Support for Children & Young Person

We know that growing up can sometimes feel challenging, and everyone needs a little extra support from time to time.

This resource section has been created to provide children and young people with helpful information, advice, and practical tools to support their emotional wellbeing, mental health, and everyday life.

Children & Family Health Devon

Children & Family Health Devon (CFHD) provides NHS integrated care & treatment across physical & mental health for children, young people & their families in Devon.

Requesting help from CFHD

Anyone aged under 18 who lives in Devon (excluding Plymouth) can get specialist care from CFHD. To get help from CFHD you will need a referral. A referral is the way to ask to see an NHS specialist.

https://childrenandfamilyhealthdevon.nhs.uk/

Devon Information Advice & Support- DiAS

Supporting children and young people with SEND, alongside their parents and carers.

https://devonias.org.uk/

Lumi Nova

Lumi Nova is a therapeutic game that helps children aged 7-12 years self-manage worries and build resilience.

https://luminova.app/

Kooth: Mental Health support platform for young people

Kooth is the UK's largest and longest established digital mental health service. We partner with NHS and local authority organisations to deliver game-changing mental health support to young people from age 10 and up.

https://connect.kooth.com/young-people

Young Devon

Young Devon is proud to be able to support so many people across Devon, Plymouth & Torbay. They have been finding new & different ways to help young people thrive for over 70 years & are passionate about putting young people at the heart of Devon.

They can support with housing, wellbeing & funding opportunities.

Your nearest centre- Yes Centre, 1 The Strand, Barnstaple, EX311EU

https://www.youngdevon.org/

MyWay

MyWay is a new youth project designed to boost wellbeing, resilience, and recovery among children and young people aged between 11- 17 years, by providing early, easy access to exciting youth groups and experiences and 1-1 online support.

https://www.youngdevon.org/myway/encompass

Young Minds

The UK's leading charity fighting for a world where no young person feels alone with mental health

https://www.youngminds.org.uk/

Spark UK

Spark UK is one of the UK's leading youth-led mental health charities, providing free mental health resources, programmes, and campaigns to support young people's wellbeing

https://www.sparkuk.co.uk/

Y-Smart- Youth Substance Misuse, Advice, Recovery & Treatment

Y-Smart provide support and advice for young people, parents, families and professionals.

Y-Smart is committed to being inclusive, no matter who you are, where you are from and how you are today. If you need help, would like some information or advice, please contact them

https://www.y-smart.org.uk/

X-Plore

X-Plore provides a safe & empowering developmental space for young lesbian, gay, bisexual & transgender people (including those who are unsure of their sexual orientation &/or gender identity)

https://www.lgbtqyouthdevon.org.uk/

Georgies Youth Centre

Georgie's Youth Centre provides a unique & safe space for young people aged 11 – 19 from across the Barnstaple area. With a wealth of creative activities including, cooking, games, pool competitions, table tennis, music studio, outdoor games and just loads of fun. They currently welcome over a 100 young people each week and are working closely with young people to unlock their potential… The youth club offers a number of targeted provisions to provide additional support to those who need it.

With a lack of social provision in the area, they aim to provide young people with opportunities to make constructive use of their leisure time, raise their aspirations and choose a positive, independent lifestyle. Facilities include a great space with lounge, music rooms, meeting rooms, space for arts and craft, a fully kitted kitchen where young people get the opportunity to cook with fresh produce and a great outdoor space with the opportunity to play sports, games and BBQ.

https://www.spaceyouthservices.org/barnstaple-yc

Whether you are looking for ways to manage worries, build confidence, improve relationships, cope with school pressures, or find support for specific challenges, these resources can help you understand your feelings, develop new skills, and know where to turn when you need support.

Remember, you are not alone, and help is always available.