



Emotional Wellbeing and Mental Health Support for Children and Young People Living in Surrey

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Wellbeing Advice

The User Voice and Participation (UVP) team ensure young people and their parent carers have their voices heard in the services that they access. Before we share with you some Surrey and national services that can support your emotional wellbeing and mental health, the UVP team share some of their general wellbeing top tips to support emotional wellbeing and mental health!

WELLBEING POST

For young people

Tips #1 to #6

- #1- Find a small daily routine 
- #2- Go for a short walk daily 
- #3- Do an hours exercise each day 
- #4- Call a friend each day 
- #5- Have 10 minutes of me time 
- #6- Come off your phone 2 hours before bed 



WELLBEING POST

For young people

Tips #7 to #12

- #7- Write down 3 things you are grateful for 
- #8- It's ok not to feel ok 
- #9- Give yourself time and space to speak about your feelings 
- #10- Don't read too much news 
- #11- Try to learn a new skill 
- #12- Try using some grounding techniques.
E.g. 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste. 





Bereavement:

Surrey Services:

- **Jigsaw**, information, advice and guidance to help support bereaved children and young people and those facing death of a loved one.

<https://www.jigsawsoutheast.org.uk/>

National Services:

- **Child Bereavement UK (CBUK)**, offers support, guidance and information to families when a child or young person is facing bereavement. Call 08000 28840.

<https://www.childbereavementuk.org/>

- **Winston's Wish**, a charity that supports children and young people after the death of a family member. Winston's Wish offers freephone support, email service and drop in advice. Call 08088 02002.

<https://www.winstonswish.org/>

Winston's Wish
the charity for bereaved children



jigsaw
south east

Bereavement by Suicide:

Surrey Services:

- **Surrey and Borders Partnership Finding Your Way booklet**, a directory of suicide bereavement services.

<https://www.sabp.nhs.uk/finding-your-way>

- **Surrey Suicide bereavement support service.**

https://www.sabp.nhs.uk/application/files/5015/5247/7716/A73948_SB_Bereavement_By_Suicide_P6.pdf

- **Survivors of bereaved by suicide.**

<https://uksobs.org/>



Mental Health Crisis Support:

Surrey Services:

- **A&E**, if your life is at risk and you feel unable to keep yourself safe, you need an emergency service. A&E departments are open 24 hours a day or you can call 999.
- **CYP Haven**, mental health crisis service for young people age 10-18. 4pm-8.30pm weekdays, 12pm-6pm weekends.
<https://www.cyphaven.net/>
- **Extended Hope via Emergency Duty Team (EDT)**, for young people age 11+ in a mental health crisis, 01483 517898 operates 5pm-11pm 7 days a week.
<http://www.hopeservice.org.uk/>
- **The Mental Health Crisis Helpline**, is a telephone service offering support to those who are experiencing a mental health crisis. Lines are open 24 hours, seven days a week, call 0800 915 4644 or text 07717 989024.
<https://www.sabp.nhs.uk/our-services/mental-health/CrisisHelpLn>



**CYP
HAVEN**

NHS

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Mental Health Support Services:

Surrey Services:

- **CAMHS Single Point of Access**, a single point of contact for referrals to Surrey and Borders Partnership services is called the CAMHS Single Point of Access. Referrals can be made by all health, education and social care practitioners, for example GPs and teachers. If a child or young person is already known to a team, please contact them directly.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/referrals>



- **CAMHS Community Teams**, work across Surrey, promoting good mental health and provide assessment and treatment to children and young people up to the age of 18 with mental health concerns.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/MH-LD/camhs>
- **CAMHS Eating Disorders Service**, community eating disorder service for children and young people age 0-18.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/MH-LD/ED-CYP>
- **CAMHS STARS**, sexual trauma assessment recovery and support for young people who have been affected by sexual abuse.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/MH-LD/STARS>
- **Kooth**, online counselling, self-help and moderated peer support for young people age 10-18.
<https://www.kooth.com/>
- **Learning Space**, early intervention for young people age 5+.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/early-intervention/learning-s>
- **Relate**, counselling service for 10-18-year-olds with mild to moderate mental health in West Surrey.
<http://www.relatewestsurrey.org.uk/>



National Services:

- **B-eat**, an eating disorders support service.
<https://www.beateatingdisorders.org.uk/>
- **YoungMinds**, children and young people's mental health charity.
<https://youngminds.org.uk/find-help/get-urgent-help/>



- **Childline**, advice and support about a range of issues.
<https://www.childline.org.uk/>
- **Mind**, mental health charity.
<https://www.mind.org.uk/>
- **Papyrus**, charity for the prevention of young suicide.
<https://papyrus-uk.org/>
- **Samaritans**, works to make sure there is always someone there for anyone who needs someone.
<https://www.samaritans.org/>
- **SHOUT**, shout 85258 is a free, confidential 24/7 text support service.
<https://giveusashout.org/>
- **Stem4**, charity that supports positive mental health in teenagers.
<https://stem4.org.uk/>





Mental Health Support Services (Age 18-25)

Surrey Services:

- **Headstogether**, counselling for young people age 11-24 in East Surrey.
<https://www.ymcaeast Surrey.org.uk/our-services/youth/heads-together-counselling/>
- **CAMHS Mindful Service**, mental health support for young people 16-25 not in education, employment or training.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/MH-LD/mindful>
- **CAMHS Youth Counselling Service**, counselling for young people age 12-24.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/early-intervention/youth-counselling-service>
- **Step by Step**, counselling for 11-25-year olds living in South West Surrey.
<https://www.stepbystep.org.uk/young-people/mental-health/counselling/>
- **The Mary Francis Trust**, mental health and emotional wellbeing charity in Surrey available for young people 18+.
<https://www.maryfrancetrust.org.uk/>

National Services:

- **The Mix**, information and support for young people under 25.
<https://www.themix.org.uk/>



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Mental Health Support in Schools

Surrey Services:

- **CAMHS Child Wellbeing Practitioners**, offer guided self-help for children and adolescent with mild to moderate mental health difficulties.
<https://www.healthysurrey.org.uk/professionals/healthy-schools/services-for-surrey-schools>
- **CAMHS Primary Mental Health Team**, supports children and young people when you feel emotionally or mentally unwell by helping to build resilience.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/early-intervention/primary-mh>
- **Eikon**, wellbeing support service in schools.
<https://eikon.org.uk/>



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Mental Health Support Services (Care Leavers, Looked After Children & Adoption)

Surrey Services:

- **Children in Care Services (3C's)**, specialist team providing mental health support for young people who are in the care of Surrey's Children Services.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/MH-LD/CAMHS-children-in-care/children-care>
- **Mindsight Surrey CAMHS**, Care Leavers service for young people age 16-25 with emerging moderate mental health difficulties.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/MH-LD/camhs-care-leavers>
- **Post Order Support Service**, dedicated service to children and young people age 0-18 years old who are subject to adoption or special guardianship order.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/MH-LD/post-order-support>



Participation & Peer Groups

Surrey Services:

- **CAMHS Youth Advisors**, emotional wellbeing and mental health participation group for young people age 10-25.
<https://cyauk.com/support/>
- **Care Council & Care Council Juniors**, participation group for Looked After Children and Care Leavers for young people age 8-25.
<https://www.surreycc.gov.uk/social-care-and-health/children-in-care/user-voice/in-care/the-surrey-care-council>
- **SEND Youth Advisors Surrey**, participation group for young people age 10-25 with Special Educational Needs and/or Disabilities.
<https://syas.uk/>
- **Parents & Carers Advisors**, participation and support group for parents and carers whose children and young people access services in Surrey.
<https://www.facebook.com/PACASurrey/>
- **Family Voice**, Parent Carer Forum to speak up for families of children and young people with additional needs in Surrey.
<https://www.familyvoicesurrey.org/>
- **Twister**, LGBTQ+ youth group, a safe space where young people age 13-19 (25 with additional needs) can meet to get support, make friends and take part in fun activities.
<https://www.surreycc.gov.uk/people-and-community/families/support-and-advice/young-people/lgbt-support>





Skills

- **Enabling Independence**, for young people at 18+ promoting recovery, independence and social inclusion.
<https://www.sabp.nhs.uk/our-services/mental-health/community-services/EIguildford>
- **Recovery College**, courses for those 18+ designed to support people in their recovery.
<https://www.sabp.nhs.uk/our-services/recovery/recovery-college>



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Special Education Needs and Disability Services (SEND) & Mental Health

Surrey Services:

- **Barnardo's**, aims to support parent carers of children (6-18 years old) who have a diagnosis of attention deficit hyperactivity disorder (ADHD).
<https://www.barnardos.org.uk/what-we-do/services/surrey-positive-parenting-service>
- **CAMHS Behaviour and Neurodevelopment Service (BEN)**, provides information, advice, guidance and treatment for children, young people and their families where neurodevelopmental disorders are suspected and diagnosed.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/MH-LD/behaviour-neurodev>
- **CAMHS for Children with Learning Disabilities**, provide assessment, consultation and short, focused treatments and support for children and young people up to the age of 18 who have a learning disability.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/MH-LD/community-LD4YP>



- **Learners Single Point of Access (L-SPA)**, if you have a SEND related enquiry or concern, you can call the L-SPA on 0300 200 1015.
https://www.surreylocaloffer.org.uk/kb5/surrey/localoffer/advice.page?id=BeWV_RqJqII
- **National Autistic Society**, Family Support Service to parents and carers who have received a diagnosis of autism for their child or young people (aged 0-18) who live in Surrey.
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/early-intervention/national-autistic-society>
- **SEND Advice Surrey**, provide impartial, confidential and free support to empower parent, carers, children and young people with Special Educational Needs and Disabilities (SEND) aged 0-25 years.
<https://sendadvice.surrey.org.uk/>



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Substance Misuse

Surrey Services:

- **Catalyst**, offer mental health, wellbeing and drug/alcohol support for anyone over the age of 16.
<https://www.catalystsupport.org.uk/>
- **Catch22**, substance misuse services, providing confidential support and advise for young people aged up to 25.
<https://www.catch-22.org.uk/services/surrey-young-peoples-substance-misuse-service/>

National Services:

- **Frank**, find out everything you need to know about drugs, their effects and the law.
<https://www.talktofrank.com/>

**catch
22**

FRANK
Friendly, confidential drugs advice

catalyst
HELPING PEOPLE CHANGE

Emotional Wellbeing and Mental Health Support Apps

- **Calm Harm**
- **Catch It**
- **Clear Fear**
- **Daylio**
- **Stay Alive**
- **Elefriends**
- **Happier**
- **Headspace**
- **Mindshift**
- **Reachout Worrytime**

If you have any questions for the User Voice and Participation Team, please do contact us on the below details!

Contact us for more information or to get involved!

Email: user.voice@surreycc.gov.uk

 On Facebook: [/UserVoiceandParticipationTeam](https://www.facebook.com/UserVoiceandParticipationTeam)

  On Instagram and Twitter: [@ourvoicesurrey](https://www.instagram.com/ourvoicesurrey)