

HELP WITH EMOTIONAL AND MENTAL HEALTH

Support for children and young people under 18



Who can get help?

Anyone who is under 18 can get help.



How to get help?

- Sign up for services below directly
- Talk to your doctor, school, or a youth worker if you need a referral.
- School support: **020 3373 9983** www.newham.gov.uk/schoolhealth



What is available?

- **Kooth** is a free, safe and anonymous online counselling service for young people aged 10-16 in Newham. You can reach qualified counsellors through mobile, tablet and computer just by joining KOOOTH through the website **020 3984 9337** or contact@kooth.com
- **BounceBack Online:** website with activities that young people can do whenever they would like. Also has advice on how to use it best <https://bouncebacknewham.co.uk>
- Your Time: free, confidential for anyone 5-18 years (up to 25 for young people with SEND). 12 sessions helping you to develop skills that are right for you. Your Time can happen where you want, in school, over zoom or the phone or at Newham's youth zones your.time@newham.gov.uk www.headstartnewham.co.uk/activities/yourtime
- **ChatHealth** is for 11-19 year olds. It is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local nursing team for confidential advice and support chathealth.nhs.uk or text **07507 326645**
- **CAMHS** is a specialist mental health service for children and young people. Your doctor, school or school nurse can make a referral. There are lots of useful resources and workshops for families at www.elft.nhs.uk/camhs
- **Child bereavement UK** helps children who have suffered a loss or death of someone they love at any time. To access this support www.childbereavementuk.org london.support@childbereavementuk.org Helpline **0800 02 888 40** Translators are available at these services

costoflivingresponse@newham.gov.uk

WE ARE NEWHAM.