

MY GUIDE TO...

Children and Young People's Emotional and Mental Health Support in Bexley

There are a variety of services to support children and young people with emotional well-being and mental health concerns in Bexley. Services offer different levels and types of support, depending on the needs of the child, young person and the family situation.



1) Where can I find out more about emotional wellbeing and mental health?

- Headscape (<https://headscapebexley.co.uk/>) provides lots of information about different emotions and mental health concerns. Headscape can help both you and your child get a better understanding of their feelings and behaviours.
- The Local Offer website (<https://www.bexleyvoice.org.uk/wellbeing-children--young-people.html>) includes lots of information about available local support and advice.
- Bexley Voice have a great page on mental health and wellbeing for children and young people: <https://www.bexleyvoice.org.uk/wellbeing-children--young-people.html>

2) Where can I find guidance on how to discuss Mental Health with my child/young person?

- The Young Minds website offer helpful information to support you to talk to your child: <https://www.youngminds.org.uk/parent/starting-a-conversation-with-your-child/#Talkingtoyourchild>
- The Child and Adolescent Mental Health Service (CAMHS) Resources website offers a range of information regarding conversations about wellbeing and mental health <https://www.camhs-resources.co.uk/>

3) Where can I get help if my young person is showing signs of low-level anxiety, depression, or other mental health concern?

Your first point of call could be the school, you can ask to talk with the class teacher, Special Educational Needs Coordinator (SENCo), or the School's Mental Health Lead to share your concerns and discuss what might be behind the change in your child. You can ask the school about any initial support they might be able to give.

Some schools will have a school counsellor, or staff for pastoral support, they may also have emotional health and wellbeing groups for young people. For family support, they may provide contacts to find help if daily living problems are impacting emotional health.

Schools may help with joining locally run courses such as:

- **Living with Autism** or **Teen Life** course for parents with children with Autism run by the Autism Advisory Teachers
- Workshops for parents on their own wellbeing; on understanding children and young people's mental health and strategies to support them, and workshops on sleep from the Public Health Advisor for Children and Young People.

If your child goes to a school outside of Bexley, talk to the school, and you can also use the Bexley contacts in this guide to seek advice and support for your child.

If you feel you need more advice and support, you could ask to talk with the school about options for onward referral. Together you can think through what referrals might be suitable.

The school may involve the **Early Intervention and Specialist Advice Service (EISAS)**. This team works with children and give advice to school staff and parents about self-esteem, anger and anxiety issues that show themselves at school, and help children develop resilience and coping strategies. Support depends on the level of the child's need, and what teams the school buy in.

The professionals in EISAS include: Education Psychologists (EPs), Social Emotional Mental Health (SEMH) Support Teachers, Social Workers and Autism Advisory Teachers

4) What else is available to help my child?

You could support your child to access:

- **Kooth** (<https://www.kooth.com/>) Kooth is an online mental health advice and support service that has a range of information and support for those aged 10 – 25 years. It is staffed by trained mental health professionals who provide text-based counselling with young people. This can be particularly beneficial if your young person struggles talking about how they are feeling in person. Accessed from home, including day and evening hours.
- **Headscape** (<https://headscapebexley.co.uk/>) This site provides lots of advice and links to further support. The Headscape quiz can be completed by young people (with support if needed) to better understand their feelings and think about what to do next. Headscape has been designed by young people with Bexley health professionals.

Bexley Voice have a helpful page on mental health and wellbeing, with links to other support (<https://www.bexleyvoice.org.uk/wellbeing-children--young-people.html>)

Check out the **Local Offer** pages on mental-health and emotional wellbeing for more information on what is available locally (<https://www.bexleylocaloffer.uk/Services/5398>) and nationally (<https://www.bexleylocaloffer.uk/Services/5399>)

5) Where can I get help if I have done the above and my child/teenager is showing signs of high levels of anxiety or depression?

Your school can work with the local mental health service to get advice and help you support your young person. The Children's Emotional Wellbeing Service (CHEWs) and the Mental Health in

Schools Teams, both Bexley Child and Adolescent Mental Health Services (CAMHS) work with professionals and parents in many of Bexley's schools to help support children and young people.

Your child may need to be referred to CAMHS, any professional who knows your child well can make a referral to the Bexley NHS CAMHS. Your school may ask you to talk to your GP.

Alternatively, the **Headscape** website (<https://headscapebexley.co.uk/>), can guide a young person through a quiz to help unpick what they are feeling and facilitate a self-referral to the CAMHS service.

6) Where can I go if I feel my child's mental health state is very severe and they are at immediate risk of harm?

You can access **emergency mental health support** through the 24/7 crisis line:

Area	Boroughs covered	24/7 crisis line number
South East London	Bexley, Bromley and Greenwich	0800 330 8590

Young people can use **Shout 24/7** crisis text support for times when immediate assistance is required. Text "SHOUT" to 85258 or visit <https://giveusashout.org/>

7) Where can I get more information if I am worried about self-harm and suicide?

Talk to your GP about your options for onward referral. See **Question 6** if you have urgent concerns about your child or young person's safety.

Young Minds have a helpful parent guide to self-harm:

<https://www.youngminds.org.uk/parent/a-z-guide/self-harm/>

Papyrus (<https://www.papyrus-uk.org/>) advice and support to young people struggling with thoughts of suicide, and anyone worried about a young person.

Call: 0800 068 4141 or Text: 07860 039967 (open 9am to midnight, 365 days a year)

8) Where can I get more information if I am worried about eating problems or disorders?

You can talk to your GP about referrals to a specialist eating disorder service, such as that offered by South London and the Maudsley (**SLaM**) <https://mccaed.slam.nhs.uk/>

Beat (<https://www.beateatingdisorders.org.uk/>) provide support to help young people who may be struggling with an eating problem or an eating disorder.

- Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am –8pm during the week and 4pm –8pm on weekends and bank holidays)