

Mental health signposting for 11-25 age groups

Advice and signposting for
settings/services who support young people
between the ages of 16-25.

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Young Minds

Support for young people and parents, as well as resources for schools.

Some of the support includes; counselling/therapy, how to speak to a GP, reaching out and a guide to CAMHS.

[Guide to Mental Health Support & CAMHS | YoungMinds](#)



Support for parents

My child's feelings and behaviour
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My child needs urgent help

Parental support around the above topics

[Find Help For My Child's Mental Health | Parents | YoungMinds](#)



Boingboing

Boingboing aims to model and promote resilience research and practice that challenges social inequalities, in pursuit of a loving, fun and fair world where individuals from all walks of life are valued and respected. We are a community of individuals of all ages, in paid, volunteer and student roles who aim to co-design, co-produce and co-deliver everything we do.

[Boingboing co-produced resilience research and practice - Boingboing](#)



Every child matters

Advice and self-help techniques for mental health and well-being.

[Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)



NSPCC

Support and tips to help you keep children safe. From advice on children's mental health to staying safe online, support for parents and what to do if you're worried about a child.

[Keeping children safe | NSPCC](#)

Topics include 

Away from home

Children starting school or work, and taking part in activities can be both exciting and worrying. We've got tips to help you keep children safe.

[Find out more](#)

Children's mental health

Advice on how to support your child if they're struggling with depression, anxiety, self-harm or suicidal thoughts.

[Learn more](#)

In the home

We've got advice to help children build up independence at their pace, keeping them safe both at home and if they're moving out.

[Learn more](#)

Online safety

From online games and video apps to sexting and online porn, we've got advice to help you keep your child safe online.

[Learn more](#)

Our services

Our services help children who've been abused, protect children at risk, and find the best ways to prevent child abuse from ever happening.

[Learn more](#)

Reporting child abuse and neglect

Whether you want to report child abuse and neglect, or are worried about a child and not sure what to do, we have advice for you.

[Find out more](#)

Sex and relationships

Advice around healthy relationships, sexuality, gender identity and support to help you keep children safe.

[Learn more](#)

Support for parents

Parenting can be rewarding, but it can also be challenging. We've got advice on dealing with babies and tantrums, to divorce and mental health problems.

[Learn more](#)

Talking about drugs and alcohol

Lots of parents are concerned about underage drinking and drug taking. Find out how you can keep your child safe and aware of the risks.

[Learn more](#)



Nip in the bud

Nip in the Bud® works with mental health professionals of the highest standing to produce FREE short evidence-based films and fact sheets to help parents, educationalists and others working with children to recognise potential mental health conditions. The goal is to increase the prospects of early intervention and to avoid those conditions becoming more serious in later years.

[Nip in the Bud | Child Mental Health Resources for Parents and Teachers](#)



Families under pressure

Dealing with child behaviour problems. Try these simple tips and tricks, formulated by researchers and NHS mental health experts, which are backed by science and proven to work with families.

[Parenting Tips & Tricks - Families Under Pressure - Maudsley Charity](#)



Action for children

We've teamed up with Royal Mail and The Prince's Trust to launch our Can't Talk, Write toolkits. These downloadable workbooks are full of activities to get young people writing.

We've come up with two toolkits. The first is for young people aged 11-18 years old; the second is for adults working with young people. Each toolkit includes printable activities and ideas to get young people writing.

The young person's version has 10 activities. Each one encourages a different style of writing. We hope young people will find something that works for them.

The facilitators' toolkit is for adults to use with young people. It's divided into 10 sessions – each with an accompanying activity. The activities help young people to express their emotions, either alone or in a group.

[Writing to improve mental health | Can't Talk, Write |
Action For Children](#)



On my mind

Self-care

Resources to enable the prioritisation of mental health and wellbeing

[Read more →](#)

Understanding treatment options

Understanding treatment options can help you think about what treatment works for you.

[Read more →](#)

Receiving support

This section has been co-produced with children and young people including Anna Freud's Young Champions and features staff from across the organisation.

[Read more →](#)

Understanding referrals

A guide to the referral process and answers to some common questions about referrals.

[Read more →](#)

Know your rights

No matter how old you are, who you live with or what your experience with mental health is, you deserve to be treated fairly and given the same rights as everyone else.

[Read more →](#)

Shared decision making

Working with family and professionals to make sure the treatment and support you receive is right for you.

[Read more →](#)

LGBTQI+ mental health

Support for lesbian, gay, bisexual, trans and intersex young people.

[Read more →](#)

Dealing with loss and bereavement

Ideas and support on how to deal with a loss or bereavement.

[Read more →](#)

Helping someone else

How to support friends with their mental health.

[Read more →](#)

Managing social media

Advice and guidance on how to minimise the impact of social media on your mental health.

[Read more →](#)

Support and resources around the following areas.

[For children and young people | Anna Freud](#)



What to do in a mental health crisis.

Our [Single Point of Access](#) is a Mental Health Crisis Line which offers emotional support and advice to people who require urgent mental health attention, 24 hours a day, 7 days a week. It is open to children and adults of all ages, to people who haven't previously used mental health services and to carers and family members who might be concerned about someone.

You can reach us by phoning 0800 0234 650 (Freephone) or emailing cnw-tr.spa@nhs.net; we also take calls from 111.

If you or the person you are calling about are someone who is already receiving care from one of our mental health teams between the hours of 9am-5pm Monday to Friday we encourage you to call the mental health team that looks after you.

Please only attend A&E if you have an emergency about your physical health, otherwise please call our Single Point of Access 0800 0234 650 in the first instance. If you are unsure, or have a non-life-threatening medical need, call 111 or visit [111 online](#) who can also direct you to your local mental health crisis line if your concerns are related to mental health

[Help in a mental health crisis :: Central and North West London NHS Foundation Trust \(cnwl.nhs.uk\)](#)



DASH

DASH can offer advice and support for people with a disability who are a resident of Hillingdon.

We can support with disability related benefits, breaches of the equality act and many other topics related to disability.

To access this support or to book an appointment please call [02088488319](tel:02088488319) or email info@dash.org.uk

[DASH Services | Disability Does Not Mean Inability](#)



LGBTQI support

A group for young people who are part of the LGBTQI community or questioning their sexuality or sexual identity.

Our younger group (13-16) runs on the first Thursday of the month from 16:30 - 18:30.

Our older group (16-19) runs on the last Thursday of the month from 17:00 - 19:00.

Both these groups are held near the Civic Centre in Uxbridge.

The group is referral based, so young people can be referred by parents/professionals, or can self-refer.

This can be done through the Targeted Services webpage: [Targeted programmes for children and adolescents - Hillingdon Council](#)

Our email address can also be used to find out further information if any young people/parents wanted to get in touch.

Email: shwb@hillingdon.gov.uk



Sexual Health and Wellbeing

We run a sexual health and wellbeing drop-in on Thursday afternoons between 15:15 and 18:00 at the Uxbridge Family Hub where young people can access advice, contraception and signposting for any concerns they may have around their sexual health, relationships and identity. This can be accessed by anyone under the age of 25.



KISS
Keep it safe 'n' sorted
SEXUAL HEALTH & WELLBEING

DROP-IN
For 13-19 year-olds in Hillingdon

KISS is a confidential sexual health and wellbeing service that provides advice and information on:

- Healthy Relationships**
 - Safe place to talk about relationships, as well as understanding consent and boundaries.
 - Signposting for further support.
- Sexual health**
 - Information on where to access STI screenings - either at home or at a clinic.
 - Advice on preventing STIs.
- Pregnancy Testing**
 - Access free pregnancy testing.
 - Information and support around options with pregnancy and preventing pregnancy.
- Contraception**
 - Discuss different types of contraception available and how to access this.
 - Access free condoms through the c-card scheme.
 - Advice on where to find emergency contraception. *We do not provide emergency contraception.

If you are under 25 and registered for the c-card scheme, you can access free condoms here. 
- Sexuality and Identity**
 - Information on LGBT+ groups. 
 - Signposting to support services.

WHERE TO FIND US
Drop in to see us every Thursday
Time: 3:15pm - 6pm
Uxbridge Family Hub
Civic Centre
High Street, Uxbridge
UB8 1UW
Continue past the main entrance of the Civic Centre on the left-hand side towards the garden area, down the ramp and to the Uxbridge Family Hub.

You can also find KISS at:
The Wakley Centre
Grange Road,
Hayes,
UB3 2RR 

Mondays
4pm - 6pm
*STI screening and emergency contraception available here

 shwb@hillingdon.gov.uk



KOOTH – an online mental health community

Just some of the things you'll find on Kooth



Articles

Helpful articles, personal experiences and tips from young people and our Kooth team.



Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!



Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.



Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

[Home - Kooth](#)



Brilliant Parents – programmes for parents

If you are a parent and you reside in Hillingdon, then this page is for you!

We at Brilliant Parents believe that parenting, by far, is the most challenging, but most rewarding job there is.

We are delighted that Hillingdon Council takes parenting very seriously and as a result has been offering parent support for many years now.

[Brilliant Parents - Local Authorities - Hillingdon | Brilliant Parents](#)



Support for carers

Becoming a carer for a member of your family is not something you would generally plan for. Our mission is to offer support and guidance to carers of all ages throughout the London Borough of Hillingdon. We aim to provide the information, advice, training and support you need when you become a carer. Sign up today!

[Carers Trust Hillingdon](#)



Our Second Home

There are thousands of young refugees and migrants arriving in this country every year. These young people are often isolated and lonely, living in foster care or supported accommodation, without the necessary infrastructure to develop positive social relationships or learn vital skills.

Our Second Home exists to plug this gap. We believe that by providing the infrastructure and tools that they lack, we can tap into the potential of these individuals and help build the next generation of refugee leaders. To do this, we host residential programmes and year-round activities, creating a safe, communal space that enables us to teach leadership skills and spark ideas.

[Our Second Home | Non profit organisation for refugees & asylum seekers](#)



P3

All P3 services support their clients to live healthy lifestyles.

Sometimes the healthcare system can be confusing and intimidating. There's doctors, dentists, clinics, opticians, psychologists and otologists, and that's before you've even managed to squeeze in your five a day!

Our staff can't give medical advice, but we can help you access the right services for your health needs, we can help you live a healthier lifestyle and many of our services specialise in supporting you to manage and improve your mental health

[Health - P3 \(p3charity.org\)](https://p3charity.org)



Hub of hope

A one stop shop to find support for mental health, wellbeing, abuse prevention and care. Local and national services.

[Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)



CAMHS and me

Information about what CNWL CAMHS do, who works in CAMHS, what happens during your first appointment, moving on after CAMHS support and tips on how you can take care of yourself.

camhs.cnwl.nhs.uk



Give us a shout

24/7 text service for anyone in crisis on 85258.

www.giveusashout.org/



The mix

For young people under 25. The Mix offer free phone, email or webchat.
You can also use their phone counselling service or get more
information on support services you might need.

www.themix.org.uk



Mindfulness resources

www.good-thinking.uk provides tools and resources around managing anxiety, stress, sleep difficulties and low mood.

Smiling Mind (www.smilingmind.com.au/smiling-mind-app) is a free app and website that provides mindfulness exercises for young people and adults.

Stop-Breathe-Think (www.stopbreathethink.com/) guides people through meditations for mindfulness & compassion.

SAM (sam-app.org.uk/) is an app to help you understand and manage anxiety.



Support for self-harm

[Strategies to manage urges of self harm](#)

www.harmless.org.uk

[Calm Harm is a free app that helps manage urges to self-harm.](#)

BlueIce (www.oxfordhealth.nhs.uk/blueice/) is a prescribed evidence-based app to help young people manage their emotions and to reduce urges to self-harm.



Support for bereavement

Bereavement Care and Support

(www.bereavementcareandsupport.co.uk) support adults and children in the London Boroughs of Harrow and Hillingdon and the surrounding area who would like some help in coping with their bereavement.



Support for alcohol and drug related issues

SORTED is a confidential service for 11 to 25-year-olds in Hillingdon who are experiencing a drug or alcohol-related problem. They offer a range of support and treatment options, such as one-to-one counselling, relapse prevention, general health care, and family support. SORTED also offer an informal personal appointment system and support and advice to family members and friends. Once you make contact, someone will arrange an appointment with you, so you can meet and get to know each other, identify problems, and agree some changes you want to make in your life. If you're ready to speak to someone and tell us what the problem is, call SORTED on 01895 250721.

ARCH <https://archhillingdon.org> is a free and confidential service for young people and adults who live or are registered with a GP in Hillingdon.

Many people turn to drink or drugs as a way of dealing with negative feelings, such as depression, stress, trauma or anxiety.

We work with people at any stage of their alcohol or drug difficulties to provide a single point of access to assessment and treatment, for problems.

We recognise the importance of providing treatment for both the substance misuse problem, as well as any associated emotional / mental health issues.



ASD and ADHD related support and other conditions

Centre for **ADHD & Autism** Support (www.adhdandautism.org) supports, educates and empowers individuals with a diagnosis of ADHD and / or Autism, their families, and the community. Through raising awareness we change perceptions and break down barriers. Led and run by trained people who have first-hand experience of family members with one or both conditions.

Hillingdon **Autism** Care & Support (HACS; www.hacs.org.uk) are committed to raising awareness, knowledge and understanding of the autism spectrum. HACS meets the needs of each individual on the autism spectrum and their families, achieved through the integration of family support, training and recreation services. They also provide advice, guidance and support to professionals working with the individual, such as school staff.

Confidential, impartial support and advice for parents, carers, children and young people (up to 25 years) in relation to Special Educational Needs and Disabilities via sendiass@hillingdon.gov.uk

National **Autism** Society (NAS; www.autism.org.uk) provide information, advice and support to young people and adults with ASD, as well as their parents / carers, schools and other professionals.

Resources for **Autism** (www.resourcesforautism)

<https://www.gosh.nhs.uk/medical-information/clinical-specialties/neurology-information-parents-and-visitors/clinics-and-wards/tourette-syndrome-clinic>

The **Tourette syndrome** clinic is a national specialist service that cares for children and young people up to 18 years of age. We have a specialist multi-disciplinary team that works closely with other departments within GOSH, in particular neurology. The care of children is always shared between local services and the specialist service here at GOSH. (www.gosh.org.uk) provide practical support for parents, young people and families.



CAMHS services

<https://www.national.slam.nhs.uk/services/camhs/camhs-dialecticalbehaviour/>

The service specialises in the assessment and treatment of young people who have a history of self-harm and symptoms associated with borderline personality disorder such as impulsiveness, unstable relationships, anger, difficulties controlling emotions and feelings of emptiness. We provide assessment, treatment, consultation and training. Treatment involves individual therapy and group skills training for the young person. The young person's parents or carers also take part in group skills training.

North West London forensic child and adolescent mental health services help children and young people build trust, wellbeing and hope for the future, to be safe and thrive, working with local services.

We support professionals working with young people with forensic risk or challenging behaviour, mental health, emotional or neurodevelopmental needs.

We're a small, multi-disciplinary health team, with a range of clinical experience and specialist knowledge, supporting professionals working with young people under the age of 18, who're at risk of being placed in a secure setting. We work to help maintain community and educational placements, aiming for positive outcomes for young people and their families.

Northwest London CAMHS, St Bernard's Hospital, UB1 3EU, Telephone:0208 354 8002Email: Wlm-tr.nwlfcamhs@nhs.net

