

# **Children and Young People's Emotional Wellbeing & Mental Health Resource Directory April 2021(V2)**

A resource directory for children, young people and their families and for professionals seeking to find the right help, advice and support to assist with emotional wellbeing and mental health problems that children and young people may be facing

*Please note that the services listed in this directory are not managed by Southwark Council or by South East London (Southwark) Clinical Commissioning Group. If you require more information you should contact services direct using the contact details listed*

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## SOUTHWARK'S CORE SERVICES

### Southwark Child and Adolescent Mental Health Service (CAMHS)

Southwark's Child and Adolescent Mental Health Services (CAMHS) is provided by South London and Maudsley NHS Foundation Trust (SLaM)

**Age range:** 0 – 18 years

Southwark CAMHS has several multidisciplinary teams:

**Child and Family Service** provides specialist assessment and treatment to children and young people with mental health problems aged up to 12, parents and families. It also includes a mini team called The Hope Project at Southwark CAMHS who work with children, young people and their families who have been affected by traumatic events. These might include one-off life events, such as a road traffic accident, or experiences of abuse and violence that have occurred over a longer period of time

**Adolescent Team** provides specialist assessment and mental health treatment to children and young people aged between 12 and 18. The team provides a service for high risk, high impact adolescents. It maintains close links with the inpatient adolescent units within the trust, early onset psychosis teams in the borough, and with the local Youth Offending Service. This team is based at Mapother House.

**Neuro-Developmental Service** provides specialist assessment and treatment to children and young people with neuro-developmental difficulties (i.e. learning (intellectual) disability, autism spectrum disorders, ADHD), and associated mental health problems. This team works alongside colleagues in community health and social care, and is based at Sunshine House

**Carelink** provides specialist assessment and treatment to children and young people who are in permanent Looked After Child care arrangements. This team works closely with children's social care and is based at the Lister Health Centre.

**CAMHS clinicians also work within the Early Help Service and the Families First service** located in Children's Services providing child and adolescent mental health intervention in community settings.

**Costs:** No charge

**Contact**

[CAMHS.SouthwarkReferrals@slam.nhs.uk](mailto:CAMHS.SouthwarkReferrals@slam.nhs.uk)

Telephone : 020 3228 7777

**For further information :-**

<https://localoffer.southwark.gov.uk/wellbeing/mental-and-emotional-health-services/southwark-camhs-service/>

**The Nest**

The Nest provide a service to young people at the point of need, without the need for a professional referral., offering early intervention and prevention for emotional issues and low-level mental health such as worries, anxieties and stress.

**Age range:** 11 – 25 year olds

**Accepts** Self referrals - ‘Open Access’

**Description of service:**

The Nest provides young people and families with the opportunities, experiences, and tools to enable them to develop their physical, emotional and social capabilities. Our non-clinical intervention offers youth work, person-centred counselling, psychological wellbeing practices and traditional talking therapies via 1:1 sessions, group work, virtual resources and peer mentoring.

Offers drop in sessions at premises in Rye Lane, Peckham

**Costs:** No charge

**For further information:**

[thenest@groundwork.org.uk](mailto:thenest@groundwork.org.uk)

<https://www.thenestsouthwark.org.uk/contact/>

0208 138 1805

## KOOTH

An online platform to help children and young people who are vulnerable to / or experiencing common mental health issues.

**Age range:** 11 to 18, up to 25 for young people who are care leavers

**Referrals :** Web-based, no referral required

**Description of service:**

Online, anonymous mental health services for children, young people and adults. accessible through mobile, tablet and desktop and free at the point of use.

Includes: Magazines and articles , discussion boards, chat with the team

Available until 10pm each night, 365 days per year, providing out of hours service for advice and support.)

**Costs:** No charge

**For further information:**

<https://www.kooth.com/index.html%20>

## EMOTIONAL WELLBEING AND MENTAL HEALTH SUPPORT ORGANISATIONS

### Anna Freud self care resources

The Anna Freud Centre has created a self-care page which allows young people to discover self-care strategies which may help them manage their mental health. The resource may be particularly helpful for young people who are waiting for support or whose support may be due to end.

**Age range:** online resource no age requirement

**Accepts referrals from:** online resource no referral needed

#### Description of service (reproduced from website)

'Young people told us that when they are struggling they are usually told to see a professional. They don't often get much advice about how they could help themselves.

So we drew up a list of strategies young people use

We're sharing these strategies with you to help you to manage your wellbeing. It's up to you to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else. We've also created a booklet to help you create your own self-care plan and another booklet with advice for young parents and carers on looking after their wellbeing..

These activities are *not* a substitute for seeing a mental health professional. Sometimes we need outside help and advice. Getting help is good. No-one should feel bad about it. That's what this site is about.'

**Costs:** No charge

#### For further information :-

<https://www.annafreud.org/on-my-mind/self-care/>

### Blackfriars Settlement

**Age range:** 18+

**Accepts referrals from:** GP, Support Worker, CMHT (Community Mental Health Team) or Self Referral.

**Description of service:**

Blackfriars settlement is a mental health service delivered by a community organisation, providing support through Older People's, Young People's and Education services; it offers support and personal development to people recovering from difficulties with their mental health (They also have a health club for the same group.)

**Cool Tan Arts**

**Age range:** 18+

**Referrals from:** GPs, Occupational Therapists, Community Mental Health Teams, support workers & also self-referrals.

**Description of service:**

Cool Tan Arts is a mental health charity for adults with mental health conditions, providing creative outlets for self-expression through art workshops, and giving adults training, support and volunteering opportunities to help build professional and personal skills. Their aim is to help everyone look after their wellbeing in a creative and positive way.

**Costs:** There is a charge for this service

For further information:

[info@cooltanarts.co.uk](mailto:info@cooltanarts.co.uk)  
0207 701 2696

**COVO Connecting Voices**

COVO Connecting Voices is a UK charity working with children, young people and parents in the areas of behavior management, play and parenting skills which seek to improve the wellbeing of children and young people with emotional and social difficulties

The programme includes training for parents and teachers on effective strategies to support young people

**Age range:** 8-16yrs (and their parents/carers)

**Accepts referrals from:** parents/carers or school.

**Description of service:**

One-to-one sessions based around emotional and behavioural problems, working closely with children and young people who are struggling to engage with school, their family and/or their peers.

COVO is a group of experienced mentors, coaches and movement psychotherapists. They approach their work with young people and families holistically using a creative approach that includes play, music and art, thus enables them to provide a warm, friendly and safe environment for those that are in need.

**Costs:** There is a charge for using this service

**For further information:-**

<http://covo.org.uk/what-we-do/>

020 7635 0007

## Faces in Focus

Faces in Focus offers youth support and counselling services for 11 – 25 year olds

**Accepts** self-referrals or referrals from other agencies for counselling.

### **Description of service:**

Faces in Focus takes referrals for young people aged 11-25 anywhere in the country.

Counselling can take place between 10.a.m. and 8.p.m. on weekdays and 10.00am – 2.00pm on Saturdays.

They have a diverse group of counsellors who are able to work with clients with a wide range diagnosed and undiagnosed common mental health challenges including:-

- Mental health issues/concerns
- Abuse
- Migration
- Identity
- OCD
- Sexuality
- Race/racism
- Managing emotions
- Depression
- Anxiety

**Costs:** There is a charge for using this service

**For further information:-**

[info@facesinfocus.org.uk](mailto:info@facesinfocus.org.uk)

[referrals@facesinfocus.org.uk](mailto:referrals@facesinfocus.org.uk)

0207 403 2444  
0774357032

## Healthy Young People, Southwark

Healthy Young People (HYP) Southwark is a health and wellbeing service for young people (under 25s) in Southwark provided by Brook and Change, Grow, Live (CGL).

**Age** under 25

### Service description

The partnership provides expertise in delivering sexual health, substance misuse and general health and wellbeing services for young people

HYP Southwark also provides training to professional and schools in Southwark

The service can be found at a number of locations across Southwark. .

This service is for anyone living or going to school/college in Southwark under the age of 25

For further information

<https://hypsouthwark.org.uk/about-hyp/>

## Southwark Wellbeing Hub

**Age range:** Supports families with younger children, provides individual support at 18+

**Referrals :** No Referral needed. The Southwark Wellbeing Hub Directory is an online service providing information to anyone living in Southwark who is worried about their own wellbeing or that of someone close to them.

### Description of service:

Provides a directory of organisations to help find the support needed. go about accessing it.

They can offer

- Information signposting support
- 1:1 support
- Peer support
- Wellbeing workshop and groups

Run by the charity Together for Mental Wellbeing

Offers drop in sessions at premises in Thames Reach Employment Academy, Peckham Road

**Costs:** free and open to anyone living n Southwark or with a Southwark GP

For further information:

<https://www.together-uk.org/southwark-wellbeing-hub/the-directory/>

020 3751 9684

## Talking Therapies (Southwark)

Teaching principles and strategies of psychological therapy, which can then be applied in everyday life to make the changes. Treatment options after initial consultation include online courses, workshops and groups

**Age** 16+

**Referral** Self referral, if registered with a Southwark GP, or referral from a Southwark GP

### Service Description

Providing talking therapy for anyone who is :-

- Feeling down, low or depressed
- Feeling stressed or anxious
- Finding it hard to control worrying
- Anxious in social situations
- Experiencing low mood or anxiety in pregnancy or the first year after birth
- Experiencing panic attacks
- Experiencing flash backs of traumatic events
- Caught up in excessive washing or checking
- Experiencing anxiety, stress and low mood linked to a long-term medical condition

**Cost** No charge

For further information :

<https://slam-iapt.nhs.uk/southwark/>

020 3228 2194

## SPECIALISED SUPPORT

### ADDICTION

#### Young Gamers and Gamblers Education Trust (YGAM)

The Young Gamers and Gamblers Education Trust (YGAM) is a national charity with a social purpose to inform, educate, safeguard and build digital resilience amongst young and vulnerable people. Helping them to make informed decisions and understand the consequences around gambling and gaming.

**Age range:** 11 – 16 years

**Description of service:**

Educational workshops designed for anyone who works with young and vulnerable people aged 7-25, such as teachers, youth workers and mental health specialists.

Information and links to organisations and charities that offer support and treatment for people with gambling, gaming, mental health or financial problems or concerns.

**Costs:** Free

**For more information:**

<https://www.ygam.org/>

0203 837 4963

### ADVOCACY

#### CORAM Voice

Coram Voice is a leading children's rights organisation and is the local advocacy service for Southwark where the young person is being supported by children's services

**Age :** 24

**Referral:** Self referral, adult, third party

**Service Description**

Coram Voice makes sure children know their rights and helps them to navigate the system, challenge decisions and make sure their rights and wellbeing are protected. They empower

children to have a role in decision-making processes and with them in the driving seat we improve the system and help them know that someone is listening and taking action.

They work with governmental bodies, Local Authorities, social care organisations and health services to ensure children's voices are at the heart of service delivery. We also make sure that service development, improvement and delivery in this area, is informed by children's knowledge and experience.

**For further information:**

020 7883 5792/0800 800 5792

<https://coramvoice.org.uk/>

## ADOLESCENT AT RISK & FORENSIC SERVICE

### Southwark Child and Adolescent Mental Health Service (CAMHS)

**Referrals are accepted from:** Psychiatrists, clinical psychologists, mental health professionals, social workers, youth offending teams, solicitors, courts

#### Service Description

The Adolescent At-risk and Forensic Service is a flexible and responsive multidisciplinary team offering evidence-based assessment, consultation and treatment for young people who are engaged in, or present significant risk of serious violence, fire-setting and/or sexually harmful behaviour. Those who are at high risk through sexual exploitation or self-harm are also seen.

The service works with young people who present with neurodevelopmental and/or emerging personality disorders alongside their risk behaviour. They often treat young people who have exhausted the resources of their local child and adolescent mental health services (CAMHS) and still need assistance. The team also work with families and carers.

**For further information:**

<https://www.slam.nhs.uk/national-services/child-and-adolescent-services/adolescent-at-risk-forensic-service/>

020 3228 3381

## BEREAVEMENT

### Hope Again (Cruse)

Hope Again is Cruse Bereavement Care's website for young people. Cruse is a national charity that provides support, advice and information to children, young people and adults when someone close to them dies

**Service Description:**

Cruse offers a range of services, including support face to face and in groups, as well as telephone and email support

Offering advice, support and information for everyone and awareness-raising training days for teachers, parents, carers, social workers, and other professionals working with bereaved children and young people.

Cruse also has a national website [www.cruse.org.uk](http://www.cruse.org.uk) that provides information for young people and adults about services and information on how to help those dealing with grief.

Cruse Bereavement has a local branch in Lambeth

**For further information:**

<https://www.hopeagain.org.uk/>

0808 808 1677

**BULLYING****Anti Bullying Alliance (part of NCB)**

The Anti-Bullying Alliance is a coalition of organisations and individuals that are united against bullying.

**Service Description**

The ABA has three main areas of work:

- Supporting learning and sharing best practice through membership;
- Raising awareness of bullying through Anti-Bullying Week and other coordinated, shared campaigns;
- Delivering programme work at a national and local level to help stop bullying and bring lasting change to children's lives;
- Provide expertise in relation to all forms of bullying between children and young people. The Anti-Bullying Alliance is hosted by the National Children's Bureau.

**For further information :**

0800 1111

<https://www.anti-bullyingalliance.org.uk/contact>

**Bullying UK (part of Family Lives)**

Providing professional, non-judgmental support and advice in a way that all members of the family can freely access

**Age :** all ages

**Referrals :** No referral needed

**Service description :**

- Provide a 24 hour helpline, extensive advice on website, live chat services, befriending services, and parenting/relationship support groups. Nearly all of their services are accessible at no charge to parents and you can contact us 365 days a year.
- Provide help and support about all aspects of family life including child development, issues with schools and parenting/relationship support.
- Support for cyber bullying and bullying at school
- Support around family breakdown, aggression in the home, bullying, risky teenage behaviour and mental health concerns of both parents and their children
- May recommend further support within their own wider services and/or from their many partner organisations

**Costs:** No charge

**For more information:**

<https://www.bullying.co.uk/>

Helpline : 0808 800 2222

## DRUG AND ALCOHOL ABUSE

### Change Grow Live

**Age** 18+

**Referral** Self referral, third party referrals

**Service Description**

Support for those who want to change or recover. The service is open to anyone, regardless of your background and your issues with alcohol and/or drugs.

**For further information:**

<https://www.changegrowlive.org/drug-alcohol-service-southwark>

020 3404 7699

## EATING DISORDERS

### Maudsley Centre for Child & Adolescent Eating Disorders (MCCAED)

Psychological treatments for children and adolescents with eating and feeding disorders.

**Age :** 0 -18 years

#### **Service Description**

Eating and feeding disorders come in all shapes and sizes, and can be very confusing. They can affect anyone, regardless of age, ethnicity, gender, or sexuality. They usually begin in adolescence, but can occur at any time.

If you are a young person, a parent/carer or a professional and have concerns about a child or young person, a range of resources and help are available through the Maudsley Centre for Child and Adolescent Eating Disorders, which is based at the Maudsley Site in Denmark Hill.

**Referral :** Advice can be obtained, and self-referrals made, online <https://mccaed.slam.nhs.uk/> or via Telephone: 020 3228 2545. Clinical staff are available between Monday-Friday from 9-5pm.

Before making a referral, please ensure that you have consent from the young person / parent, and can provide up-to-date height and weight measurements. There is no need to pursue any investigations by the GP first.

#### **The Eating Disorders Clinic**

The Eating Disorders Clinic serves children and teens who live locally, and are registered to a GP in Bexley, Bromley, Croydon, Greenwich, Lambeth, Lewisham or Southwark. It offers treatment for all eating disorders except ARFID and feeding disorders, which are treated in our other clinics.

#### **Intensive Treatment Programme:**

The Intensive Treatment Programme (ITP) is a day programme for young people who are already in treatment for an eating disorder, but need a bit of extra support.

ITP sees under 18s living in England who have an eating disorder and feel like their treatment is not progressing despite everyone's best efforts

#### **The ARFID Clinic**

Avoidant Restrictive Food Intake Disorder, or ARFID, is very different from anorexia nervosa and other eating disorders. The ARFID and Related Disorders Clinic offers targeted treatment for ARFID and other feeding disorders.

**Cost :** No charge

**For further information:**

020 3228 2545

<https://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0261>

**B-EAT (Beating Eating Disorders)**

B-eat supports anyone affected by eating disorders or difficulties with food, weight and shape,

**Age :** Beat Youthline : open to anyone under 18  
Beat Adult Helpline : open to anyone over 18

**Referrals :** Self referrals, also accept referrals from GPs, parents, and/or teachers.

**Description of service:**

B-eat provides information and support through helplines, a UK wide network of self help and support groups, online support including information, message boards and online support groups and Help finder, an online directory of support services.

B-eat also run specific projects such as their Emotional Overeating project setting up self help and support groups for people who binge eat, compulsively overeat, feel they have emotional eating issues and are overweight or obese or struggling with their weight.

They provide expert training and conferences, resources and consultancy to health and social care professionals and schools. B-eat support and encourage research into eating disorders and challenge stereotypes and stigma, increase understanding and campaign for better services and access to treatment

**Costs:** No charge

**For more information:**

<https://www.beateatingdisorders.org.uk/>

B- eat Adult helpline : 0808 801 0677 : parents, teachers or any concerned adults should call the adult helpline

B-eat Youthline : 0808 801 0711

**GENDER IDENTITY****Gendered Intelligence**

Gendered Intelligence works to increase understandings of gender diversity and improve the lives of trans people

**Age range:** 8 – 30 years

**Referrals:** Self referral

**Description of service:**

- Gendered Intelligence’s Youth & Community Services is a direct provision for trans people, especially young trans and gender questioning people. Regular groups run in London for various age ranges between 8 – 25 including a group for young trans and gender diverse people of colour.
- Mentoring for young people in educational environments
- Parents & carers on line advice and support

**Costs:** no charge for youth service. A charge will be made for professional and educational support

For more information:

0203 559 7265

<http://genderedintelligence.co.uk/>

## Mermaids

Supporting transgender, non-binary and gender diverse children and young people as well as their families and professionals involved in their care

**Age range:** Children and young people up to 20 years old

**Referrals :** self referral

**Description of service:.**

Telephone helpline, 9.00am – 9.00pm Monday to Friday, email support service, parents forum and a separate teens forum.

Provide information about current legislation and protections under the law

Training for professionals

Signposting to training and resources

**Cost :** no charge for helpline .A charge will be made for professional and educational support

For more information:

0808 801 0400

<https://mermaidsuk.org.uk/>

## PSYCHOSIS

### OASIS : South London & Maudsley NHS Foundation Trust (SLaM)

Oasis Outreach specialises in psychosis. It is part of South London & Maudsley NHS Foundation Trust (SLaM)

**Age** : 14 – 35 years

**Referral** : self referral, professionals

#### Service Description

OASIS is a health service for young people aged 14-35, who are experiencing psychological distress. These experiences might include:

- Struggling to cope at school, college or work
- Preferring to spend time alone, away from family and friends
- Feeling anxious, irritable or depressed
- Changes in sleeping and eating patterns
- Confused or muddled thinking
- Feeling that things and people seem strange or unreal
- Constantly thinking about particular ideas or beliefs
- Unusual experiences like seeing or hearing things that other people cant.

**Cost** : No charge for service

#### For further information:

020 3228 7200

website <https://www.meandmy mind.nhs.uk/>

## SEXUAL ASSAULT

### The Havens

Specialist centres in London for people who have been raped or sexually assaulted

**Referral** : The sexual assault referral centres (SARCs) take referrals from professionals such as GPs, sexual health clinics or A&Es for rapes and sexual assaults in London, 24 hours a day, seven days a week. They also take self-referrals and police referrals.

**Service Description** : Help for anyone who has been raped or sexually assaulted in the past 12 months

Available 24 hours a day, seven days a week, for an initial assessment

Offer follow-up care, including counselling, tests and treatments

Medical and emotional support services are confidential.

If assault happened more than 12 months ago, can provide information on other organisations that can help.

Self help guide for victims of rape and sexual assault gives information about common psychological and emotional reactions to sexual assault.

**For further information :-**

<https://www.thehavens.org.uk/>

020 3299 1599

## **SUICIDE**

### **Hopeline (Papyrus)**

Confidential support and advice service who are experiencing thoughts of suicide

**Age:** Children and young people under 35 years

**Referral** : self referral , any person concerned about a child/young person

#### **Service Description**

Advisers are all trained to help the child/young person focus on staying safe from suicide. Their training enables them to provide advice and support that may help you to move forward and stay alive

Engage communities and volunteers in suicide prevention projects and deliver training programmes to individuals and groups. This includes equipping local councils, healthcare professionals and school staff with suicide prevention skills.

**Cost** : no charge for service

**For more information:**

<https://www.papyrus-uk.org/hopelineuk/>

0800 068 4141

## SELF HELP APPs

The following is a list of free apps which are listed on the NHS website. Some of these apps meet NHSE quality standards for safety but may still be in 'test' to ensure they meet the NHS stamp of approval.

<https://www.nhs.uk/apps-library/category/mental-health/>

This list is not intended to be a complete listing of all apps available to support children and young people's mental health. Other apps are available and may be as suitable for supporting children and young emotional wellbeing and mental health needs

Apps can be found on Google Play or on the iTunes store

<b>Blue Ice</b>	Helps young people to manage their emotions and reduce urges to self harm
<b>Calm Harm</b>	Reduces urges to self harm and manage emotions in a more positive way
<b>Catch It</b>	Learn to manage negative thoughts and look at problems differently
<b>Chill Panda (in test)</b>	Using breathing techniques to help you relax more, worry less and feel better
<b>COVE (in test)</b>	Create music to reflect emotions like joy, sadness and anger to express how you feel
<b>DisTract</b>	Quick and discreet access to information and advice about self harm and suicidal thoughts
<b>eQuoo</b>	Adventure games designed by psychologists to help increase emotional fitness
<b>Feeling Good</b>	Use audio tracks to help relax your body and mind and build your confidence
<b>MeToo</b>	A safe and secure forum for teenagers wanting to discuss any issue affecting their lives
<b>My Possible Self</b>	Learn how to manage fear, anxiety and stress and tackle unhelpful thinking
<b>Stress and Anxiety Companion</b>	Breathing exercises, relaxing music, and games to help calm your mind and change negative thoughts
<b>Student Health App</b>	Reduce your worries, feel more confident, and get health information you need as a student
<b>Think Ninja</b>	Help for 10 – 18 year olds to learn about and manage mental health
<b>Thrive</b>	Use games to track your mood and teach yourself methods to take control of stress and anxiety
<b>Troo</b>	Chatbot to help young people get the best out of life
<b>Worry Tree</b>	Aims to help you take control wherever you are

### Think Ninja

**Age range:** 10 – 18 years

**Description of service:**

ThinkNinja uses the principles of CBT to help children/young people manage their problems by changing the way they think and behave. The app has a variety of content and tools including:

- an AI-driven chat bot (the WiseNinja) that acts as a mentor and "virtual coach in the pocket"
- goal setting – the ability to set and revisit specific goals
- mood rating – a daily mood rating that allows you to track your mood
- techniques for beating stress, dealing with negative thoughts, coping with difficult feelings, and how to relax and improve sleep
- address fears relating to the virus
- cope with isolation and stay connected to family and friends
- deal with concerns about personal health and the health of family members
- build mental strength
- develop coping techniques

### TROO

**Age range:** No age range (but focuses on supporting young people)

**Description of service:**

Troo is a chat bot developed with young people to help them 'get the best out of life'. They can talk to Troo about anything from self-esteem, body image and friendships to school, family and relationships. Troo helps them to understand themselves and others better and make choices that work for them.

## EMOTIONAL WELLBEING AND MENTAL HEALTH SUPPORT WEBSITES

### **Barnardos**

<https://www.barnardos.org.uk/>

Advice and suggestions for keeping mentally healthy, including how parents can support the children and young people in their household

### **Good Thinking Digital Mental Wellbeing Tool**

<https://www.google.co.uk/>

**Age :** No age range

**Description of service:**

NHS Approved wellbeing service

Offers an online resource to signpost to services/help. It includes online information, online communities, online therapy, social media, apps and chatbots

They also explain the benefits and challenges to your mental health and can give ideas for looking after yourself online and getting support. They do this all while providing information on staying safe online and getting the balance right between your online and offline life.

### **Shout 85358**

<https://giveusashout.org/>

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope

### **The Mix**

<https://www.themix.org.uk/about-us/contact-us>

**Age:** 13 – 25

Confidential support on a range of issues via online, social and mobile

## Togetherall (Big White Wall)

<https://togetherall.com/>

Age 16+

### Description of service

NHS Approved wellbeing service

- Digital platform which supports members to self manage their care with the collaboration and guidance of clinicians, caregivers and peers, Offers a range of therapeutic interventions.
- Access 24 hours a day, 365 days a year
- Wide range of self guided courses

## Young Minds

<https://youngminds.org.uk/>

**Age range:** 14-24yrs

An online platform to go for help and advice. Offers young people a platform to blog on and signposts service users to the correct facilities for the care they require. They encourage people to sign up to become mental health activists or bloggers.

## OTHER USEFUL WEBSITES AND SERVICES

### Childline

**Age range:** children and young people up to 19yrs old

**Referrals :** Phone lines are open to any young person looking for support and guidance.

**Description of service:**

ChildLine is a private and confidential service for children and young people up to the age of 19.

**Funding/Costs:** Free

**Contact**

<https://www.childline.org.uk/>

0800 1111

### Alateen (Al/anon) : young people affected by alcoholism

Alateen is for teenage relatives and friends of alcoholics

**Age range:** 12 -17 years

**Referrals :** Self referrals are welcome, also accept referrals from parents, teachers and/or social services

**Description of service:**

Alateen meetings allow young people to share their experiences of having, or having had, a problem drinker in their lives, providing mutual help and support.

By attending meetings, young people will be able to gain an understanding of the illness and feel the benefits of realising they are not alone. By sharing their experiences, they find solutions to their problems.

**Costs :** no charge, but voluntary donations welcome at meetings

**For further information:**

<https://www.al-anonuk.org.uk/contact/>

0800 086 811

## Dear Albert : substance mis-use

**Age range:** 16-25yrs

**Accepts referrals from:** Self referrals are welcome, also accept referrals from : GPs, Parents, Teachers and/or social services

**Description of service:**

Aimed at people struggling with substance misuse. They support 16 to 25 year olds with Physical Disabilities, Learning Disabilities, Mental Health Problems, Dual Diagnoses, Behavioural Problems, and Personality Disorders. They offer a national social media peer support network, with over 1000 recovered service users and publish a magazine called Service User News, which is designed to address the popular topics of recovery and signpost to local free resources.

Provide a free national helpline for drug and alcohol counselling.

**For further information:**

<https://www.dearalbert.co.uk/our-services/>

0800 880 3153

## IMAGO : Southwark Young Carers (SYC)

Southwark Young Carers (SYC) will aim to reduce the negative and highlight the positive impact of being a carer such as increased resilience, empathy, non-judgmental attitude and caring nature.

**Age:** 8 – 24 years

**Referral :** Any person can refer as long as the parent has consented to the referral being made

**Service Description**

Being a Young Carer can have a negative impact on a Young Person such as low confidence and self-esteem, low educational attendance & attainment and poor physical & mental health

SYC is the borough wide service for Young Carers in Southwark, provided by Imago Community. Young Carers are anyone aged 8-18 who are taking on caring responsibilities for a family member with a long-term illness, disability, mental health or substance misuse

issue. This can include caring for a disabled sibling. Young Adult Carers are those aged 18-24.

Imago Young Carers works with schools, communities, and statutory and voluntary agencies to identify hidden young carers. Following assessment, Imago Young Carers offer a range of short-term interventions including signposting, one-to-one support, in school support and workshops.

**Cost:** no charge for this service

**For further information:**

0300 111 1110

<https://www.imago.community/Children-and-Young-People/Southwark-Young-Carers>

## The Wave Project

Using surfing to help young people improve their emotional and physical wellbeing

Referral To refer a young person to one of the programmes, your organisation will need to become a registered referral partner

### Service Description

Courses are designed to help children to :

- Feel more positive about themselves
- Be more resilient to cope with other problems in their lives
- Have great self esteem and self worth
- Improve social wellbeing – the ability to make friends and form social relationships, and
- Improve their vitality – fitness, risk taking and passion for life

**For further information:**

<https://www.waveproject.co.uk/>

01637 820830

## YUVA : domestic violence intervention project

Yuva offers confidential support for young people ages 11-18 (up to 25 for young people with additional needs) who want to change their behavior and/or develop improved awareness of healthy communication and relationships. The organisation helps young people to look at their abusive behaviour and find safe, non-abusive alternatives

**For further information**

<https://dvip.org/for-young-people/>

0208 741 8020

## USEFUL INFORMATION FOR SCHOOLS

### Prevention and Early Intervention

## Early Help Mental Health and Wellbeing Support for Young People in Southwark

Service	CHILDREN'S WELLBEING PRACTITIONERS	SOUTHWARK SCHOOL NURSING SERVICE	THE NEST	KOOTH	FAMILY EARLY HELP
					
<b>Criteria for Using Service</b>					
Self-Referral		✓	✓	✓	✓
Professional Referral	✓	✓	✓	✓	✓
<b>Age of client</b>					
3-4	✓				✓
5-9	✓	✓			✓
10	✓	✓		✓	✓
11-18	✓	✓	✓	✓	✓
19-25			✓	✓	
<b>Living or at school in</b>					
Southwark	✓	✓	✓	✓	✓
Lambeth		✓		✓	
<b>What the Service Offers</b>					
Information, Advice & Guidance	✓	✓	✓	✓	
<b>Contact Options</b>					
Face to face	✓	✓	✓		✓
Phone	✓	✓	✓		✓
Video link		✓	✓		✓
Web or Text Chat		✓	✓	✓	
Support Offer	<ul style="list-style-type: none"> <li>• 1:2:1 guided self-help for 8 weeks based on CBT principles</li> <li>• Sessions for parents where useful.</li> <li>• CBT skills and psychoeducation workshops for young people, parents &amp; teachers.</li> </ul>	<ul style="list-style-type: none"> <li>• Drop-ins based in schools or health centres.</li> <li>• Appointments to discuss concerns in more depth &amp; explore support with other services.</li> <li>• Healthy lifestyle and relationship advice plus C-Card scheme.</li> </ul>	<ul style="list-style-type: none"> <li>• 1:2:1 support for 6-12 weeks with a therapeutic team or wellbeing coaches</li> </ul>	<ul style="list-style-type: none"> <li>• Drop in online chat function with qualified psychotherapists.</li> <li>• Booked 1:2:1 counselling sessions.</li> <li>• Group chats and themed message forums</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Family Support</li> <li>• Parenting Programmes</li> <li>• Children and Family Centres</li> </ul>
Hours	Mon-Fri 09:00 - 17:00	Mon-Fri 09:00 - 17:00	Mon-Fri 12:00 - 18:00	Mon-Fri 12:00 - 22:00 Sat & Sun 18:00 - 22:00	Mon-Fri 09:00-17:00 Evening visits available for families
Contact	<a href="http://www.slam.nhs.uk">www.slam.nhs.uk</a>	<a href="http://www.evelinalondon.nhs.uk/our-services/community/school-nursing-service">www.evelinalondon.nhs.uk/our-services/community/school-nursing-service</a>	<a href="http://www.thenestsouthwark.org.uk">www.thenestsouthwark.org.uk</a> 020 8138 1805	<a href="http://www.kooth.com">www.kooth.com</a>	<a href="http://www.southwark.gov.uk/childcare-and-parenting/children-s-social-care/family-early-help-feh">www.southwark.gov.uk/childcare-and-parenting/children-s-social-care/family-early-help-feh</a> 020 7525 1922

March 2021

## Mentally Healthy Schools

Mentally Healthy Schools is a free website for UK primary and secondary schools and further education settings, offering school staff information, advice and practical resources to better understand and promote pupils' mental health and wellbeing

Early intervention is key to giving young people the best start in life. This website aims to give primary and secondary school staff the information and practical resources they need to best support pupils.

The site is divided into five sections:

- **Getting started:** a guidance section for teachers and leaders to understand mental health and its place in school and college settings.
- **Resource library:** quality-assured lesson plans, assembly plans and PSHE resources to support and assist in teaching and learning about general mental health and wellbeing as well as specific topics.
- **Risks and protective factors:** a look at the issues which can undermine a child's mental health, including bullying, family breakdown and more. Includes information on identifying pupils who may be at risk and practical resources to help support and build resilience.
- **Mental health needs** focuses on the specific types of mental health difficulties children may struggle with. It helps school and college settings understand their role and what they can do to promote pupils' recovery.
- **Whole school approach:** helps school leaders develop the wider support across the school to help children, families and staff thrive.

All of the resources are free, and all have been quality-assured by mental health experts at the Anna Freud National Centre for Children and Families. The website signposts a range of resources from sector leading organisations such as lesson plans, classroom activities, assembly plans, information and guidance. These are all housed in the resource library, where you can filter by age, location, topic and more to find the resource you need.

<https://www.mentallyhealthyschools.org.uk>

## School Nursing Service

The school nursing service provides a health service to children and young people in schools, other educational establishments and children out of school.

Led by specialist school nurse team leaders; they work all year round, including during the school holidays.

The service is confidential.

### **Core services in all schools:**

- Ad hoc health assessments: relating to concerns around child protection and child in need reviews
- Health screening
- Care plans for children with additional health needs, for example diabetes, asthma and epilepsy
- Children with special needs: supporting parents and advising teaching staff

### **Primary schools**

- Targeted school entry health assessments
- Childhood measurement programme: reception and year six
- Working with teaching staff to deliver personal, social and health education (PSHE)
- Classroom based health promotion sessions
- Parenting support at home and school
- Healthy weight specialist nurses to support children aged 5-12 who have been identified as being above a healthy weight.

### **Secondary schools**

- Confidential school nurse drop-in sessions
- Working with teaching staff to deliver personal, social and health education (PSHE)
- Health promotion – providing advice on a range of topics, including: sexual health, smoking, maintaining a healthy body weight, drugs and alcohol
- ChatHealth – a confidential school nurse messaging service for young people aged 11-19 years

If you would like to make a referral to School Nursing service:

[www.evelinalondon.nhs.uk/our-services/community/school-nursing-service/referrals](http://www.evelinalondon.nhs.uk/our-services/community/school-nursing-service/referrals)

## CHILDREN'S SOCIAL CARE

### Making a referral to Children's Social Care

Schools can make a **'Request for Help and Support'** if you think a child or family has additional emerging, complex or acute needs which require a multi-agency intervention; for example, persistent truanting, chronic/recurring health problems, or behaviour is harmful to self and others. **Before making this request you should gain consent of the child/young person or family concerned.**

#### Additional information

If you're unsure whether a family is suitable for Family Early Help, contact the Family Early Help duty manager on 020 7525 1922 for advice and guidance

<https://www.southwark.gov.uk/childcare-and-parenting/children-s-social-care/family-early-help-feh/making-a-referral?chapter=2>

Please note that if you have any immediate safeguarding concerns regarding a child or young person you must complete the Southwark Multi-Agency Safeguarding Hub (MASH) referral form and send to [mash@southwark.gov.uk](mailto:mash@southwark.gov.uk) or call on **0207 525 1921**

## CHILDREN & YOUNG PEOPLE LIVING IN GREENWICH

Children and Young people living in Greenwich have access to Greenwich CAMHS

<http://oxleas.nhs.uk/services/>

## CHILDREN & YOUNG PEOPLE LIVING IN LAMBETH

Children and Young people living in Lambeth have access to Lambeth CAMHS

<https://www.slam.nhs.uk/our-services/camhs/camhs-services/lambeth-camhs/>

### Additional support includes:

#### The Well Centre

Age 11 – 20

The Well Centre is a health hub where young people can see a doctor, counsellor or wellbeing practitioner to discuss any health concerns or worries in a safe, confidential space.

<https://www.thewellcentre.org/referrals.html>

## CHILDREN & YOUNG PEOPLE LIVING IN LEWISHAM

Children and Young people living in Lewisham have access to Lewisham CAMHS

<https://www.slam.nhs.uk/our-services/camhs/camhs-services/lewisham-camhs/>

### Additional support includes:

#### Compass

Age 10 – 19 (up to 25 with additional needs)

A free, confidential health and wellbeing service for children and young people who need support with issues related to drugs, alcohol, emotional and mental health and sexual health.

Compass@THEHUB works in partnership with Kooth to deliver a free online counselling service.

Support with:

- Drug or alcohol use
- Emotional health and wellbeing
- Sexual health

ChatHealth confidential text messaging on **07507 331 526**

Telephone on **020 8690 3020**

<https://www.compass-uk.org/services/lewisham-compasssthehub/>

020 8690 3020

## Place2Be

- **Provides support early** to spot mental health problems before they develop and help children cope with challenges throughout their lives
- **Uses an effective therapeutic approach** which is backed by research and combines several ways of working
- **Offers a menu of different services**, including advice and support for families and school staff, to build resilience and raise awareness of mental health across the whole school community

## MENTAL HEALTH EMERGENCY CONTACT DETAILS

South London & Maudsley NHS Trust offers telephone advice, support, or crisis counselling for young people concerned about a deterioration in their mental health. They also support parents and carers who are concerned about a young person.

During office hours call : **0203 228 7777** to speak to duty workers from CAMHS Teams

**CAMHS Crisis Line** operates out of hours and up to 11.00pm each day and weekends.

If Children and Young People or their families/carers are concerned about their deteriorating mental health and would benefit from crisis support, advice and counselling, they can call **0203 228 5980**

The CAMHS Crisis Line's key interventions are:

- Immediate crisis counselling support to children and young people in significant distress, offering a friendly and supportive voice during this time
- Risk assessment to ensure any advice or guidance given is appropriate and robust
- Help the child or young person engage in any safety plan they have formulated with their community teams
- Advice to parents and carers in relation to their child or young person, including reminding them of any plans put in place by CAMHS teams

If you need support out of hours, call **0800 731 2864**