

Children and Young People's Mental Health Services Update - January 2021

We recognise that this may be a worrying time for children, young people and their families and we are working hard to ensure they get the emotional support they need. Below you can find the support available and how it can be accessed.

Self-care, tips, advice and guidance

Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families provides a range of different types of support for children, young people, parents and their families. The [On My Mind](#) section of the website empowers young people to make informed choices about their mental health and wellbeing. There are also dedicated resources on coronavirus <https://www.annafreud.org/coronavirus-support/>.

Young Minds

Young Minds have a dedicated support section for young people seeking mental health support during the coronavirus pandemic <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>.

Getting Help - Mild to Moderate Mental Health Need

If families or professionals are concerned that a young person is experiencing mild to moderate mental health issues they should be advised to explore what support is available through their school or college. This support could include **Mental Health Support Teams** who are currently working with 32 Portsmouth primary and secondary schools, offering a face-to-face provision. The school should make contact with MHST (MHSTCamhsPortsmouth@solent.nhs.uk) for consultation and support for MHST referral where appropriate.

Kooth.com provides a digital emotional health and wellbeing service for young people from age 11-18 (up to age 25 for care leavers and those with an EHCP). Young people can access self-help resources, moderated peer support and professional support from counsellors. Young people can register on Kooth.com, no referral required, site available 24/7, counselling available 12noon-10pm Mon-Fri and 6pm-10pm weekends, 365 days per year. Kooth integrates with local services and signposts young people to face-to-face support where appropriate.

Talking Change provides a range of therapies and treatments for 16 years plus dealing with common mental health difficulties in a 1-2-1 or group setting. Young people can self-refer. Available: Mon-Thurs: 08.00-20.00/Fri:08.00-17.00/Sat: 09.00-13.00. They should contact: 0300 123 39 34.

Getting More Help - Moderate to Severe Mental Health Need

If families or professionals are concerned that a young person is experiencing moderate to severe mental health issues that are ongoing and impacting daily life then they should contact **CAMHS Single Point of Access** for consultation and advice. They offer face-to-face, web based, telephone support on a needs led basis. Available: Mon - Fri: 09.00 - 17.00. Please contact: 0300 123 6632.

Please be aware waiting times are currently longer than usual however, they continue to respond to urgent need within 72 hrs.

Getting Crisis Support

If a young person is experiencing acute emotional distress with high risk to self and others they should contact 111 which is available 24/7.