

ITHRIVE PLUS

Thrive Plus is a free service that provides flexible emotional wellbeing support for young people aged 11–19 (or up to 25 for young people with SEND) while they are waiting for support or following the end of structured support

ACCESSING SUPPORT

Thrive Plus offers youth-led drop-ins, workshops and group sessions to help young people build resilience, develop coping skills and stay connected to support.

ITHRIVE HUB

The IThrive Hub is the single point of access for children, young people and families seeking early help for low-level emotional wellbeing and mental health needs. The Hub team reviews each referral to understand what support is needed, helping people access the right support at the right time. This may include allocation to an IThrive service or signposting to a more suitable specialist service. Enquiries can be sent to IThrive@boltontogogether.org.uk.

The service is not a crisis service.

Referrals require a Bolton GP registration, the young person's consent, and their willingness to engage with support that is tailored to their needs. We cannot accept referrals for young people already receiving, or waiting to access, similar support services.



<https://bolton-together.org.uk/>

HOW CAN I REFER?

Complete the online referral form on our website or contact the IThrive Hub for guidance about the most appropriate support. This can be used by professionals, parents, and young people themselves.

Bolton

Together

Registered Charity in England and Wales (1163466)

ITHRIVE OVERVIEW OF SERVICES

*Supporting children
and young people
with
their emotional health*



ITHRIVE

The IThrive service provides early intervention support for children and young people aged 8–19 (or up to 25 for young people with Special Educational Needs and Disabilities (SEND)).

WHO'S IT FOR?

IThrive provides short-term, early intervention support for children and young people facing emerging or low-level emotional well-being and mental health issues, such as low mood, anxiety, and self-esteem concerns. The aim is to address these issues before they escalate. IThrive does not offer specialist support for bereavement or complex trauma and will signpost those in need of this to appropriate services.

ACCESSING SUPPORT

The service is free to access. Support is provided with the consent of the young person and, where appropriate, their parent or carer.

WAITING TIMES

Once a referral is reviewed and accepted by an IThrive provider, it is added to their waiting list. Waiting times vary, and the provider will contact the young person and their parent or carer when support becomes available.

NAVIGATORS

The IThrive Navigation Service provides free information, guidance and practical support for families exploring neurodiversity, including Autism and ADHD.

WHO'S IT FOR?

The service is available to parents and carers of children and young people aged 5-19 (25 with SEND) who have questions about neurodiversity, are waiting for an assessment, or would like help understanding the support and services available.

ACCESSING SUPPORT

The service is free to access through the IThrive referral form. A Navigator will listen to your family's needs, explain the next steps, connect you with local services and resources, and provide support before and after assessment where appropriate.

WHAT PARENTS HAVE FOUND USEFUL

Parents have found comfort in asking questions and discussing strategies for their children, feeling listened to without judgement. They appreciated building relationships with services for access to support, practical advice, and simple family solutions.

PARENT PEER SUPPORT

Parent Peer Support offers information, guidance and emotional support to parents and carers of children and young people aged 2-19 (25 with SEND).

WHO'S IT FOR?

The service is available to parents and carers who would like guidance, practical strategies and the opportunity to connect with others while supporting their child's emotional wellbeing.

ACCESSING SUPPORT

Parent Peer Support is free to access and includes group sessions, peer support and signposting to other helpful services and resources.

WHAT PARENTS HAVE FOUND USEFUL

Parents accessing the service have found that having a safe space to voice their worries has given them emotional containment. By alleviating some of their own worries, they are better able to support their child.