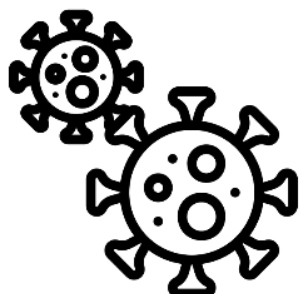


# Mental health support for children, young people and their families



Covid affects all of our lives – it is still a difficult time for lots of children and young people



There are now more children and young people looking for help with their mental health than before Covid



The NHS and councils in north central London are working hard to support them

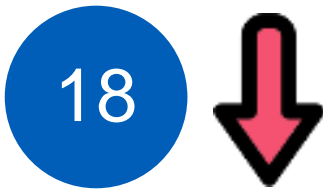


We want to make sure children, young people and their families get the advice and support they need during these difficult times

# Where to get urgent help



## 24 hour mental health crisis support line



If you are under the age of **18** and in crisis – or the parent or carer of someone under the age of 18 in crisis



**and** you live in

- Barnet
- Camden
- Enfield
- Haringey
- or Islington

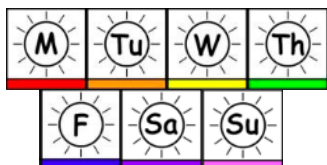


you can call the **mental health crisis support line** on

**0800 151 0023**



it's open **24** hours a day



**7** days a week



## Children and young people's mental health services (CAMHS)



If your child is already being supported by CAMHS you can



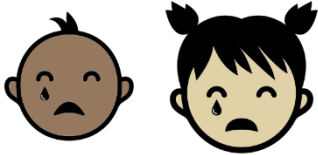
- call the care coordinator
- or call the duty team during office hours



Out of office hours and at weekends you can call the **mental health crisis support line** on **0800 151 0023**



## Accident and emergency department (A and E)



If a child or young person

- needs emergency medical help
- is seriously ill or their life is at risk



**call 999**  
**or take them to the nearest A and E**



## NHS 111

If you are not sure what to do and need advice  
you can

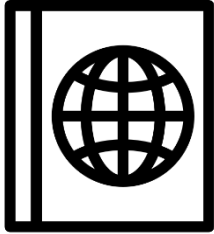


check **NHS 111** online here <https://111.nhs.uk/>



or call **111**

# Other support available



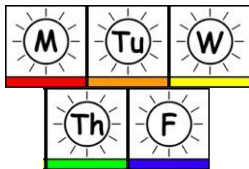
Here are some organisations offering mental health support and advice for children and young people



## Kooth



Kooth offer free and confidential mental health support – it's an online service for young people aged **11 to 25**

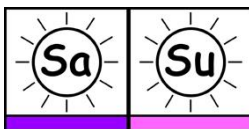


The Kooth team are around every day from

**12am to 10pm**

**Monday to Friday**

and from



**6pm to 10pm**

on **Saturday** and **Sunday**



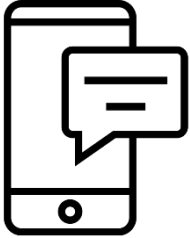
You can take a look at their website here

[www.kooth.com](http://www.kooth.com)

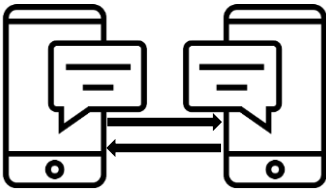


## Shout 85258

If you want to speak to a volunteer who will listen and work through your problems with you



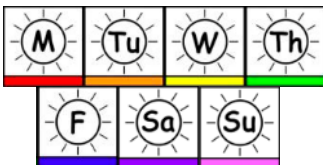
**text** the word **shout**  
to **85258**



They offer free and confidential mental health support by text message



Text message support is available  
**24 hours** a day



**7 days** a week



You can take a look at their website here  
[www.giveusashout.org](http://www.giveusashout.org)

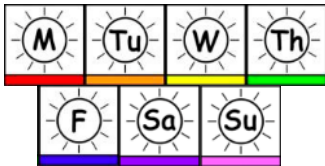


## Papyrus

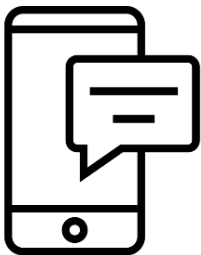
Papyrus offer confidential support and advice to young people struggling with their feelings – and to anyone worried about a young person



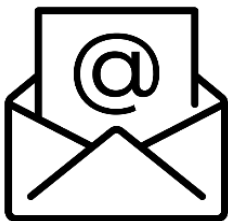
You can call them for **free** on  
**0800 068 4141**



Support is available every day  
from  
**9am to 12am**



You can text them on  
**07860 039 967**



You can email them at  
[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)



You can take a look at their website here  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

**childline**

ONLINE, ON THE PHONE, ANYTIME

## Childline

Childline is a confidential helpline for any child or young person with a problem

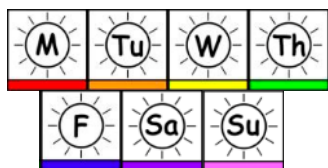


You can call them for free on

**0800 11 11**



The helpline is open **24** hours a day



**7** days a week



You can have an online chat with a counsellor from

**9am to 10.30pm**



You can take a look at their website here

[www.childline.org.uk](http://www.childline.org.uk)





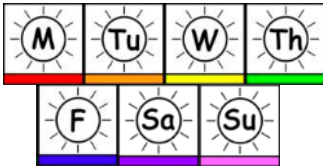
## The Mix



The Mix provide a free and confidential helpline and online service whatever the problem

You can call them for free on

**0808 808 4994**



The helpline is open every day from  
**3pm to 12am**



or you can email them here

<https://www.themix.org.uk/get-support/speak-to-our-team/email-us>



You can also take a look at their website here

[www.themix.org.uk](http://www.themix.org.uk)

## Every mind matters



Every Mind Matters is an online service for young people – it offers advice on how to look after their mental health and wellbeing

You can check out their website here

<https://bit.ly/3zqSEdz>