

Mental Health Support Teams in Schools

Children and young people's local help:

Call **SET CAMHS**: 0800 953 0222

For out of hours contact Mental Health Direct:
0800 995 1000

Kids Inspire - provide mental health and trauma recovery support for children, young people and their families. Age: from 4 to 21. Through a range of therapeutic and community activities we promote resilience, self-awareness, and relationship building to empower more positive life choices.

Pact for Autism - small charity who connect a Neurodiverse community of Parents, Carers, Autistic Individuals and families along with the wider community, organisations and services. We are based in West Essex but you can contact us from anywhere.

Jades Pathway - assessment pathway is specifically designed for children aged 2 to 18. Making a referral - if you feel your child would benefit from having a JADES assessment, please speak to your child's GP (located in West Essex only), therapist, school staff, health visitor or school nurse who can make a referral using the form in the link opposite.

Harlow Foodbank – Provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. They are a part of a nationwide network of foodbanks, supported by The



NHS Foundation Trust

<https://www.nelft.nhs.uk/set-camhs/>



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



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



<https://essexfamilywellbeing.co.uk/service>



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Trussell Trust, working to combat poverty and hunger across the UK.

<https://harlow.foodbank.org.uk/>

YCT - YCT is a counselling and therapeutic support charity. We specialise in supporting children and young people, their families and the professionals who work with them.
Age: 5 – 25



<https://yctsupport.com/>

Other support services:

Emergencies:		
NHS 111 Mental Health Crisis Line Dial 111 – option 2 (Age 18+)	999 or attend A&E	Samaritans Telephone support 24/7 on 116 123 Email support jo@samaritans.org (24 hr response time)
Non-emergencies:		
Vita Health (16+) Telephone 0300 0152 966 This is NOT an emergency service. Self-referrals are accepted.	Family Lives Helpline 0808 800 2222 Email askus@familylives.org.uk	Childline 1-1 telephone counselling 9am-midnight everyday 0800 11 11
Young Minds Text crisis messenger 24/7: text YM to 85258 (free from most mobile networks) Parents helpline Mon-Fri 9.30am+4pm 0808 802 5544 (free of charge)	The Mix Telephone support 3pm-12am everyday 0800 808 4994 Webchat support https://www.themix.org.uk/get-support/speak-to-our-team Text crisis messenger 24/7: text THEMIX to 85258	Kooth.com Free, safe, and anonymous on-line mental health support and counselling https://www.kooth.com Age 10-25, 7 days a week until 10pm
Big White Wall – NOW KNOWN AS Togetherall https://togetherall.com/en-gb/ This is FREE for Harlow College students	Essex County Council Children & Families Hub Telephone 0345 603 7627 Mon-Fri 9am-5pm Telephone 0345 606 1212 (out of hours)	

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Keeping Myself Safe

Non-Emergency Support

- SHOUT
- Text SHOUT to 85258 (free, anonymous text crisis messenger, 24/7)

- Kooth.com
- www.kooth.com for free, safe, anonymous online mental health support and counselling (age 10-25, 7 days a week until 10pm)



Free Apps



CALM HARM

Guided exercises using CBT principles to help manage physical, thought-based and emotional or behaviour changing elements of anxiety.

Helps reduce urges to self-harm and manage emotions in more positive way.



CLEAR FEAR

shout
85258

kooth
The Mix

Telephone support 3pm-12pm everyday
0800 808 4994

Text crisis messenger 24/7 to 85258
Webchat support www.themix.org.uk/get-support/speak-to-our-team

Childline

1:1 telephone counselling 9am-midnight
everyday 0800 11 11

Switchboard

Confidential service available 10am – 10pm,
every day 365
days a year. Service provides a safe space
listening service via
telephone, email or online chat.

In an emergency

Call 999 or attend A&E



Samaritans

- Telephone support 24/7 on 116 123
- Email support jo@samaritans (24hr response time)