

Mental health & wellbeing services resource pack



for better mental health

Brent, Wandsworth
and Westminster

This is a resource pack created to assist anyone who may be in need of further mental health support. The document lists services which might be available in schools in Westminster or externally; local and national resources as well as online services.

Counselling & therapy services

MHST in Brent Wandsworth & Westminster Mind

The Westminster Mental Health Support Team provides a range of mental health services across Westminster schools and colleges. We work in 33 schools across Westminster, providing evidence based interventions to children and young people with mild to moderate mental health needs.

We are also promoting a whole school approach to wellbeing offer in education by assessing which interventions would best suit the schools' needs and providing 1:1 interventions, group interventions, workshops, advice and training accordingly.



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Place2Be

This charity offers a flexible menu of services, tailored to meet schools' needs. The typical model is based on a team of five or more Place2Be personnel (both clinical staff and highly skilled Counsellors on Placement) delivering a range of services in a school. Each school has a Place2Be Project Manager, an experienced clinician who oversees service delivery and assessment and works in close partnership with Head teachers and their school teams. Services include:

For children: individual and group counselling

For parents or carers: dedicated therapeutic support

For Head teachers and school staff: training, individual advice and support



Anna Freud National Centre for Children Families

Anna Freud offers a range of specialist services for the following groups.

Adolescents

Therapeutic support for young people aged 12-18 years including Interpersonal Psychotherapy for Adolescents (IPT-A), Family Based Interpersonal Psychotherapy (FB-IPT) and Short-Term Psychodynamic Psychotherapy (STPP)

Children and families who have experienced trauma

We offer a Specialist Trauma and Maltreatment Service (STAMS) for children, young people, and families who have experienced potentially traumatic events.

Parenting and multi-family groups

Our groups include the Reflective Parenting Group, Parent Toddler Group, Local Exchange for Adoptive Families and Multi-Family Groups in Schools.

The Link Programme

For school and college staff, the Link Programme supports teachers and staff to spot when young people need help and signpost them to specialist services. This saves staff time, boosts your own skills, and gives pupils more effective support. The programme will build your understanding of how and when to make an appropriate referral and what systems of support are available.



Anna Freud
National Centre for
Children and Families

Educational Psychologist

Educational psychologists (EPs) are skilled in Consultation, Assessment, Intervention, Training and Research.

EPs focus on the wellbeing and mental health of children and young people (CYP) up to the age of 25 years. EPs are also trained in specific evidence-based interventions such as Video Interaction Guidance, Cognitive Behavioural and Solution Focused Approaches.

EPs use a Consultation model and a Plan, Do, Review, Reflect cycle in schools; working collaboratively with staff, parents and CYP to help to devise effective interventions and achieve positive change.

EPs provide psychological advice for children and young people to contribute to Education, Health and Care Needs Assessments that have been agreed by the Local Authority. Every RBKC/Westminster state funded school and nursery has a link EP who provides EP liaison visits to offer SEND strategic support, and input following critical/traumatic incidents. This is provided by the Local Authority as part of a Core Plus offer.

The majority of RBKC/Westminster state funded schools also buy in additional EP time (Traded Offer) for EP consultations in relation to concerns over individuals, groups or whole school issues.



Children and Adolescent Mental Health Services (CAMHS)

CAMHS works with children, young people and their families with complex mental health difficulties, in a range of different ways depending on their needs.

CAMHS supports children, young people and families whose social, emotional and behavioural needs are not met by third party services, such as those in the community and primary care.

The type of difficulties dealt with by the teams may include:

- Complex emotional and behavioural problems
- Anxiety and depression and very rarely serious mental illness such as psychosis and eating disorders
- Family relationship issues and parenting
- Hyperactivity or poor concentration (ADHD, ASD)
- Challenging behaviour
- Eating, sleeping or toileting problems
- School refusal
- Children with mental health needs related to learning difficulties, physical illness or disability



CAMHS psychologists, psychiatrists, and therapists provide assessment and treatment packages for children and young people and their families. Treatment may include cognitive behavioural therapy (CBT), family therapy, play therapy, individual and group psychotherapy. Medication is also used when appropriate and carefully monitored by the doctors.

Any professional working with children, young people and families can refer a child to the services. Contact the service Mon-Fri, 9am - 5pm. The duty CAMHS professional can arrange an urgent appointment where necessary.

Emergency CAMHS services can be accessed 24/7 by visiting the A&E department of Chelsea and Westminster or St Mary's hospitals.

Telephone: **020 3317 5999**

Email: westminstercamhs.cnwl@nhs.net

KOOTH



Kooth is an online platform, where young people aged 11-25 can safely access free, anonymous support from trained counsellors, and from a community of peers.

Monday-Friday: 12pm-10pm, Saturday-Sunday: 6pm-10pm. Online resources are accessible any time.

Child Bereavement UK

This charity is currently running support groups for bereaved young people aged 11-25 via a video platform where they can get to know others who have had similar experiences, and do something positive to support their wellbeing and each other. Activities and projects may include: games, art, crafts, music, and looking at ways to help to tackle any feelings of loneliness and build resilience, as well as developing tools to help others in similar situations.

They offer online or telephone guidance and support for education professionals working with bereaved pupils, as well as a range of free resources and webinars designed for early years, primary, secondary and further/higher education. .



Helpline is operating as normal, Monday – Friday, 9am – 5pm (except Bank Holidays).

Helpline: **0800 02 888 40**, Live Chat via website, and email support@childbereavementuk.org

Child Bereavement UK welcomes referrals from families and individuals of any race, colour, nationality, ethnicity, religion/faith, sex/gender/gender reassignment, marital/civil partnership status, or disability.

Relate

Relate are the UK's largest provider of relationship support, and last year they helped over two million people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.

Relate offers counselling for any child or young person who is having problems (payable).

[Live Chat sessions](#) with a trained Relate Counsellor are free for those affected by the pandemic.



Social services & charities

Access to Children's Services Team

If you are worried that a child or a young person might need help or is being neglected or hurt, it is very important that you share your worries.

The Access Team provides a single point of contact for professionals and members of the public who want to seek support or raise concerns about safety of a child in Westminster.

020 7641 4000 (9am to 5pm weekdays) or outside of these times the Emergency Duty Team on **020 7641 2388**. Email: AccesstoChildrensServices@westminster.gov.uk



NSPCC

Children's charity dedicated to ending child abuse and child cruelty.

Phone: **0800 1111** for Childline for children (24-hour helpline)

If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support **0800 800 5000** (24-hour helpline) or email help@nspcc.org.uk.

You can call Monday to Friday 8am – 10pm or 9am – 6pm at the weekends. It's free and you don't have to say who you are.



Refuge

Refuge supports women, children & men experiencing domestic violence with a range of services.

Freephone 24-Hour National Domestic Abuse Helpline: **0800 2000 247** or visit www.nationaldahelpline.org.uk (access live chat Mon-Fri 3-10pm)



Infolines & Helplines for young people

Mental Health Support Team Infoline: The Infoline provides advice and signposting information for families as well as schools staff in Westminster
Tel: **07786 548530** Mon-Fri, 9 am - 4 pm (excluding Wednesdays)



Childline: Get help and advice about a wide range of issues, call on **0800 1111**, talk to a counsellor online, send Childline an email or post on the message boards. Service for 0-19 years old. (24 hour helpline)



The Mix has a free, confidential phone line, webchat and crisis text line, to help refer young people to the best possible help, whatever problem they are facing.
Tel: **0808 808 4994**, 3pm -12 am everyday.



Sane Line: If you're experiencing a mental health problem or supporting someone else, you can call SANEline on **0300 304 7000** (4.30pm-10.30pm every day).



Rethink Mental Illness: 9:30am to 4pm Monday to Friday Call **0300 5000 927**
The Advice Service offers practical help on issues such as the Mental Health Act, community care, welfare benefits and carers rights. We also offer general help on living with mental illness, medication and care.



Mencap: Anyone can contact the Learning Disability Helpline about anything to do with learning disability. We provide information and advice for people with a learning disability, families and carers. You can get in touch by phoning **0808 808 1111**. Mon - Friday, 10 AM – 3 PM, Email: helpline@mencap.org.uk



National Autism Helpline The Autism Helpline enquiry service provides impartial, confidential information along with advice for autistic people, their families, friends and carers. Telephone: **0808 800 4104** 10am – 3pm, Monday to Friday.



Switchboard LGBT If you identify as gay, lesbian, bisexual or transgender, you can call on **0300 330 0630** (10am-10pm every day), email chris@switchboard.lgbt or use their webchat service. Phone operators all identify as LGBT+.



Cruse Helpline The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement. Call on **0808 808 1677** Mon, Fri 9.30am - 5pm, Tue, Wed & Thur 9.30am - 8pm Weekends 10am - 2pm



Infolines & Helplines for parents

Young Minds Parents Helpline: Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25. Call us for free on **0808 802 5544** from 9:30am to 4pm, Monday to Friday.



Family Lives: Advice on all aspects of parenting, including dealing with bullying. Phone: **0808 800 2222** (Mon - Fri, 9am - 9pm and Sat - Sun, 10am - 3pm)



Crisis support

If you or anyone else around you is in imminent threat of self-harm or hurting others

- Call **999**
- Go to your nearest **A&E**

Samaritans: To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call **116 123** (free from any phone), or email jo@samaritans.org.



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 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.



Campaign Against Living Miserably If you identify as male, you can call CALM on **0800 58 58 58** (5pm-midnight every day) or use their webchat service.



Shout is a free and anonymous texting service for anyone going through a personal crisis. It can provide immediate help, anytime, anywhere. Text SHOUT to **85258**



Further resources

Every Mind Matters

Expert advice and practical tips to help you look after your mental health and wellbeing.

Good thinking website

Wellbeing resources; guides to improving mental health; courses on and offline; mobile apps and other therapy approaches suitable for London's modern, highly-mobile population. Resources on how to improve sleep, tackle anxiety and low mood can be accessed by children and young people, parents and carers.

Mosaic trust

This London based organisation delivers a diverse range of services to support young LGBT+ people aged 13-19.

Anxiety UK

Anxiety UK is a national registered charity for those affected by anxiety, stress and anxiety based depression.

CALM

Access a set of free meditation/mindfulness exercises.

Wanderlust

Access online yoga and meditation classes.

Meditainment

Access for free guided meditation

