

Redbridge Emotional Wellbeing and Mental Health Service (EWMHS)- Resource Booklet

Who we are

The community based Redbridge Emotional Well Being and mental health service offers help to young people from birth up to the age of 18 who are experiencing emotional, behavioral and mental health difficulties. EWMHS includes the Well Being Hub and Specialist CAMHS services.

Contact Us

Emotional Well Being and Mental Health Services
Specialist Community Health Service for Children and Young People

The Grove, Grove Road
Chadwell Heath
Essex
RM6 4XH

Tel: 0300 555 1182 / 0300 300 1624

Email: nem-tr.rbcypspa@nhs.net

Opening times: 9am - 5pm, Monday to Friday. After hours, or in an emergency please contact our 24 hour crisis line - Mental Health Direct on **0300 555 1000**.

Referrals

Referrals will be accepted from professionals as well as parents/carers and self-referrals.



What young people struggle with?

- Feeling Anxious
- General Support
- Autism
- Loosing someone special
- Challenging Behaviors
- Feeling Low
- Body Image worries and difficulties with eating
- Emotional Distress(Self-harm)
- Substance Misuse
- Hearing Voices
- Futher Help & Advice

General Support

The Mix

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline. Free phone: 0808 808 4994 or 1-21 chat.



Anxiety is a feeling of unease, such as worry or fear that can be mild or severe. Everyone has feelings of feeling worried at some point in their life- for example you may be worried about sitting an exam or attending a job interview.

Feeling Anxious

(Anxiety)



NHSGOAPP

This App enables young people aged under 24 living in London to have access to free, confidential health information and advice 24/7 'to take control of their health'. It has been designed by young people through the Healthy London Partnership. Posters are available to promote the service.

Young people are able to access information through a Health A-Z or through subject buttons. It covers key areas relating to emotional wellbeing including, anxiety. www.nhsgo.uk It is free to download from the Apple and Google play stores. There is an introductory film designed for use in assemblies, clubs etc. introducing the App <http://bit.ly/2bQBHzd>

AnxietyCareUk

The group is open to people with an anxiety/OCD disorder, carers, families and friends. No need to book in advance, just turn up to the session.

Email : office@anxietycare.org

Website : www.anxietycare.org.uk

MindUk

www.mind.org.uk

Provides advice and support to anyone with a mental health problem and is also part of the Time to Change campaign. The website provides:

- an extensive A-Z of Mental Health covering a wide range of subjects



Autism is a mental health condition, present from early childhood, characterized by great difficulty in communicating and forming relationships with other people and in using language and abstract concepts.

Autism



The Autism Project

The Autism Project (TAP) is a full time 2 year employment programme for young people on the autism spectrum, who would like work but need more confidence, support, skills and experience. We use a module based learning system so students can start at the beginning of any term and can progress at a pace that best meets their individual needs.

Contact: Judith Kerem
Telephone: 07958 610864 or 020 7060 5706
Website: www.care-trade.org/

Romford Autistic Group Support

(www.rags-haverling.org.uk) is an independent parent-led support group for families who have children with Autism/Asperger's Syndrome aged 5+. There is nominal annual membership fee.

Telephone Number: 01708 564871 / 07760 169187

Sycamore Trust

Educating the community and empowering individuals affected by Autistic Spectrum Disorders and/or Learning Difficulties.

Head Office : 0208 517 9317 / 0208 262 5330
Autism Hub: 01708 749 816

www.sycamoretrust.org.uk



Bereavement is a period of mourning after a loss, especially after the death of a loved one.

Losing someone special (Bereavement)

Grief Encounter

We support bereaved children and their families to help alleviate the pain caused by the death of someone close. Our services are free, funded through the generosity of our supporters. Website www.griefencounter.org.uk

[Tel:020083718455](tel:020083718455)



Winston's Wish
the charity for bereaved children

Winstons Wish

Winston's Wish is the UK's childhood bereavement charity. We support children and their families after the death of a parent or sibling. They provide professional therapeutic help in individual, group and residential settings. We are the only specialist provider of support for children bereaved through homicide and suicide, as well as military families who have been bereaved.

The Winston's Wish Freephone National Helpline is a vital support tool for those coping with bereavement. It is manned by trained clinical practitioners and is free and confidential. Call: **08088 020 021** for free advice and support.

Website: www.winstonswish.org.uk

Challenging Behaviors include behaviors such as, self-injurious behavior such as hitting, biting, shouting and swearing. This can also include difficulties with concentrating, sitting still, focusing and concentrating.

Challenging Behaviors

The Cube (Communication and Understanding of Behaviour for Education)

(www.cranbrookprimaryschool.com). Is a behaviour and inclusion unit located in Cranbrook Primary School providing short stay placements for mainly KS2 pupils. Pupils spend part of every day in mainstream classes but also receive targeted 'nurturing' support to enable them to self-regulate their behaviour and return to their mainstream school.

Schools refer.

Tele: 0208 518 2562

Understanding Challenging Behaviour



Add-Up

Add up was set up to bring families together, to guide parents in the right direction to find the practical help they need for their children and to promote both public and professional awareness of ADHD. We feel we have achieved many of our aims and will continue to work towards a better understanding of this condition amongst professionals.

Telephone: 01708-454040

www.addup.co.uk

Feeling low includes; feeling sad, trouble sleeping and a change in appetite.

Feeling Low

KOOTH

KOOTH is an on line service offering emotional and mental health support to 11-19 year olds (or 25 with SEND). Young people chose an avatar and can have 'drop in' chats with a counsellor or therapist, book a 1:1 session, or talk to other young people anonymously. Redbridge CCG has commissioned KOOTH. It will be available to the most vulnerable young people in the borough and access to the resource sits with the Head of Behavior and Inclusion. **Kooth is only available to children at Loxford, Oaks Park, Beal High & Valentines High.**



Mood Cafe

Mood café is an online resource that has useful resources on how to deal with depression such as relaxation techniques, online CBT and many more.

Contact: enquiries@moodcafe.co.uk

Website: www.moodcafe.co.uk



Young Minds

Young Minds is the national charity committed to improving the mental health of all babies, children and young people. Young Minds also provides a Parent's Information Service for anyone with concerns about the mental health of a child or young person.

www.youngminds.org.uk **YOUNGmINDS**

Substance Misuse is the misuse of negative substances to feel good when life is not going too well.

Substance Misuse

Fusion

Fusion NELFT provides a free, friendly confidential service to young people in the borough of Redbridge under the age of 18 who are using, or at risk of using drugs and alcohol. Fusion NELFT also provides family support for parents or carers of young people who are using substances. We provide training and workshops for young people and professionals around drug and alcohol awareness and the risks and effects associated with substances



Tel: 020 8708 7801

Fax: 020 8708 7802

Email: fusion@redbridge.gov.uk

Opening times: 9am-5pm, Monday to Friday

Talk To Frank

FRANK is a national drug education propaganda service jointly established by the Department of Health and Home Office of the British government in 2003.^{[1][2]} It is intended to reduce the use of both legal and illegal drugs by educating teenagers and adolescents about the potential effects of drugs. It has run many media campaigns on,¹ radio and the internet.



www.talktofrank.com

Hearing voices is an auditory hallucination that may or may not be associated with a mental health problem. It is the most common type of hallucination in people with psychotic disorders such as schizophrenia. However, a large number of otherwise healthy individuals have also reported hearing voices.

Hearing Voices

Voice Collective

Voice Collective is a UK-wide, London-based project that supports children and young people who hear voices, see visions, have other 'unusual' sensory experiences or beliefs. We also offer support for parents/families, and training for youth workers, social workers, mental health professionals and other supporters. Their work is funded by BBC Children In Need and the Esmée Fairbairn Foundation, amongst others.



You can contact them by e-mail (info@voicecollective.co.uk) or phone (020 7911 0822). You are also welcome to join their [online peer support forum](#).

MindUK



www.mind.org.uk

Provides advice and support to anyone with a mental health problem and is also part of the Time to Change campaign. The website provides:

- an extensive A-Z of Mental Health covering a wide range of subjects

More Anxiety and Depression Resources

GoZen-website for Young People and Parents

Sitting Still Like a Frog by Eline Suel-(comes with CD
Mindfulness exercise)

Breaking free from OCD- Self-help book

www.blurtitout.org- online counselling

www.bigwhitewall.com – online counselling

www.getselfhelp.co.uk- worksheets, mood monitoring (adults),
formulations handouts, anxiety management

Bereavement Resources

Child Bereavement UK-article on bereavement by suicide.

Anna Freud Centre- Podcast 'Child in Mind & What is Trauma.'

Winston's Wish Books- 'Luna's Red Hat', 'Beyond the rough
rock', workbooks: bereavement/cancer- 'what to do when
someone special dies' and 'When bad things happen'.

Exam Stress Resources

Smiling mind app  - mindfulness exercise in age bands

Exam stress app- free.

ChildLine website.

Parental Support & Advice

Parent of Autistic Children Together (PACT)

Support for Autism

02082200090

www.pact-uk.co.uk

Relate Family Counselling

Family Support

01708441722

www.relate.org.uk

Our Pact

Parental Control for Social Media, Devices, Internet and
Texting Access

<http://ourpact.com/>

Bullying UK (advice parents and schools)

www.bullying.co.uk

Module especially for families – parents and carers who
are looking for advice and tips about CYP mental health,
alongside existing modules for professionals

www.minded.org.uk