

Thamesmead School



Mental Health and Wellbeing Services

ALL parents/carers MUST be advised that, in an emergency, they must call 999/111 or visit A&E. In addition, parents/carers must be advised to visit the GP with mental health concerns.

Crisis Information

When a student is at risk of harm, parents/carers can contact **Children's Services** directly (0300 470 9100). In school, it is usually the DSL/DDSL that calls the consultation line.

Mindworks Surrey is the new emotional wellbeing and mental health service for children and young people in Surrey (CAMHS). Parents can contact directly [Home: Mindworks Surrey \(mindworks-surrey.org\)](http://Home: Mindworks Surrey (mindworks-surrey.org)). In school, it is usually the Wellbeing Leads/HSLW who contact for referral advice). Tel: 0800 915 4644

Childline can be recommended in most situations 0800 1111 [Childline | Childline](#)

Mental Health and wellbeing concerns including anxiety

<u>The Mix</u>	themix.org.uk	An overall service for any mental health issues including anxiety/eating disorders and self-harm.
<u>Young Minds</u>	youngminds.org.uk/young-person/	Mental health support for students and parents on a variety of subjects.
<u>Kooth</u>	Kooth.com	Online mental wellbeing community and covers a wide range of Mental Health issues including anxiety. Online support portal for Students.
<u>CYP Haven</u>	01483 519436 Cyphaven.net	The CYP Haven is a safe space for children and young people aged 10-18 where you can talk about worries and mental health in a confidential, friendly and supportive environment.
<u>Mind</u>	0300 123 3393 info@mind.org.uk	Mental Health support for students and parents.
<u>Heads Together</u>	About Heads Together	Heads Together is a mental health initiative spearheaded by The Royal Foundation of The Duke and Duchess of Cambridge, which combines a campaign to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services.
<u>YMCA</u>	www.ymcaeastssurrey.org.uk	The YMCA helps young people to cope with difficult emotional, family or personal circumstances.
<u>The Lucy Rayner Foundation</u>	The Lucy Rayner Foundation - Raising Awareness of Mental Health Issues	The LRF supports with mental health concerns, advice, counselling. Free Counselling service online, no waiting list. Suicide bereavement service available.
<u>Elevate life Club</u>	07730 955699 info@ElevateEleven.com	A club to support young people struggling with significant anxiety or mental health issues. Flexi-School support for those not at school.
<u>Anna Freud</u>	annafreud.org/schools-and-colleges/resources/ (0)20 7794 2313	Mental health resources, advice, counselling and training.
<u>Surrey Care Trust</u>	Surrey Care Trust	Surrey Care Trust provides learning, training and mentoring to support young people and adults in improving their chances in life.

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Counselling Services

<u>Counselling partnership</u>	07494 893 443 info@thecounsellingpartnership.org	Part-funded counselling for students and parents.
<u>NHS Talking Therapies</u>	NHS Talking Therapies	Free service that you can self-refer to if you are registered with a GP.
<u>Mathew Hackney Foundation</u>	07876 798137 info@thematthewhackneyfoundation.co.uk	Supporting Children & young people with their mental health through funded and part funded counselling.
<u>The Lucy Raynor Foundation</u>	Free Counselling - The Lucy Raynor Foundation	The Lucy Rayner Foundation funds a team of qualified counsellors who help young people by working with them in a safe, therapeutic environment. We offer a minimum of six 1-1-sessions at no charge.

Self-Harm

<u>Self-Injury Support</u>	0808 800 8088 Text 07537 432444 tessmail@selfinjurysupport.org.uk	Anyone who uses self-injury knows they are not alone; everyone understands that self-injury is a complex and important issue we should all care about – Self-Injury Support help find both causes and solutions.
<u>Self-Harm</u>	Selfharm.co.uk	Free online support 11–19-year-olds.
<u>Calm</u>	Calmharm.co.uk	An App can be downloaded to support the need to self-harm.
<u>Alumina</u>	www.selfharm.co.uk	Alumina is a free, online 7-week course for young people struggling with self-harm. Each course has up to 8 young people, all accessing the sessions from their own phones, tablets or laptops across the UK.

Eating Disorders

<u>National Centre for Eating Disorders</u>	0845 838 2040	Personal, telephone or Skype counselling. The first step is a confidential no-obligation assessment.
<u>The Beat</u>	https://www.beateatingdisorders.org.uk/ Youthline on 0808 801 0711 (for anyone under 18) Studentline on 0808 801 0811 (for students)	Any students who are struggling with eating problems or disorders.
<u>The Surrey Centre for eating disorders</u>	01372 377320	The Surrey Centre for Eating Disorders is a unique non-residential clinic dedicated to the prevention and treatment of eating disorders. They work with both men, women and young people from 13 years upwards, who have a difficult relationship with food.

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Healthy Eating

Be Your Best	01483517005 Bybsurrey.org	Be Your Best is Surrey's weight management programme, aimed at parents of children aged 0-12. Be Your Best can help all parents with universal online support.
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Young Carers

Surrey Young Carers	01483 568 269 syc@actionforcarers.org.uk	Support for people who help care for someone who has an illness, a disability, or is affected by mental ill-health or alcohol / substance misuse.
Walton Youth Young Carers Group	07837 342614 Gary.nash@surreycc.gov.uk	Free to access group for young people aged 11-19 who care for a parent, guardian, family relative, friend or neighbour. Providing young people with a space for respite and support with education, building friendships, and improving emotional and mental wellbeing.

Gender Identity

GIRES	gires.org.uk/	UK wide organisation whose purpose is to improve the lives of trans and gender diverse people of all ages, including those who are non-binary and non-gender.
GIDS	020 8938 2030/1 gids@tavi-port.nhs.uk	The Gender Identity Development Service (GIDS) is a highly specialised clinic for young people presenting with difficulties with their gender identity.
FFLAG	fflag.org.uk	National voluntary organisation and charity dedicated to supporting families and their LGBT+ loved ones.
Mermaids	mermaidsuk.org.uk 08088010400 Monday to Friday 9am to 9pm	LGBTQ+ charity, empowering thousands of people with its secure online communities, local community groups, helpline services, web resources, events and residential weekends.
Switchboard	Switchboard LGBT+ Helpline 0300 330 0630 (10am – 10pm) Online Chat	Switchboard has provided support and information to millions of people since their phone started ringing in 1974. Throughout their history, they have been at the forefront of supporting communities in facing the issues of the day.

Domestic Abuse

Your Sanctuary	01483 776822 yoursanctuary.org.uk/	Help line 9am to 9pm Online Chat Therapeutic 1:1 support for children aged 5-16 years as well as group recovery programmes (via professional referrals only).
NDAS	01932 260690 ndas.org.uk/teenagers	They support people who are concerned they may be the victims of domestic violence or coercive relationship behaviours. Learn more about the warning signs of domestic violence. Educating yourself about abuse could help you – or someone close to you – stay safe.

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Drugs and alcohol

Catch 22	01372 832905 ypsm@catch-22.org.uk Instagram: @sypsms_c22	Catch22 Surrey Young people's Substance Misuse Service (SYPSMS) is a county-wide specialist treatment service, offering; one-to-one support to young people and their families, a 24 hour help line, counselling and pharmacological support, as part of a tailored recovery approach for young people aged 11 to 25-years-old successfully delivering positive outcome for the young people we work with.
Talk to Frank	https://www.talktofrank.com/	Honest information about drugs.
Catalyst	01483 590150 TEXT 07909 631623 catalystsupport.org.uk	Mental Health and Wellbeing, Drug & Alcohol, and Specialist Outreach.

Parental Support

Talking Teens	0777238182 michelle@thewellbeingsupervisor.com	A four-session course for parents of 11 to 18-year olds.
Banardos	Believe in children Children's charity Barnardo's (barnardos.org.uk)	help and support families across the UK, working with organisations
Mindmatters	https://www.mindmatters.nhs.co.uk/	Local NHS provider offering talking therapies to people aged 17 and over. Also Guided self help and group courses to treat a wide range of mental health issues.
Mind	https://www.mind.org.uk	The mental health charity ensuring no one has to face a mental problem alone.

Neurodiversity

Autism NAS	07423 435 413 nassurreybranch.org	Parent-to-parent support group run by volunteers. If you have someone with autism in your family, we're here to help with local parent-to-parent support groups, talks, workshops and activities.
National Autistic Society	https://www.autism.org.uk/our-schools	Information and support for Parents and children who have autism or are awaiting diagnosis.

Online Safety

ThinkUKnow	thinkuknow.co.uk	Reporting on-line abuse. Info for students and parents.
Safer internet	saferinternet.org.uk	Guides and resources.

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<u>Child Exploitation & Online Protection</u>	<u>CEOP Safety Centre</u>	Are you worried about online sexual abuse or the way someone has been communicating with you online? Make a report to one of CEOP's Child Protection Advisors.
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Child Sexual Exploitation

<u>Victim Support</u>	<u>victimsupport.org.uk/you-co/types-crime/sex-crimes/sexual-exploitation/</u>	Support for students and families.
<u>PACE</u>	<u>paceuk.info 0113 240 3040</u>	Pace takes referrals directly from parents. If you are worried about child sexual exploitation happening to your son or daughter.
<u>WISE</u>	<u>ymcadlg.org/what-we-do/support-and-advice/ymca-wise/</u>	If you suspect anyone is in immediate danger, call the Police on 999. If a child or young person is currently at risk of significant harm from CSE, refer immediately to your local Children's Services.

Bereavement

<u>Hope again</u>	<u>https://www.hopeagain.org.uk/</u>	Bereavement support for teenagers and children run by Cruse bereavement.
<u>CRUSE</u>	<u>https://www.cruse.org.uk/get-support/supporting-children-and-young-people/</u>	Support for adults, teenagers and younger children.
<u>Child Bereavement Uk</u>	<u>https://www.childbereavementuk.org</u>	Supporting bereaved children and young people.
<u>Jigsaw</u>	<u>https://www.jigsawsoutheast.org.uk/</u>	Jigsaw (South East) supports children, young people and families. Hearing the news that someone in the family has a life-threatening illness can come as a great shock.
<u>Winstons Wish</u>	<u>https://www.winstonswish.org/</u>	Supporting young people through bereavement.

Parental Monitoring and controls App

www.Qustodio.com

Thamesmead School



Lizzie Watkins

Specialist Community Public Health Nurse – School Nurse

School Nursing 0-19 team

Spelthorne & West Elmbridge School Nursing Team NE Quadrant

Team Number 01784 883695

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Ashford Clinic, Stanwell Road, Ashford, Middlesex, TW15 3DU

Hours of work: Mon-Fri 9.00-5.00 with flexibility according to the needs of the service, Full time.

For further information visit www.childrenshealthsurrey.nhs.uk