellbeing Team, ELSA, YEPS, EPS,AWO, School Nurse	Worry Tree	https://www.wicid.tv/
Self-Harm	Pastoral/Wellbeing Team, School Nurse, ELSA, EPS, YEPS, GP, and CAMHS.	Self-Heal Calm Harm Combined minds	www.selfinjurysupport.org.uk Phone: 0117 927 9600 https://hatw.co.uk www.amberproject.org.uk Phone: 02920 344776 https://www.wicid.tv/ www.mindmate.org.uk https://harmless.org.uk/ https://www.lifesigns.org.uk/ www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available Crisis messenger: THEMIX to 85258 www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website

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			www.Kooth.org Online chat and messenger available
Self-Worth	Pastoral/Wellbeing Team, School Nurse, YEPS, ELSA, EPS	Self-Heal Mindshift Worry Tree MiSpace	https://www.wicid.tv/ www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website www.bodygossip.org
Sexual (including orientation)	Pastoral/Wellbeing Team, School Nurse, YEPS. Drop in Clinics (RCT)	Bright Sky	www.stonewallcymru.org.uk Phone: 0800 502020 www.cwmtafuhb.wales.nhs.uk/contraception-and-sexual-health-services www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available https://switchboard.lgbt/

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			<p align="center"> www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website https://www.wicid.tv/ </p>
Stress	Pastoral/Wellbeing Team, School Nurse, YEPS, ELSA, EPS	<p align="center"> Exam Stress Well-mind (NHS) Worry Tree App Self-Heal Mindful gnats Smiling mind For Me (Childline) MiSpace </p>	<p align="center"> https://www.wicid.tv/ https://www.mentallyhealthyschools.org http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx(for over 16's) www.youngminds.org.uk crisis messenger: 85258 phone: 020 7089 5050 </p>

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Presenting Issue(s)	Pathway (to be considered if counselling not appropriate yet)	Useful Apps	Useful Websites
<p>Suicide</p>	<p>GP, CAMHS, MASH/Safeguarding. YEPS, EPS School safeguarding procedures need to be followed prior to counselling.</p>	<p>Stay Alive</p> <p>disTRACT</p> <p>My3 support</p> <p>Samaritans (download via website)</p>	<p>www.samaritans.org Phone: 116 123 Email: jo@samaritans.org</p> <p>www.papyrus-uk.org Phone: 0800 068 4141 Text: 07860 039967 Email: pat@papyrus-uk.org (helpline up to age 35 for those considering suicide, concerned others and those that have been affected by suicide and need debriefing)</p> <p>www.youngminds.org.uk crisis messenger: 85258 phone: 020 7089 5050</p> <p>www.Kooth.com Online chat and messenger available</p> <p>www.themix.org.uk Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available Crisis messenger: THEMIX to 85258</p> <p>www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website</p> <p>SHOUT:</p>

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			Crisis text: 85258 www.uk-sobs.org.uk 0844 561 6855 https://hatw.co.uk/straight-up-advice/ https://www.wicid.tv/ www.stayingsafe.net
Transgender Issues	Pastoral/Wellbeing Team, School Nurse, GP, CAMHS, YEPS, Other Agencies.	For Me (Childline)	www.stonewallcymru.org.uk Phone: 0800 502020 www.mermaidsuk.org.uk Helpline: 0808 801 0400 www.lgbt.foundation https://www.wicid.tv/
Trauma	School Support Services, YEPS, Resilient Families, EPS, GP, CAMHS	For me (NHS) Worry Tree Samaritans (download via website)	www.youngminds.org.uk crisis messenger: 85258 phone: 020 7089 5050 www.themix.org.uk

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		Combined minds ThinkNinja	Helpline: 0808 808 4994 (3pm – 12am) Online Chat Available Crisis messenger: THEMIX to 85258 www.childline.org.uk Helpline: 0800 1111 Online chat and messenger via website www.kooth.com Online chat and messenger available www.annafreud.org

Please note that the following issues need to be dealt with by the following specialist areas:

Issues	Referral to
Neuro-developmental Conditions (ADHD/ASD/Tourettes)	EPS* Neuro Developmental Team
Drug and Alcohol	Wales Drug and Alcohol Helpline – 0808 808 2234 dan247.org.uk or text DAN to 81066 Turn Around Project – 01443 486404 NAOCOA – 0800 358 3456 https://www.nacoa.org.uk DASPA – 0300 333 0000 http://www.daspa.org.uk http://www.nhs.uk/Livewell/drugs/Pages/Drugshome.aspx
OCD	CAMHS

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Education Psychology are offering a helpline at this difficult time to parents/carers/professionals for all difficulties that are causing distress to a young person or negatively impacting on learning or behaviour. Please email details and a number you can be contacted on	EPS@rctcbc.gov.uk
CLA Education Team for CYP who are looked after can contacted through the social worker or via a referral.	LACreferrals@rctcbc.gov.uk