

Looking After Your Mental Health and Wellbeing



2023-25



**A self-help guide for young people
(11 to 25 years)**

For more information email eps@enfield.gov.uk

www.enfield.gov.uk



Introduction

We all need good mental health so that we can live happy and healthy lives. We all know that physical activity and eating well is important for us to stay healthy; looking after our mental health is as important.

It helps us to be ready to do the things we want to do with our friends and family and make healthy life choices. It doesn't mean being happy all of the time and not having anything stressful or challenging to deal with in our lives.

There are times when as young people we experience difficult situations that impact on our emotional wellbeing and mental health and can affect the way we interact with other people, our behaviour and our ability to manage day to day things. There can be lots of reasons why we feel this way. Asking for help when you need it is ok.

We want 'mental health' and 'mental health help' to be talked about using a **common language that everyone understands.**

We want young people to be **informed to make decisions about the support they need.**

This booklet is written for the young people of Enfield so that they can better understand their emotions and proactively help themselves and others. It provides young people with:

- easily accessible information that can help to explain emotions and mental health.
- links to approved websites providing tips on maintaining good mental health.
- information about where to get help when it is needed.

Together we want to continue to reduce the stigma about mental health so that mental health and wellbeing is **everyone's business.**

Enfield Youth Parliament

The information project builds on our work in developing the 'How are You?' film that was launched for Mental Health Awareness Week in May 2021.

This short film aims to challenge mental health stigma, acknowledges the difficulties being faced by young people and promotes the 5 ways to wellbeing.

1. **Connect with other people**
2. **Be physically active**
3. **Learn new skills**
4. **Give to others**
5. **Take notice**



[Link to film](#)

Introducing the Thrive Framework

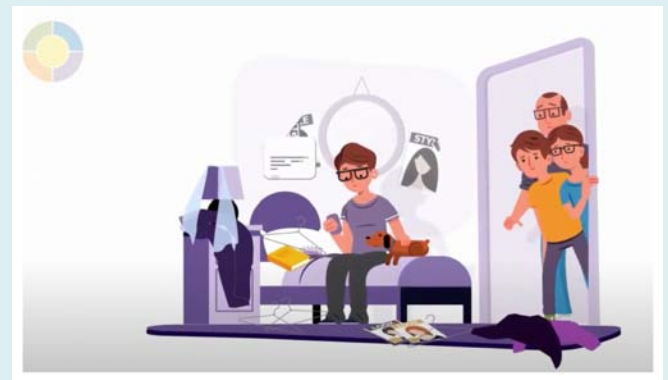
We are developing a new approach to emotional health and wellbeing services for children and young people in Enfield. It is called Thrive and focusses on prevention and early intervention.

The THRIVE Framework (Wolpert et al, 2019) is a way of organising mental health support for all children and young people aged 0-25 (and their families).

It involves thinking about the needs of the child or young person rather than focusing on a diagnosis and is organised into five groups:

- Thriving
- Getting Advice
- Getting Help
- Getting More Help
- Getting Risk Support

THRIVE Framework



Here is a [Link to a short film explaining the Thrive Framework](#)

This information booklet is organised using these categories so you can easily look for the support you might need.

More information about Thrive can be found here:

<http://implementingthrive.org/>

Contents

• Getting Risk Support

- Urgent advice or support



• Thriving

- Staying mentally healthy



• Getting Advice and Help

- Support services and information that can provide advice and help across a range of areas
- Support for specific areas
 - Autism
 - Bereavement
 - Bullying
 - Family Challenges
 - LGBTQ+
 - School, College and University Challenges
 - Sleep problems
 - Social media
 - Transitions
 - Vulnerable children and young people (including SEND)
 - Young parents and young parents expecting a baby

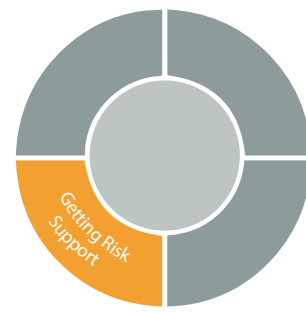


• Getting More Help



Key

- ▲ Services available in Enfield
- For young people with Special Educational Needs and Disability (SEND)



Getting Risk Support

Urgent advice or support

If you feel extremely distressed and worried that you might not be able to keep yourself safe, there is lots of urgent support available. If you can, let someone else you trust know how you are feeling so they can support you.

If you are already receiving support from mental health professionals, you should have your own Safety Plan or Care Plan. Try to follow this one step at a time until you are safe and let your mental health professional know what's going on. Please do not suffer alone.



Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>


Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590



Summary of Help	How to contact	Age Range
<p>NHS Emergency</p>	<p>If you are in immediate danger/ medical emergency. Call or text 999 for an ambulance or go to your local A & E department.</p> <p>If you are in danger because of another person. Call or text 999 and ask for the police.</p> <p>If you need help urgently but you are not at risk of harm or serious illness. Call: 111.</p> <p>Website: https://111.nhs.uk/</p>	<p>All age groups</p>
<p>Anna Freud</p> <p>Provides a Crisis Messenger Service which is free, confidential, text message support service for anyone who is feeling overwhelmed or is struggling to cope.</p>	<p>Text: AFC to 85258 Available 24/7</p>	<p>All age groups</p>



Summary of Help	How to contact	Age Range
<p>BEAT</p> <p>The national helpline encourages and empowers young people presenting with eating disorders to get help quickly.</p>	<p>Website and online support: https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/</p> <p>Helpline: 0808 801 0677 Studentline: 0808 801 0811 Youthline: 0808 801 0711 Open 365 days a year from 9am to 8pm during the week, and 4pm to 8pm on weekends and bank holidays.</p> <p> https://www.youtube.com/user/beatingED</p>	<p>All age groups</p>
<p>Childline</p> <p>ChildLine is the UK's free, confidential helpline for children and young people.</p> <p>They offer advice and support, by phone and online.</p> <p>Calls are not recorded and your number won't show up on any phone bills.</p>	<p>Website: https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/</p> <p>Phone: 0800 1111 9am - midnight, 365 days a year</p> <p>Can provide a BSL interpreter if you are deaf or hearing-impaired.</p>	<p>All age groups</p>
<p>Crimestoppers</p> <p>An independent charity that gives you the power to speak up to stop crime, 100% anonymously. Whoever you are, wherever you live, from communities to companies.</p> <p>Provides advice on how to protect the people you care about from crime, so everyone can feel safe.</p>	<p>Website: https://crimestoppers-uk.org/</p> <p>Phone: 0800 555 111 The service runs 24/7, 365 days a year.</p> <p> https://www.youtube.com/user/CrimestoppersUK</p>	<p>All age groups</p>



Summary of Help	How to contact	Age Range
<p>Educational Action Challenging Homophobia (EACH)</p> <p>Offers advice and support online and through their freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment.</p>	<p>Website: http://each.education/homophobic-transphobic-helpline</p> <p>Phone: 0808 1000 143 Open Monday to Friday 10am to 5pm.</p> <p> https://www.youtube.com/channel/UC9SwR_hnjIBD1CIF8Fri8Q</p>	<p>All age groups</p>
<p>FRANK helpline</p> <p>The FRANK campaign helpline provides information and advice about drugs and information on local services. The service can take calls in over 120 languages via a three way call with a translator.</p>	<p>Phone: 0800 77 6600</p> <p>Available 24/7</p>	<p>All age groups</p>
<p>Good Thinking Guide</p> <p>London’s digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS approved apps.</p>	<p>Website: https://www.good-thinking.uk/how-get-urgent-support/</p>	<p>All age groups</p>
<p>Harmless</p> <p>Provides postal and email self-harm support through a counsellor and other volunteers that have personal, supportive and professional experience</p>	<p>Website: https://harmless.org.uk/</p>	<p>All age groups</p>
<p>Hope Again</p> <p>The youth website of Cruse Bereavement Care. They provide advice for any young person dealing with the loss of a loved one.</p>	<p>Website: https://www.hopeagain.org.uk/</p> <p>Phone: 0808 808 1677</p>	<p>All age groups</p>




Summary of Help	How to contact	Age Range
<p>Papyrus (Prevention of Young Suicide)</p> <p>HOPELINEUK provides confidential support and advice for anyone under 35 years who are experiencing thoughts of suicide.</p>	<p>Website: https://www.papyrus-uk.org/</p> <p>Phone: 0800 068 41 41 Text: 07786 209 687 Email: pat@papyrus-uk.org Available 24/7</p> <p> https://www.youtube.com/channel/UC_y_k9yZih75co_PCL0oyUA</p>	All age groups
<p>Rethink</p> <p>Rethink is the largest severe mental illness charity in the UK. The advice team are available to provide specialist advice on a wide range of mental health issues.</p>	<p>Website: https://www.rethink.org/</p> <p>Call: 0845 456 0455 Available: Monday to Friday 10am – 2pm</p>	All age groups
<p>SANEline</p> <p>SANEeline is an out-of-hours telephone helpline offering practical information, crisis care and emotional support to anybody affected by mental health problems.</p>	<p>Website: http://www.sane.org.uk/what_we_do/support/helpline</p> <p>Call: 0300 304 7000 Available: daily 4.30pm–10.30pm</p>	All age groups
<p>Samaritans</p> <p>An organisation you can ring at any time of the day or night. They'll help you and listen to how you're feeling.</p>	<p>Website: https://www.samaritans.org/</p> <p>Phone: 116 123 Email: jo@samaritans.org Available: 24/7</p> <p> https://www.youtube.com/user/samaritans</p>	All age groups





Summary of Help	How to contact	Age Range
<p>Self Injury Support</p> <p>For women of any age or background affected by self-injury, whether their own or that of a friend or family member.</p>	<p>Website: https://www.selfinjurysupport.org.uk/</p> <p>Email: tessmail@selfinjurysupport.org.uk</p> <p>Text support: 07537 432444 Self Injury Helpline: 0808 800 8088</p> <p>Open Tuesday and Thursday 7pm - 9.30pm</p>	<p>All ages</p>
<p>Student Space</p> <p>For students through coronavirus. Help and guidance is available</p>	<p>Website and webchat: http://www.studentspace.org.uk</p> <p>Text: STUDENT to 85258 You can also use a search tool to find the services available at your university.</p> <p> https://www.youtube.com/studentmindsorg</p>	<p>18 to 21 years</p>
<p>Switchboard LGBT+ helpline</p> <p>A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. They help people to explore the right options for themselves through support on the phone and through email and instant messaging service.</p>	<p>Website and web chat: https://switchboard.lgbt/</p> <p>Phone: 0300 330 0630 Open 10am to 10pm every day</p> <p>Email: chris@switchboard.lgbt Emails responded to within 72 hours</p>	<p>All age groups</p>



Summary of Help	How to contact	Age Range
<p>The Mix</p> <p>The UK’s leading support service for young people. They offer help and support to help with any challenge children are facing from mental health to money, from homelessness to finding a job, from breakups to drugs. Talk to them via their online community, on social, through their free, confidential helpline or counselling service.</p>	<p>Website and online chat: https://www.themix.org.uk/</p> <p>Text: THEMIX to 85258 Phone: 0808 808 4994</p> <p> https://www.youtube.com/themixuk</p>	<p>All age groups</p>
<p>Young Minds Crisis Messenger</p> <p>Provides free crisis support every day of the week, at any time day or night. All texts are answered by trained volunteers, with support from experienced clinical supervisors.</p>	<p>Text: YM to 85258 Available: 24/7</p>	<p>All age groups</p>
<p>CHIPS</p> <p>Providing young people Community Help Points in Enfield (CHiPS) in need of support. Offering ‘safe havens’ across Enfield since 2006. Young people can go to any marked CHiPS establishments to ask for help and assistance.</p> <p>There are around 200 help points in Enfield and these can be recognised by the blue ‘H’ logo.</p> 	<p>Website: https://www.chipsenfield.com/</p> <p>Follow:  https://en-gb.facebook.com/CHiPsEnfield/</p>	<p>All age groups</p>



Thriving




Staying Mentally Healthy

There’s been a lot of changes at your school and in your lives because of COVID-19. It’s OK to feel confused, worried, scared and a little bit overwhelmed about what’s going on with coronavirus.

There are lots of things that you can do to manage your wellbeing when you are struggling that does not need a professional or a special service.




The following pages provide ideas, strategies and ways to for you to promote your mental health and wellbeing.

It’s totally up to you to decide what helps. If it is helping, keep doing it. If it doesn’t help, stop and try something else.





Summary of Help	How to contact	Age Range
<p>AccessAble</p> <p>It’s not always easy to get to places if you have a disability. AccessAble provides information on wheelchair friendly venues, disabled access and facilities. There is also a free App to use AccessAble on the go.</p> 	<p>Website: https://www.accessable.co.uk/</p> <p> https://www.youtube.com/accessableuk</p>	All age groups
<p>Activities and things to do if you are a young person with SEND in Enfield</p> <p>There is lots information and websites on the Local Offer.</p> 	<p>Website: https://new.enfield.gov.uk/services/children-and-education/local-offer/short-breaks-and-activities/</p>	All age groups








Summary of Help	How to contact	Age Range
<p>Anna Freud National Centre for Children and Families</p> <p>There is comprehensive self-care section including research on self-care strategies developed with young people and their families.</p> <p>‘On My Mind’ aims to empower young people to make informed choices about their mental health and wellbeing through advice, support, tips and self-care strategies.</p>	<p>Website: https://www.annafreud.org/on-my-mind/self-care/</p> <p>https://www.annafreud.org/on-my-mind/</p> <p> https://www.youtube.com/channel/UCN8HoTxrHO8RJdoB4isH0IA</p>	<p>All age groups</p>
<p>BBC Bitesize</p> <p>Offers support, advice and tips to children and young people on a host of areas including mental health, wellbeing, resilience, identity and healthy relationships</p>	<p>Website: https://www.bbc.co.uk/bitesize/support</p>	<p>All age groups</p>
<p>Down’s Syndrome Association</p> <p>Easy Read Resources to promote wellbeing:</p> <ul style="list-style-type: none"> • What is mindfulness • Talking about feelings • Managing Anger • How am I? • The stress bucket • Wellbeing top tips • Things you can make or buy 	<p>Website: https://www.downs-syndrome.org.uk/about-downs-syndrome/health-and-wellbeing/emotional-wellbeing/</p> <p>Relaxed Audio: https://soundcloud.com/user-811450391/emotional-well-being-relaxation-audio</p> <p>Film about relaxation:  https://www.youtube.com/watch?v=2lxdFNdajyw</p> <p> https://www.youtube.com/user/DownsSyndromeAssoUK</p>	<p>All age groups</p>






Summary of Help	How to contact	Age Range
<p>ECYPS</p> <p>Provides a range of well-being services:</p> <ul style="list-style-type: none"> • Counselling • Teenscheme-holiday activities • Young Carer’s Youth Night • I’FEEL GOOD’ Sessions • Mind-Kind Events • Alive & Kicking Fitness Activities • Mindfulness & Take a Breath workshops <p>CHiPS-Community Help Point Scheme</p> 	<p>Website: www.ecyps.org.uk</p> <p>Phone: 020 8373 2711 Email: infoecyps@gmail.com</p>	<p>All age groups</p>
<p>Enfield National Autistic Society</p> <p>Adult Social Group for adult (18+) with High Functioning Autism or Asperger’s provides opportunities to:</p> <ul style="list-style-type: none"> • have fun, socialise with and make friends • access interesting talks on important issues that affect autistic people • have a voice  	<p>Website: http://enfieldnas.org.uk/adult-social-group.html</p>	<p>All age groups</p>
<p>Every Mind Matters</p> <p>Have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.</p> <p>Try Your Mind Plan, answer 5 questions in an interactive quiz to get top tips and advice for you to help boost your mental wellbeing.</p>	<p>Website: https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/</p> <p>https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/</p> <p> https://www.youtube.com/channel/UCNG4k3ZA2rjaupAeDBO-t1Q/featured</p>	<p>All age groups</p>



Summary of Help	How to contact	Age Range
<p>Foundation for People with Learning Disabilities</p> <p>PELICAN: Promoting Emotional Literacy in Children with Additional Needs A framework, story, guidance, and resources to support children and young people with additional needs, particularly learning disabilities, learn skills in noticing and coping with feelings and thoughts, building relaxation skills, and problem-solving/flexible thinking skills.</p> 	<p>Website https://www.learningdisabilities.org.uk/learning-disabilities/our-work/employment-education/pelican</p>	<p>All age groups</p>
<p>Good Thinking Guide</p> <p>There is section specifically for young people and a toolkit will signpost you to relevant help and support. Young people guide and review the content to help with the issues that really matter.</p> <p>Good Thinking has a range of mental wellbeing information sheets and workbooks for that you can work through in your own time. There are a number of modules for each workbook and activities for you to try out.</p>	<p>Website: https://www.good-thinking.uk/youngpeople/</p> <p>https://www.good-thinking.uk/workbooks/</p>	<p>All age groups</p>
<p>Kooth</p> <p>Free, safe and anonymous online mental wellbeing community, accredited by the British Association for Counselling and Psychotherapy. It includes:</p> <ul style="list-style-type: none"> • a magazine • discussion boards • messages or live chat with their team • a daily journal you can fill in • online 1:1 counselling 	<p>Website: https://www.kooth.com/</p> <p> https://www.youtube.com/channel/UCJB5ugM-7LZjx0HNRiTegMw</p>	<p>All age groups</p>



Summary of Help	How to contact	Age Range
<p>Mind in Enfield and Barnet</p> <p>Provide services supporting wellbeing. Free service to young people registered with an Enfield GP. Self-referrals accepted.</p>	<p>Website: https://www.mindeb.org.uk/services-for-individuals/enfield/counselling/iapt-compliant-counselling/</p> <p>Email: enfieldcounselling@mindeb.org.uk Phone: 0208 906 7508 Monday to Wednesday 10am-9pm Thursday 10am-5pm Friday 10am-2pm</p> <p> https://www.youtube.com/channel/UC0ZQrktSb6K2kaFNzkGXoHw</p>	<p>Over 16 years</p>
<p>My Life Enfield</p> <p>MyLife Enfield is here to help you, your family members and friends access support to meet your needs and achieve the outcomes that matter to you.</p> <p>From providing information and advice on improving your physical, mental or emotional wellbeing to living as independently as possible in your own home and much more.</p>	<p>Website: https://mylife.enfield.gov.uk/homepage</p> <p> https://twitter.com/EnfieldCouncil</p> <p> https://www.youtube.com/user/EnfieldCouncil</p>	<p>Over 16 years</p>
<p>Now and Beyond</p> <p>The UK’s first multidisciplinary directory for children and young people’s mental health and wellbeing providers. Includes information about locally available services.</p>	<p>Website: https://nowandbeyond.org.uk/help-and-support</p>	<p>All age groups</p>



Summary of Help	How to contact	Age Range
<p>The Mix</p> <p>10 things you can do at home to try something new</p>	<p>Website: https://www.themix.org.uk/mental-health/looking-after-yourself/feeling-bored-here-are-ten-fun-things-you-can-do-to-pass-the-time-at-home-35711.html</p> <p> https://www.youtube.com/themixuk</p>	<p>All age groups</p>
<p>Young Minds</p> <p>Tips from other young people on looking after yourself.</p>	<p>Website: https://www.youngminds.org.uk/young-person/coping-with-life/</p> <p> https://www.youtube.com/channel/UCBrcD2CYLBN8v9c7fxRqQAw</p>	<p>All age groups</p>
<p>Youth Alive</p> <p>Supports young people in Enfield aged 10-19 to build their confidence, look after their wellbeing, and develop new skills by taking part in fun activities.</p> 	<p>Website: https://new.enfield.gov.uk/healthandwellbeing/youth-alive/</p>	<p>10 to 19 years</p>
<p>Youth Club Activities Portal</p> <p>Offers a range of free activities, as well as youth community centres and hubs across Enfield.</p>  	<p>Website: https://youthenfield.taptub.co.uk/</p>	<p>All age groups</p>

Staying Mentally Healthy: promoting self-care

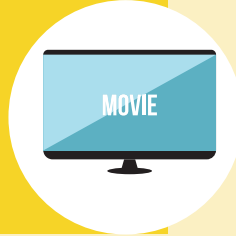
- Doing an activity that makes you feel happy or relaxed
- Alone Time
- Meditation
- Listening to music
- Daydreaming
- A day trip
- Shopping



- Baking or cooking
- Crafts
- Creative writing
- Making music
- Reading
- Coding
- Drawing or painting
- Learning a language
- Jigsaws or puzzles
- Spending time in nature
- Gardening



- Watching TV, YouTube or Films
- Listening to podcasts



- Eating a healthy diet
- Getting enough sleep
- Personal hygiene routines
- Having a warm bath
- Massage
- Light therapy



- Goal Setting
- Writing a list of things to do
- Giving yourself rewards once you have reached a goal
- Setting boundaries
- Giving yourself permission to have a break from studying



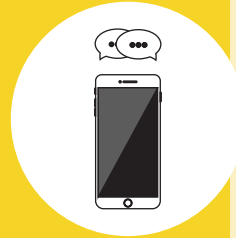
- Being kind to yourself
- Writing down 3 things that you are grateful for each day
- Saying thank you to someone for something they have done for you



- Sport
- Yoga
- Drama
- Dancing
- Pilates
- Walking (with or without a dog)
- Going on a day out

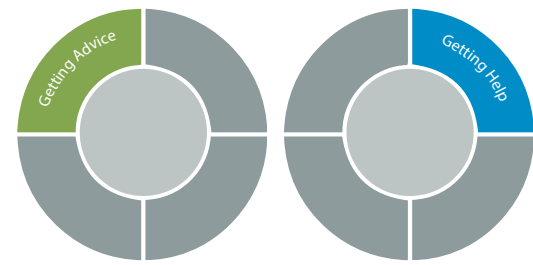


- Being with people who make you feel good
- Asking friends how they are and really listen to their answer
- Spending time with friends or relatives who need company or support
- Spending time with animals or pets
- Volunteering
- Texting or Emailing
- Switching off the television to play a game with your family or friends
- Youth groups
- Faith/visiting a place of worship



- Positive thinking
- Mindfulness: 'Notice the sensations of things, the food you eat, the air moving past your body as you walk' or 'name thoughts and feelings'.
- Having a good cry



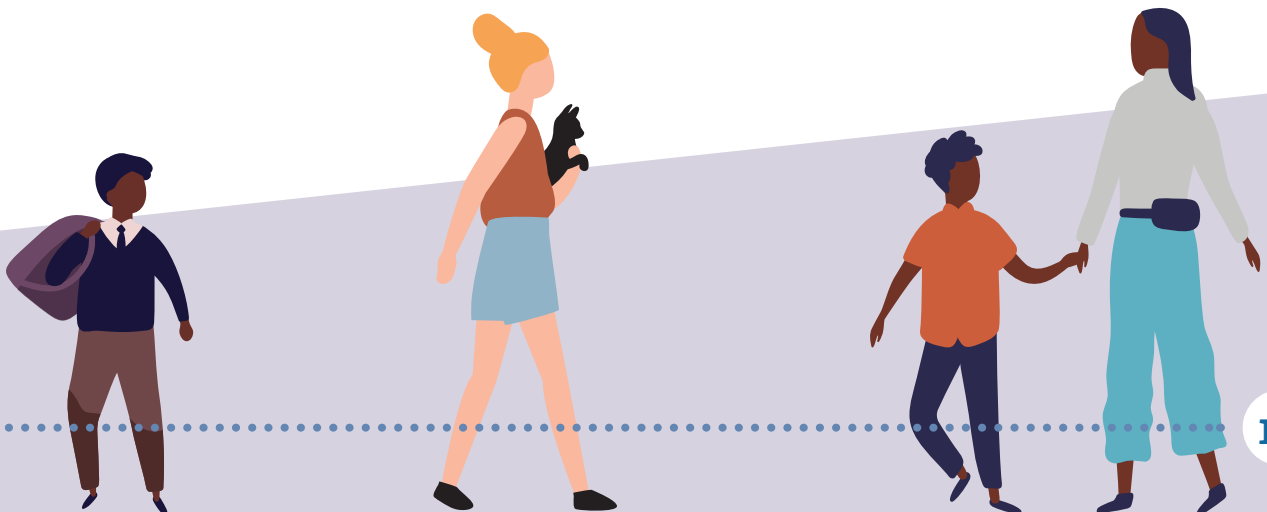


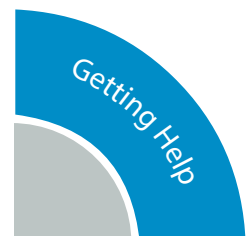
Getting Advice and Help







If you would like help with your mental health, you can also speak to another trusted person such as a member of your family, your teacher, your doctor or someone at your youth centre or sports club. There are websites in the section below where you can get help without a professional referral.

Support services and information that can provide advice and help across a range of areas.

Summary of support	How to contact	Age Range
<p>ChildLine</p> <p>Provides a designated page for bullying issues that includes a new video about building up your confidence after bullying.</p>	<p>Website and online chat: https://www.childline.org.uk</p> <p>Phone: 0800 1111</p> <p>Chat with a Free 1-2-1 counsellor from 9am-10.30pm about whatever's worrying you. 9am - midnight, 365 days a year</p> <p>Can provide a BSL interpreter if you are deaf or hearing-impaired.</p>	<p>up to 19 years</p>
<p>Ditch the Label</p> <p>is a global youth charity, here to help young people aged 12 to 25 navigate the issues affecting them the most; from mental health and bullying to identity, Asian hate crimes and relationships.</p>	<p>Website and online forum: https://www.ditchthelabel.org/</p> <p> https://www.youtube.com/user/DitchtheLabelORG</p>	<p>12 to 25 years</p>





<p>Kooth</p> <p>Free, safe and anonymous online mental wellbeing community, accredited by the British Association for Counselling and Psychotherapy. It includes:</p> <ul style="list-style-type: none"> • a magazine • discussion boards • messages or live chat with their team • a daily journal you can fill in • online 1:1 counselling 	<p>Website: https://www.kooth.com/</p> <p> https://www.youtube.com/channel/UCJB5ugM-7LZjx0HNRiTegMw</p>	<p>All age groups</p>
<p>MeeToo</p> <p>Provides a safe and secure forum for teenagers wanting to talk confidentially and anonymously about difficult things with other people of a similar age or experience.</p> <p>All posts are checked by human moderators before they are shared with the MeeToo community.</p>	<p>App: https://www.meetoo.help/</p> <p> https://twitter.com/meetoo_helps</p> <p> https://www.instagram.com/meetoo_helps/</p>	<p>Over 11 years</p>
<p>My Young Mind Enfield (MYME)</p> <p>MYME is a new NHS funded service working with CYP, families and schools. The national name for this team is Mental Health Support Teams in Schools.</p> <p>MYME offers resources, workshops and training to pupils and schools around a range of emotional wellbeing topics, and supports schools with their whole school approach. They also offer evidence-based individual or group support for CYP experiencing mild/moderate mental health concerns, such as anxiety or low mood. MYME works alongside other services in schools and wider community. The aim is for MYME to work with all Enfield schools in the next few years.</p> 	<p>To find out more, visit Enfield CAMHS website: https://www.behcamhs.nhs.uk/about-us/enfield-camhs.htm</p> <p>Here are some of MYME's resources created with/for schools and young people on the NHS Trust channel:</p> <p> https://www.youtube.com/playlist?list=PL8-AZ6Buz4d-14sUb6YNbhJOPbCiQ1fANU</p> <p>To check if MYME is already in your school, speak to your school mental health lead / pastoral team or check your school's website.</p>	<p>5-18 years</p>



Support for specific areas

Autism



Summary of support	How to contact	Age Range
<p>Enfield Advisory Service for Autism (EASA)</p> <p>A local authority funded service which provides support and advice to educational settings and families to help them understand autism and meet the needs of autistic children and young people.</p> <p>This includes advice on how to address the wellbeing needs of autistic CYP. Some limited support is available for CYP themselves such as:</p> <ul style="list-style-type: none"> • help to understand their own diagnosis of autism (the 'All About Me' programme) • groups to help autistic CYP learn interaction and relationship skills (the PEERS programme) • groups to support siblings of autistic CYP 	<p>EASA Administrator details:</p> <p>Tel: 020 8353 4186 Email: admin@enfieldasa.org.uk</p>	<p>0-25 years</p> <p>9 years + The PEERS and siblings groups: 8yrs+</p>



Bereavement

Summary of Help	How to contact	Age Range
<p>Anna Freud National Centre for Children and Families</p> <p>Provide support to children and young people dealing with loss and bereavement and signposts to bereavement organisations and local support.</p>	<p>Website: https://www.annafreud.org/on-my-mind/dealing-with-loss-and-bereavement/</p> <p>Text: AFC to 85258</p>	<p>All age groups</p>
<p>Enfield Play and Bereavement Service</p> <p>One to one bereavement support and/or bereavement group, for young adults/ children who have been bereaved of a parent or a sibling or has experienced a traumatic bereavement such as murder.</p>	<p>Email: lisa.dodd4@nhs.net</p> <p>Referrals can be made by your school/ college or a health professional</p>	<p>5-18 years</p>
<p>Grief Encounter</p> <p>A national service to help with the confusion, fear, loneliness and pain, providing a lifeline to children and young people to cope</p> <p>Offers with free, immediate, one-to-one support and resources for bereaved children and young people, families and professionals.</p>	<p>Website: https://www.griefencounter.org.uk/</p> <p>GriefTalk helpline: 0808 802 0111</p> <p>Email: griefftalk@griefencounter.org.uk Weekdays 9am to 9pm</p> <p> https://www.youtube.com/user/griefencounter</p>	
<p>Hope Again</p> <p>The youth website of Cruse Bereavement Care. It is a safe place where children and young people can learn from other young people, how to cope with grief, and feel less alone.</p>	<p>Website: https://www.hopeagain.org.uk/</p> <p>0808 808 1677</p>	<p>All age groups</p>



Summary of Help	How to contact	Age Range
<p>Mind in Barnet and Enfield – Life After Loss</p> <p>A service specifically set up with the Enfield Community in mind. Free counselling service to anyone whose life and health have been impacted by covid-19.</p>	<p>Website: https://www.mindeb.org.uk/services-for-individuals/enfield/counselling/life-after-loss-support-and-counselling-service/</p> <p>Phone: 0208 906 7504 or Email: lifafterloss@mindeb.org.uk Wednesday & Thursday 9:30am -5:30pm</p> <p> https://www.youtube.com/channel/UCarWBJYMNqJxgn6n8_htCTQ</p>	<p>All age groups</p>
<p>The Childhood Bereavement Network</p> <p>The Childhood Bereavement Network (CBN) is the hub for those working with bereaved children, young people and their families across the UK</p>	<p>Website: https://childhoodbereavementnetwork.org.uk/about-cbn</p> <p> https://twitter.com/ncbtweets</p>	<p>All age groups</p>







Summary of Help	How to contact	Age Range
<p>Winston’s Wish</p> <p>Supports bereaved children, young people, their families and the professionals who support them.</p> <p>National Helpline is free to call on 08088 020 021 and offers advice, guidance and support following a bereavement.</p>	<p>Website: https://www.winstonswish.org/</p> <p>Helpline: 08088 020 021</p> <p>Crisis Messenger: Text WW to 85258</p> <p>Email: ask@winstonswish.org</p> <p> https://www.youtube.com/user/WinstonsWishCharity</p>	

Bullying

Summary of Help	How to contact	Age Range
<p>Anti-Bullying Alliance</p> <p>A unique coalition of organisations and individuals, working together to stop bullying and create safer environments in which children and young people can live, grow, play and learn.</p> <p>They provide expertise in relation to all forms of bullying between children and young people.</p>	<p>Website: https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/if-youre-being-bullied</p> <p> https://www.youtube.com/channel/UCCvRc_vTiG1mu_HOFdD0Jbg</p>	All age groups






Summary of Help	How to contact	Age Range
<p>Down’s Syndrome Association</p> <p>Easy Read Resource on Bullying</p>	<p>Website: https://www.downs-syndrome.org.uk/</p> <p> https://www.youtube.com/user/DownsSyndromeAssoUK</p>	<p>All age groups</p>
<p>Educational Action Challenging</p> <p>Homophobia (EACH) offers advice and support online for children experiencing homophobic, biphobic or transphobic bullying or harassment.</p>	<p>Website: http://each.education/homophobic-transphobic-helpline</p> <p> https://www.youtube.com/channel/UC9SwR_hnjIBD1CIF8Fri8Q</p>	<p>All age groups</p>
<p>Kidscape</p> <p>Provides advice and practical tips on dealing with bullying and cyberbullying and ways for young people to build their confidence.</p>	<p>Website: https://www.kidscape.org.uk/advice/advice-for-young-people/</p> <p> https://www.youtube.com/c/kidscape</p>	<p>All age groups</p>
<p>The Mix</p> <p>Free, confidential advice on bullying and how to find support at school.</p>	<p>Website: https://www.themix.org.uk/bullying-support</p> <p>Phone: 0808 808 4994</p> <p> https://www.youtube.com/themixuk</p>	<p>All age groups</p>
<p>Young Minds</p> <p>offers online information and advice on bullying for children and young people.</p>	<p>Website: https://www.youngminds.org.uk/young-person/coping-with-life/bullying/</p> <p>Text: YM to 85258</p> <p>https://www.youtube.com/channel/UCBrcD2CYLBN8v9c7fxRqQAw</p>	<p>All age groups</p>




Family challenges

Summary of Help	How to contact	Age Range
<p>Down’s Syndrome Association</p> <p>Easy Read Resources on family situations.</p>	<p>Website: https://www.downs-syndrome.org.uk/</p> <p> https://www.youtube.com/user/DownsSyndromeAssoUK</p>	All age groups
<p>Enfield Young People In Caring (EyPIC)</p> <p>Summary of help update: At Enfield Carers Centre, we run a Young Carers Project known as Enfield Young People In Caring (EyPIC). EyPIC provide support to children and young people aged 5-18 who have a caring role. This is a FREE service. We provide respite activities, personal support, and help with schoolwork to young carers aged 5-18 who help look after someone in their family who has an illness, disability, mental health condition, or misuses drugs or alcohol.</p>	<p>Website: https://enfieldcarers.org/young-carers/</p> <p>Phone: 020 8366 3677 Phone/WhatsApp: 07809 332106 Email: youngcarers@enfieldcarers.org</p>	5-18 years
<p>Runaway Helpline</p> <p>Advice on parents arguing at home, and free, confidential 24/7 support. Live chat box on the website.</p>	<p>Website: https://www.runawayhelpline.org.uk/</p> <p>Email: 116000@www.runawayhelpline.org.uk Call or Text: 116 000</p>	10 to 25 years
<p>The Hideout</p> <p>Aims to help young people understand domestic abuse.</p>	<p>Website: http://thehideout.org.uk/</p>	All age groups





LGBTQ+

Summary of Help	How to contact	Age Range
<p>Gendered Intelligence</p> <p>A community interest company that runs arts programmes, creative workshops, mentoring and young group sessions for trans youth across the UK</p>	<p>Website http://genderedintelligence.co.uk/</p>	All age groups
<p>Mermaids</p> <p>Offer a free and confidential phone and web-chat service which has been designed specifically to support trans, gender diverse and non-binary students.</p>	<p>Website and web-chat service: https://mermaidsuk.org.uk/mermaids-student-space/</p> <p>Phone: 0808 8010 424 9am to 9pm, Monday to Friday.</p>	18 to 25 years
<p>Mosaic LGBTQ+ Young person’s trust</p> <p>Provides LGBTQ+ young people opportunities to meet other young people, access mentoring and online counselling</p>	<p>Website: https://www.mosaictrust.org.uk/young-persons</p> <p> https://www.youtube.com/channel/UCENxWI0KVe45CzK0UsyngXg</p>	13 to 19 years
<p>Switchboard LGBTQ+ helpline</p> <p>A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. They help people to explore the right options for themselves through support on the phone and through email and instant messaging service.</p>	<p>Website and web chat: https://switchboard.lgbt/</p> <p>Phone: 0300 330 0630 Email: chris@switchboard.lgbt</p>	All age groups







Summary of Help	How to contact	Age Range
<p>The Albert Kennedy Trust</p> <p>Supports LGBT+ people aged 16 to 25 who are made homeless or living in a hostile environment.</p>	<p>If you are in immediate danger, always call 999</p> <p>Website: https://www.akt.org.uk/</p> <p>Email: gethelp@akt.org.uk 0207 7831 6562 (London Office) Monday to Friday 10am to 4.30pm</p> <p> https://www.youtube.com/channel/UCQQEwWkr1B7c8DLFWvXz5Cw</p>	<p>16 to 25 years</p>
<p>The Proud Trust</p> <p>A lifesaving and life enhancing organisation that helps LGBT+ young people empower themselves, to make a positive change for themselves, and their communities.</p>	<p>Website: https://www.theproudtrust.org/</p> <p>Phone: 0161 660 3347</p>	<p>All age ranges</p>
<p>Young Stonewall</p> <p>Offers programmes and information for LGBTQ+ young people. Helping to create transformative change in the lives of LGBTQ+ people across communities in the UK.</p>	<p>Website: https://www.stonewall.org.uk/</p> <p> https://www.youtube.com/user/stonewalluk</p>	<p>All ages ranges</p>





School, College and University Challenges

Summary of Help	How to contact	Age Range
<p>Every Mind Matters</p> <p>Provides advice on how to cope with anxiety and how to look after your mental health and wellbeing</p>	<p>Website: https://www.nhs.uk/every-mind-matters/mental-health-issues/anxiety/</p> <p> https://www.youtube.com/channel/UCNG4k3ZA2rjaupAeDBO-t1Q/featured</p>	All age groups
<p>Good Thinking</p> <p>Tips and advice, guidance and supportive apps on how to cope when feeling anxious, stressed, concerned about exam results and what the future holds.</p>	<p>Website: https://www.good-thinking.uk/worried-about-your-school-grades/</p> <p>https://www.good-thinking.uk/anxiety/</p>	All age groups
<p>Young Minds</p> <p>Tips from other young people on staying well during revision and exam periods.</p>	<p>Website: https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/</p> <p>Text YM to 85258 24/7 text support</p> <p> https://www.youtube.com/channel/UCBrcD2CYLBN8v9c7fxRqQAw</p>	All ages





Sleep problems

Summary of Help	How to contact	Age Range
<p>Every Mind Matters</p> <p>Have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep.</p>	<p>Website: https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/</p>	All age groups
<p>Teen Sleep Hub</p> <p>Offers advice, support and tips on achieving a good night's sleep.</p>	<p>Website: https://teensleephub.org.uk</p>	Teens
<p>Young Minds</p> <p>Offers online information, advice and tips for children and young people having issues with sleep and how to get help.</p>	<p>Website: https://www.youngminds.org.uk/young-person/blog/what-to-do-if-you-re-struggling-to-sleep/</p> <p>Text: YM to 85258</p>	All age groups

Racism

Summary of Support	How to contact	Age Ranges
<p>Wellbeing Connect Services</p> <p>Formally known as Ebony People's Association, Wellbeing Connect Service is the leading BAME charity in London providing services to young people to support mental health.</p>	<p>Website: https://www.wellbeingconnectservices.org/</p>	All age groups





Summary of Support	How to contact	Age Ranges
<p>Young Minds</p> <p>Provides a list of organisations and helpline services that support young people affected by racism.</p>	<p>Website: https://www.youngminds.org.uk/young-person/coping-with-life/racism-and-mental-health/</p>	<p>All age groups</p>

Radicalisation

Summary of Support	How to contact	Age Ranges
<p>Action Counters Terrorism (ACT)</p> <p>Share your concerns at ACT (a national police advice line) when someone close to you is developing extreme views or hatred that could lead to them harming themselves or others.</p>	<p>If you believe there is immediate danger to yourself or others call 999</p> <p>Website: https://actearly.uk/</p> <p>Phone: 0800 011 3764 Open every day 9am to 5pm</p> <p>The non-emergency police phone line is 101, available as a text phone service on 18001 101</p>	<p>All ages</p>
<p>CEOP</p> <p>Report concerns about the way someone has been communicating with you online or online abuse.</p>	<p>Website: https://www.ceop.police.uk/safety-centre/</p>	<p>All age groups</p>



Social media

Summary of Support	How to contact	Age Range
<p>Think U Know</p> <p>Gives advice about how to keep yourself safe, keep the internet fun.</p>	<p>Websites: For 11- 13 year olds: https://www.thinkuknow.co.uk/11_13/</p> <p>For young people aged 14+: https://www.thinkuknow.co.uk/14_plus/</p>	<p>11 to 13 years</p> <p>14+ years</p>



Transitions

Summary of Help	How to contact	Age Range
<p>BBC Bitesize</p> <p>Offers support, advice and tips to children and young people on starting secondary school and options for college and university.</p>	<p>Websites: https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1</p> <p>https://www.bbc.co.uk/bitesize/collections/college-and-apprenticeships/1</p>	<p>All age groups</p>
<p>Charlie Waller Trust</p> <p>Provides support, advice and tips for young people starting sixth form, college and university</p>	<p>Website: https://charliewaller.org/student</p>	<p>16+</p>
<p>Every Mind Matters</p> <p>Provides expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.</p>	<p>Website: https://www.nhs.uk/every-mind-matters/</p>	<p>All age groups</p>
<p>Student Space</p> <p>Help and guidance is available for students during the coronavirus. Explore a range of trusted information, services, and tools to help you with the challenges of student life.</p>	<p>Website and webchat: http://www.studentspace.org.uk/</p> <p>Text: STUDENT to 85258 You can also use their search tool to find the services available at your university.</p>	<p>18 to 21 years</p>

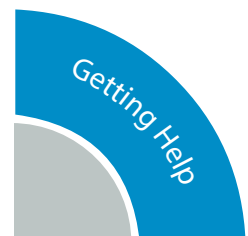



Summary of Help	How to contact	Age Range
<p>The Mix</p> <p>Offers advice and support for young people.</p>	<p>Website and online chat: https://www.themix.org.uk/get-support</p> <p>Text: THEMIX to 85258 Phone: 0808 808 4994 18 to 21</p>	<p>all age groups</p>
<p>Young Minds</p> <p>Provides a way young people can look after themselves whilst being at university.</p>	<p>Website: https://youngminds.org.uk/young-person/my-feelings/</p> <p>Text: YM to 85258</p>	<p>18 to 21 years</p>

Vulnerable children and young people

Summary of Help	How to contact	Age Range
<p>Barnardo’s See, Hear, Respond programme</p> <p>Focusses on finding and reaching out to vulnerable children around the country who are experiencing negative impacts on their health and wellbeing, as well as those at risk of harm.</p>	<p>Website: https://www.barnardos.org.uk/what-we-do/supporting-young-people</p> <p> https://www.youtube.com/barnardos</p>	<p>All age ranges</p>
<p>Enfield HEART Team</p> <p>Thursday drop in session for care leavers to Enfield where they can access mental health support</p> <p style="text-align: right;"></p>	<p>Address: Dugdale Centre Thomas Hardy House 39 London Road Enfield Town EN2 6DS</p>	<p>18-25 years</p>



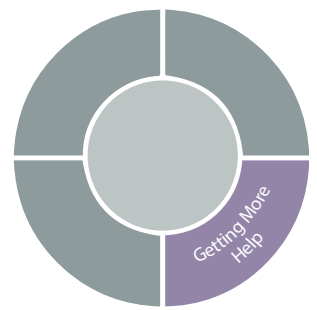


Summary of Help	How to contact	Age Range
<p>Everyone’s Invited</p> <p>A movement committed to eradicating rape culture. Trigger warning for the survivor testimonies: Rape and sexual assault abuse (physical, mental, emotional, verbal, sexual), eating disorders, self-harm, suicide or suicidal ideation, violence, child abuse and paedophilia.</p>	<p>Website: https://www.everyonesinvited.uk/</p>	<p>All age groups</p>
<p>Moving On</p> <p>Transition from children to adulthood Information Booklet 2021/22</p> 	<p>Website: https://new.enfield.gov.uk/services/children-and-education/local-offer/moving-on-information-booklet-local-offer.pdf</p>	<p>14+</p>

Young parents and young parents expecting baby

Summary of support	How to contact	Age Range
<p>Enfield Childrens Centres</p> <p>Provide opportunities for families with children under 5, to learn, develop and have fun. It’s a place for families to attend free courses and sessions.</p> <p>The Children’s Centre brings together a wide range of services and support for families with young children.</p> 	<p>Website: https://www.ccenfield.org/</p> <p>Telephone: 020 8106 9996 Email: enquiries@ccenfield.org</p>	<p>Parents of children 0-5</p>

Summary of support	How to contact	Age Range
<p>Healthy Families Right From the Start (HENRY) Programme</p> <p>Free 8 week programme for families with children 0-5 years living in Enfield. It aims to support families to give their child the best possible start in life by providing tools and skills needed for a healthy happy lifestyle.</p> <p>The programme covers parenting confidence, family lifestyle habits, what we eat, physical activity and enjoying life as a family. It provides everything families need to help get their little one(s) off to a great start.</p>	<p>Email: HENRY@enfield.gov.uk</p> <p>Phone: 0203 855 5856</p> <p>Website: https://new.enfield.gov.uk/healthandwellbeing/healthy-enfield/healthy-maternity-and-childhood/henry-a-new-parenting-programme-for-families-in-enfield/?highlight=henry</p>	<p>Parents of children 0-5</p>




Getting More Help


Some young people will need a co-ordinated team approach from a service or several services to help them and this usually needs a referral from your school or college, your doctor or another professional.

This category of help is usually needed when a young person is completely unable to participate age appropriately in daily activities in at least one context (e.g. school, home, with peers). They may find that they are not able to do the day to day things in all areas. For example, staying at home or in bed all day, not being with friends, experiencing distress on a daily basis and needing constant supervision.

Some young people have mental health needs that overlap with other needs such as autism, learning difficulties, major trauma or difficult relationships.

Summary of Help	How to contact	Age Range
<p>Let's Talk IAPT (Improving Access to Psychological Therapies)</p> <p>Offers free and confidential talking therapies to people aged 16 and over registered with an Enfield GP.</p> <p>Can help with a range of common mental health problems including low mood and all anxiety disorders. They also offer a range of wellbeing workshops in the community.</p> 	<p>Website: http://www.lets-talk-iapt.nhs.uk/</p> <p>Young people can refer themselves to us directly through the website.</p>	<p>Over 16 years</p>



Summary of Help	How to contact	Age Range
<p>Enfield CAMHS</p> <p>Enfield CAMHS (Child and Adolescent Mental Health Service) is the local NHS service that provides assessment and treatment for young people with emotional, behavioural or mental health difficulties. The service is delivered by nurses, therapists, psychologists, child and adolescent psychiatrists (medical doctors specialising in mental health), and support staff. CAMHS supports young people experiencing difficulties such as:</p> <ul style="list-style-type: none"> • anxiety and low mood • problems with eating, or your relationship with food • self-harm and thoughts of suicide • difficult feelings after traumatic events • neurodevelopmental conditions such as autism and ADHD <p>Parents and carers can also be given advice around how to support their child, and CAMHS staff work with other professionals in order to meet the needs of the young person- such as school, GPs, social workers and other professionals.</p> 	<p>Website: https://www.behcamhs.nhs.uk/about-us/enfield-camhs.htm</p> <p>Find out more about making a referral.</p>	<p>0-17 years</p>
<p>Royal Free London NHS Foundation Trust Specialist Eating Disorders Service</p> <p>Royal Free London CAMHS Eating Disorder Service aims to help young people with anorexia nervosa, bulimia nervosa or atypical variations of these disorders, to recover fully in the community.</p>	<p>Website: https://directory.islington.gov.uk/kb5/islington/directory/service.page?id=H7lrHho3cUE</p> <p>GP or Specialist CAMHS referral only.</p>	<p>All ages</p>

Feedback

We would love to hear what you think about this booklet.
Please use this [link](#) to give anonymous feedback.

Acknowledgements

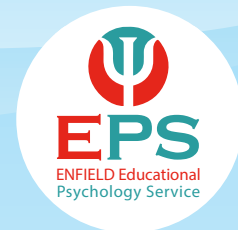
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We would also like to acknowledge and thank the colleagues at the Department of Education and the Healthy London Partnership for the work they have done to bring together key information and resources.

Reference

Wolpert, M., Harris, R., Hodges, S., Fuggle, P., James, R., Wiener, A., ...Munk, S. (2019). THRIVE Framework for system change. London: CAMHS Press.





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Contact Enfield Council

Civic Centre
Silver Street
Enfield
EN1 3XY

www.enfield.gov.uk

