

HELP WITH EMOTIONAL AND MENTAL HEALTH

Support for children and young people under 18



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 health service: **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 10-18 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:** An online programme to support young people think about the challenges they face and find ways to deal with them. <https://bouncebacknewham.co.uk>
- **Your Time:** Free, confidential for anyone 5-18 years (up to 25 for young people with SEND). 12 sessions helping children and young people to develop skills that are right for them. 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 to contact their local nursing team for confidential advice and support, visit 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, visit www.childbereavementuk.org londonsupport@childbereavementuk.org
Helpline **0800 02 888 40** Translators are available at these services

costoflivingresponse@newham.gov.uk

WE ARE NEWHAM.