

## 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



NHS Foundation Trust

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

**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.



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

**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.



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

**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.



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

**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



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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:

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

**shout**  
**85258**

### Kooth.com

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

**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](http://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.



## Free Apps



CALM HARM

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

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



CLEAR FEAR

## In an emergency

Call 999 or attend A&E



### Samaritans

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