Compass Wakefield

emotional health and wellbeing service

WE OFFER A RANGE OF ADVICE, SUPPORT AND EDUCATION ON EMOTIONAL HEALTH MATTERS USING TEXT, WEB BASED AND FACE TO FACE TO SUPPORT CHILDREN, YOUNG PEOPLE AND FAMILIES TO IMPROVE AND MAINTAIN EMOTIONAL HEALTH.

TELEPHONE: 01924 665 093
EMAIL: WAKEFIELDCYPEWS@COMPASS-UK.ORG
WEBSITE: HTTPS://WWW.COMPASS-UK.ORG

OUR WAKEFIELD TEAM ARE AVAILABLE MONDAY – THURSDAY, 9AM TO 5PM AND FRIDAY, 9AM TO 4.30PM
(EXCLUDING BANK HOLIDAYS)

WF-I CAN

The online resource for children and young people in Wakefield

Text BUZZ to 85258

for free and confidential support, 24/7

Compass in partnership with shout

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Compass work in local communities and offer:

Guided self-help (online and face-to-face)
Psychoeducation
Supported referrals
Peer support groups
Parenting programmes

Compass deliver groups for:

- Understanding Anxiety
- Managing Emotions
- Low Mood
- Luggage for Life

We accept written Requests for Support from young people, parents, carers and professionals.

Just fill in the Request for Support form on our website and return it to WakefieldCYPEWS@compass-uk.org

Telephone: 01924 665 093
Email: WakefieldCYPEWS@compass-uk.org
Website: https://www.compass-uk.org

Our Wakefield team are available Monday – Thursday, 9am to 5pm and Friday, 9am to 4.30pm (excluding bank holidays).