

New 'Stay Well' service will support hundreds of Staffordshire children and young people

On 1 April 2025, a new service opened to provide emotional health and wellbeing support for children and young people aged five to 18 years old (25 years with SEND) in Staffordshire.

The service, called Stay Well, will also help families and professionals gain the knowledge and confidence to create an emotionally healthy environment and support children and young people.



Stay Well offers early intervention and prevention through:

- Group and one-to-one emotional health and wellbeing sessions for children and young people
- Peer support groups for children and young people
- Access to a wide range of positive activities for children and young people
- Information, advice and guidance for children and young people, families, professionals and schools
- Workshops and training opportunities for children, young people, families, professionals and schools

The service will be provided from local venues across Staffordshire, including wellbeing centres, community venues, schools and colleges.

Jointly commissioned by Staffordshire County Council and Staffordshire and Stoke on Trent Integrated Care Board, the new service will be delivered by Changes Health and Wellbeing working with North Staffordshire Mind and The Dove Service.

How to make a referral

Children, young people and their families can refer directly into the service, or they can be referred by a professional.

- Call: 01782 418 518
- Online: [Stay Well online referral form](#)