

Children and Young People's Emotional Wellbeing and Mental Health Service

If you need support, here's what to do

If you're in immediate danger:
call 999

If you are concerned about your
mental health, you can call and
talk to your GP

If you have an urgent need, call our
crisis team on 0800 915 4644 . It's open
24 hours a day – 7 days a week.

If you're not in a crisis, but still need support ...

Visit our website, www.mindworks-surrey.org – this offers a wide range of information which can help your mental health and wellbeing. We have resources such as My Safety Plan and self-help tips to help guide you through your wellbeing during challenging times. You'll find links to useful websites, recommended reading and apps, plus coping strategies to help you through difficult times.

We are partnered with Kooth, who are a digital mental health platform providing confidential support for all young people. Here you can access forums, activity centres, messaging and live counselling. You can get support when you need it, with no waiting lists or need to be referred by an adult. Visit www.kooth.com for more information.

Sometimes it might feel easier to message/ text about how you are feeling and there are many places you can do this:

- **Shout** : is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope. To start a conversation, text the word 'SHOUT' to 85258.
- **Chat Health** : is a safe and easy way for you to speak to a qualified health professional. They provide information about services near you that can provide support. Contact them through their website www.chathealth.nhs.uk

Mindworks Surrey provide a free out-of-hours helpline if you have or think you may have ADHD or Autism. It's open every night of the year, including weekends, on 0300 222 5755 from 5pm to 11pm.

The CYP (Children & Young People) Haven is a safe space for any child or young people aged 10–18 to go where they can talk about worries and mental health in a confidential, friendly and supportive place. Scan the QR code for more information.



The Mindworks Access and Advice Team can also provide support in signposting you to more help.
Call them on 0300 222 5755.

We also work closely with young people groups such as Amplify, their contact email amplify.mindworks@sabp.nhs.uk and Surrey Youth Voice, where your voice can help us help other young people's mental health and wellbeing services across Surrey and North East Hampshire. Contact them on 01483 519 464 or user.voice@surreycc.gov.uk

