

WHAT ELSE DOES CHOICES DO?

There are many great community organisations and other services in Haringey to support emotional wellbeing.

CHOICES engage with these local organisations to provide you with a range of opportunities depending on your needs and your interests.

We want you to feel hopeful for the future. We will work with you to identify and build on your strengths.

WHAT ARE THE BENEFITS OF CHOICES?

- Easy access for you to a range of support across the community in Haringey
- You will be seen as soon as possible and always within 4 weeks
- You will receive clear guidance on what to do if you ever require more urgent support.

HELP US SPREAD THE WORD!

Please share this information with children, young people and parents who may find this service helpful.

We are offering appointments in a variety of settings that will feel comfortable to children, young people, parents and families.

CHOICES OFFERS:

C – CARE

H – HOPE

O – OPTIONS

I – INSPIRATION

C – COMPASSION

E – EMPATHY

S – SUPPORT

CONTACTS

Please call 020 8702 3405 for more information or if you have any further questions. We're happy to help.

This service is funded by Haringey CCG and provided by Barnet, Enfield and Haringey MH NHS Trust.



WWW.HARINGEYCHOICES.ORG

CALL US ON 020 8702 3405

WHAT IS CHOICES?

CHOICES offers support to children and young people in Haringey who are worried about their emotional wellbeing.

You can request support from the team for a one-off face-to-face conversation. They will help you work out what services are available around Haringey to support you.

The CHOICES team want to help you build on your strengths. They are able to signpost or refer you to other local organisations depending on your needs.

They can work with you to help you explore what might be different at home, in school or in your free time, and how you can start to bring about this change.

WE HELP YOU MANAGE:

- Feeling low in mood
- Panic
- Anger issues
- Behavioural problems
- Problems making or keeping friends
- Bullying
- Self-harm
- Sleeping problems
- Eating problems
- Worries about weight
- Obsessions (OCD)
- Difficulties sitting still or concentrating
- Wanting to talk about a traumatic event or events
- Family problems

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HOW TO REQUEST SUPPORT FROM CHOICES

You can call **020 8702 3405**

OR

You can complete a form online:

WWW.HARINGEYCHOICES.ORG

WHAT HAPPENS AFTER I CONTACT CHOICES?

The CHOICES team may contact you for more information.

Unless there is a reason not to, you will be offered an appointment and agree a time to meet with someone from CHOICES at a local venue in Haringey.

CHOICES will try and see you as soon as possible within a four-week period.

CALL US ON **020 8702 3405**

WHAT HAPPENS AT MY APPOINTMENT?

You will meet with a CHOICES practitioner for one hour, to discuss how you are doing, and what support you need.

At the end of the appointment a plan will be written up outlining your next steps, showing you where you can access further support.

In some cases CHOICES may ask you if you are happy to share any information with your school or GP.

WHAT HAPPENS AFTER MY APPOINTMENT?

You are encouraged to make contact with the services or activities which can help you.

After six weeks, you will receive a follow up phone call to see how you've been getting on.

CHOICES will want to know how you felt about the service and what has changed for you since your appointment.

Further support may be offered in certain situations.

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