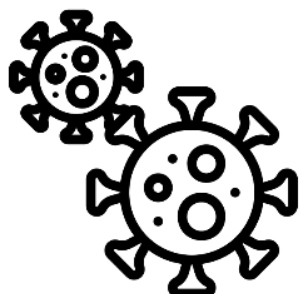


Mental health support for children, young people and their families



Covid affects all of our lives – it is still a difficult time for lots of children and young people



There are now more children and young people looking for help with their mental health than before Covid



The NHS and councils in north central London are working hard to support them

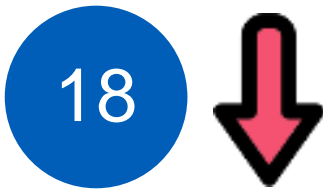


We want to make sure children, young people and their families get the advice and support they need during these difficult times

Where to get urgent help



24 hour mental health crisis support line



If you are under the age of **18** and in crisis – or the parent or carer of someone under the age of 18 in crisis



and you live in

- Barnet
- Camden
- Enfield
- Haringey
- or Islington

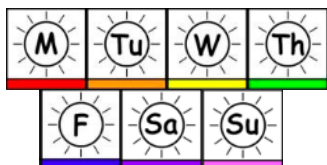


you can call the **mental health crisis support line** on

0800 151 0023



it's open **24** hours a day



7 days a week



Children and young people's mental health services (CAMHS)



If your child is already being supported by CAMHS you can



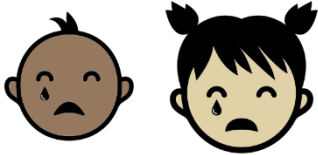
- call the care coordinator
- or call the duty team during office hours



Out of office hours and at weekends you can call the **mental health crisis support line** on **0800 151 0023**



Accident and emergency department (A and E)



If a child or young person

- needs emergency medical help
- is seriously ill or their life is at risk



call 999
or take them to the nearest A and E



NHS 111

If you are not sure what to do and need advice
you can

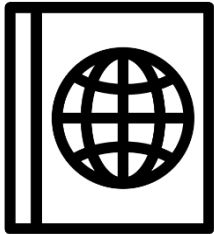


check **NHS 111** online here <https://111.nhs.uk/>



or call **111**

Other support available



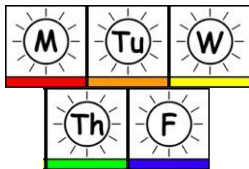
Here are some organisations offering mental health support and advice for children and young people



Kooth



Kooth offer free and confidential mental health support – it's an online service for young people aged **11 to 25**



The Kooth team are around every day from

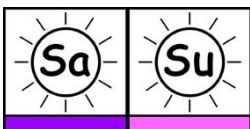
12am to 10pm

Monday to Friday

and from

6pm to 10pm

on **Saturday** and **Sunday**



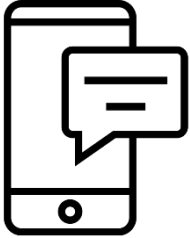
You can take a look at their website here

www.kooth.com

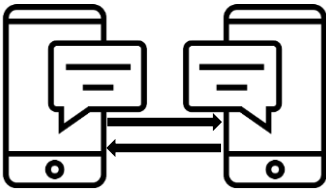


Shout 85258

If you want to speak to a volunteer who will listen and work through your problems with you



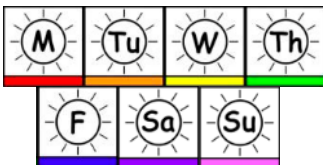
text the word **shout**
to **85258**



They offer free and confidential mental health support by text message



Text message support is available
24 hours a day



7 days a week



You can take a look at their website here
www.giveusashout.org

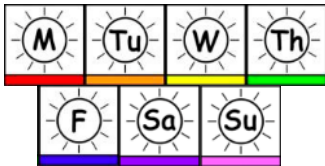


Papyrus

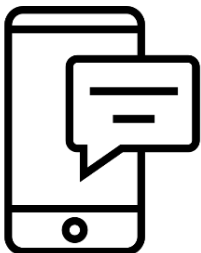
Papyrus offer confidential support and advice to young people struggling with their feelings – and to anyone worried about a young person



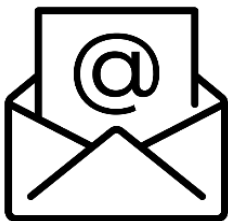
You can call them for **free** on
0800 068 4141



Support is available every day
from
9am to 12am



You can text them on
07860 039 967



You can email them at
pat@papyrus-uk.org



You can take a look at their website here
www.papyrus-uk.org

childline

ONLINE, ON THE PHONE, ANYTIME

Childline

Childline is a confidential helpline for any child or young person with a problem

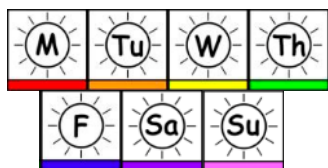


You can call them for free on

0800 11 11



The helpline is open **24** hours a day



7 days a week



You can have an online chat with a counsellor from

9am to 10.30pm



You can take a look at their website here

www.childline.org.uk



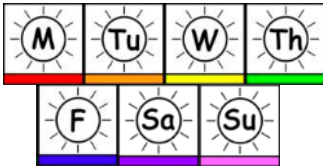
The Mix



The Mix provide a free and confidential helpline and online service whatever the problem

You can call them for free on

0808 808 4994



The helpline is open every day from
3pm to 12am



or you can email them here

<https://www.themix.org.uk/get-support/speak-to-our-team/email-us>



You can also take a look at their website here

www.themix.org.uk

Every mind matters



Every Mind Matters is an online service for young people – it offers advice on how to look after their mental health and wellbeing

You can check out their website here

<https://bit.ly/3zqSEdz>