

Dear Parent,

We know that there are currently long waits to access local children's NHS Mental Health services such as CAMHS (Child and Adolescent Mental Health Services).

Below are a list of local and national support services who can offer help to children and their families who are dealing with Mental Health related issues.

CRISIS Team: Barnet, Enfield and Haringey Mental Health Trust

Call **0800 151 0023**

24/7 crisis telephone service is the first point of contact for people who are in mental health crisis and who live in Barnet, Enfield and Haringey. The service team consists of qualified clinicians (nurses, social workers and occupational therapists) and administrators (called 'referral assistants')

Childline

Call **0800 1111**

www.childline.org.uk/getsupport/1-2-1-counsellor-chat/

www.childline.org.uk

Childline is a 24/7 counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC. You can talk about anything. Whether it's something big or small, their trained counsellors are there to support you.

The Mix: Essential support for under 25s

Call **0808 808 4994**

www.themix.org.uk

Whether you need a quick chat or more focused support, their trained team provides help for young people aged 11-25. Talk to them about your mental health, relationships, work life, school life, depression and any other issues all year round. Call them 4pm-11pm every day, email them, chat one-to-one online, sign up for free counselling online or text their 24/7 crisis line.

PAPYRUS: Prevention of Young Suicide

Call **0800 068 4141** - every day from 9 AM to midnight

Or text **07860 039967**

Or email pat@papyrus-uk.org

www.papyrus-uk.org

Papyrus are a UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Their suicide prevention helpline, HOPELINEUK, is staffed by trained suicide prevention advisers, who work with young people – and anybody concerned for a young person – to help keep them safe from suicide. HOPELINEUK is a free and confidential call, text and email service, every day of the year.

Kooth: Your online mental wellbeing community

www.kooth.com

Kooth offers emotional and mental health support for children and young people aged between 11 and 24. On Kooth, qualified counsellors are online seven days a week to provide young people using the service with online counselling, through chat-based messaging via drop-in or booked sessions

Shout

Text **Shout** to **85258**

<https://giveusashout.org/>

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. You send text messages to trained volunteers who can help you with your mental health.

Every Mind Matters (NHS)

www.nhs.uk/oneyou/every-mind-matters/youth-mental-health

NHS website with videos for all sorts of tips on exercise, sleep and how to take care of yourself on social media. You will also find links to more support for specific groups of people who may be finding things tough, have additional needs, or are facing a specific issue.

Good Thinking

www.good-thinking.uk

Website that supports Londoners to look after their mental health and wellbeing in a way that works for them. Use their digital service to tackle anxiety, stress, low mood, sleep problems, and other concerns.

Abernethy House Surgery Team