

Mental health support and resources

for children and young people

I would like to take this opportunity to thank you all for working so closely with the school, ensuring our children feel safe and happy at Little Ealing. Thank you for all the wonderful comments about the weekly newsletter with regard to Safeguarding, Online Safety and Wellbeing. I know many of you have found the articles interesting and for many, they have been a great source of support and comfort.

I hope that you all have a lovely summer holiday. However, for some, the holidays are a really challenging time. If you are struggling and need mental health and support, please do reach out to people around you, use mental health resources and support below or talk to your GP.

If you have any ideas or concerns that you would like to be addressed in future newsletters, please do let me know. Most of the articles in the newsletter are current concerns that parents or children have raised. Many thanks once again for your continued support and kind words.

Kooth – online support

www.kooth.com is a digital resource for children and young people aged 11-25 years.

The service is free and anonymous, with no waiting list or thresholds to qualify for support. Kooth works alongside existing services, providing a safe space for accessing therapeutic activities and content, a peer support community, and live text chat and messaging with Kooth's team of practitioners. Once registered, Kooth.com can be accessed via any internet-connected device and our counsellors and practitioners are online every day until 10pm.

Circle Crisis Cafe

Circle is a hub space and café that offers support for children and young people aged 5 – 18 in Ealing who are at, or near crisis point with their mental health. Instead of visiting A&E, where wait times can be long and they may not get specialised mental health support, children and young people can go to Circle. It has been designed to be a safe space in which children and young people can receive clinical support when they need it most in a relaxed, welcoming and calm environment.

Circle, 46 South Ealing Road, Ealing

Opening times: Monday to Friday: 3pm – 11pm Weekends and Bank Holidays: 12pm – 8pm

Drop-In Times: Monday to Friday: 3.30pm-6.30pm Weekends and Bank Holidays: 12.30pm-3.30pm

For enquiries about the service please contact circleteam@hfehmind.org.uk or call 0203 4750 060

<https://www.hfehmind.org.uk/get-support/service-for-schools/support-for-children-young-people/circle/>

Speak CAMHS Helpline

Call Speak CAMHS for support if you're worried about your mental health and:

- You're a child or young person

- You live in Ealing, Hammersmith and Fulham, or Hounslow.
- If you are a parent, carer or professional concerned about a child/young person's mental health

Call 0800 328 4444 and choose Option 2 for CAMHS.

The helpline is open:

- Monday to Friday from 8am to 11pm
- Weekends and Bank holidays from midday to 8pm

Outside these hours, crisis calls will be passed to an out of hours CAMHS professional. If they're not available to talk straight away, you can arrange a call back.

Other helplines

The Mix. If you're under 25, you can call The Mix on 0808 808 4994 (3pm–midnight every day), request support by email using this form on The Mix website or use their crisis text messenger service. Text THEMIX to 85258.

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

Papyrus HOPELINEUK. If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm–10pm), email pat@papyrus-uk.org or text 07786 209 697.

<https://www.papyrus-uk.org/>

Websites

<https://www.annafreud.org/on-my-mind/urgent-help/>

<https://www.annafreud.org/on-my-mind/>

<https://www.youngminds.org.uk/young-person/>

<https://www.childline.org.uk/info-advice/your-feelings/>

App library – mental health apps for children and young people

<https://bestforyou.orchestra.co.uk/>

Support for parents worried about their child's mental health

1. Young Minds Parent helpline / webchat

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

Call Young Minds Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

You can call the Parents Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm.

Working together to keep our children safe and happy

