

## **Children & Young Peoples Emotional Wellbeing and Mental Health Services**

### ***Information for West Sussex General Practice and Secondary Schools - April 2020***

**During the management of COVID 19 children and young peoples emotional wellbeing and mental health services continue to provide online and telephone support, and face to face support when medically necessary.**

Please find below:

- Links to websites that provide information for young people and their parents and carers.
- Commissioned service information (including referral information) for:
  - *Early Intervention and Support – mild to moderate mental health issues*
  - *Support for specific issues*
  - *Specialist Services – moderate to severe mental health issues*

**If you are concerned about a child or young person and they require crisis support please do not advise them to attend A&E unless they have a medical issue. Please advise them to call the Sussex Mental Healthline (24/7) – 0300 5000 101.**

**If you have a safeguarding concern** please contact the Multi-Agency Safeguarding Hub (MASH) - 01403 229900 or Out of Hours 0300 222 6664

**If you would like advice** about a child or young person that you are supporting please call the Community Mental Health Liaison Team on 0300 304 0304 (more details over page).

**Find it Out (Covid 19 Support)** - If a young person (11-25) needs information and advice about how to access the right support please advise them to contact:

**Mid-Sussex, Crawley and Horsham**

**0330 2228087 or [earlyhelpdutynorth@westsussex.gov.uk](mailto:earlyhelpdutynorth@westsussex.gov.uk)**

**Arun, Chichester, Worthing and Adur**

**0330 222 8077 or [earlyhelpdutysouth@westsussex.gov.uk](mailto:earlyhelpdutysouth@westsussex.gov.uk)**

### **Information and support for young people and their families –**

**E wellbeing** – a website to support children and young people with their mental health across Sussex: [e-wellbeing.co.uk](http://e-wellbeing.co.uk)

**Minds** - Supporting children and young people with worries about COVID-19: [emergingminds.org.uk](http://emergingminds.org.uk)

**Healios** – Thinkninja app providing self-help knowledge and skills for 10-18 year olds who maybe experiencing increased anxiety and stress: [healios.org.uk/services/thinkninja1](http://healios.org.uk/services/thinkninja1)

**Mind** - [mind.org.uk/information-support/for-children-and-young-people](http://mind.org.uk/information-support/for-children-and-young-people)

**Young Minds** - [youngminds.org.uk](http://youngminds.org.uk)

**Your Space** – [westsussex.gov.uk/education-children-and-families/your-space](http://westsussex.gov.uk/education-children-and-families/your-space)

### **Information for parents and carers**

**The Local Offer** - [westsussex.local-offer.org/information\\_pages/69-emotional-wellbeing-and-mental-health-for-parent-carers](http://westsussex.local-offer.org/information_pages/69-emotional-wellbeing-and-mental-health-for-parent-carers)

## Early Intervention and Support Services (mild to moderate mental health issues)

<p><b>Youth Emotional Support (YES)</b></p> <p><b>West Sussex County Council</b></p> <p>A service for CYP to support their emotional wellbeing. Offers one-to-one and group support.</p>	<p><b>Age 11 to 18 years</b></p> <p>Self referral or referral from other agencies</p> <p>Tel: 0330 222 6711</p> <p>Email: <a href="mailto:yes@westsussex.gov.uk">yes@westsussex.gov.uk</a></p>
<p><b>Counselling</b></p> <p><b>YMCA Dialogue</b></p> <p>Therapeutic support for young people presenting with mild to moderate emotional wellbeing and mental health needs. Includes counselling, online interventions, CBT based support, family work and art psychotherapy</p>	<p><b>11 to 18 years old</b></p> <p>Self referral or referral from other agencies</p> <p>Tel: 07739 893707</p> <p>Email: <a href="mailto:community.counselling@ymcadlg.org">community.counselling@ymcadlg.org</a></p> <p><a href="http://ymcadlg.org/what-we-do/health-and-wellbeing/ymca-dialogue-counselling-services/community-based-counselling-services">ymcadlg.org/what-we-do/health-and-wellbeing/ymca-dialogue-counselling-services/community-based-counselling-services</a></p>
<p><b>Community Mental Health Liaison Service (CMHL) (Support for Professionals)</b></p> <p><b>Sussex Partnership NHS Foundation Trust</b></p> <p>Advice and Support for <b>professionals</b> working with children and young people under the age of 18 with mild to moderate mental health concerns.</p>	<p><b>Under 18 years</b></p> <p><b>If you are professional concerned about a young person please call or e mail (not for parents / carers):</b></p> <p>Tel: 0300 304 0304</p> <p>Email: <a href="mailto:spnt.cmhlserviceaccesspoint@nhs.net">spnt.cmhlserviceaccesspoint@nhs.net</a></p> <p><a href="http://sussexpartnership.nhs.uk/west-sussex-cmhl-service">sussexpartnership.nhs.uk/west-sussex-cmhl-service</a></p>
<p><b>"Be OK" a mental health service for young people in Adur, Arun, Worthing &amp; Chichester</b></p> <p><b>West Sussex MIND</b></p> <p>Mental health support for young people aged 16-25.</p>	<p><b>Age 16 to 25 years</b></p> <p>Self referral or referral from other agencies</p> <p>Worthing, Adur &amp; Chanctonbury Tel: 01903 268107 Email: <a href="mailto:ypsworthing@westsussexmind.org">ypsworthing@westsussexmind.org</a></p> <p>Littlehampton &amp; Bognor Regis Tel: 01903 721893 Email: <a href="mailto:ypsarun@westsussexmind.org">ypsarun@westsussexmind.org</a></p> <p>Chichester &amp; Midhurst Tel: 07946 988212 Email: <a href="mailto:ypsichichester@westsussexmind.org">ypsichichester@westsussexmind.org</a></p> <p><a href="http://westsussexmind.org/mental-health-support/support-for-younger-people">westsussexmind.org/mental-health-support/support-for-younger-people</a></p>
<p><b>"Be OK" a mental health service for young people in Crawley, Horsham and Mid-Sussex</b></p> <p><b>Sussex Oakleaf</b></p> <p>Mental health support for young people aged 16-25.</p>	<p><b>Age 16 to 25 years</b></p> <p>Self referral or referral from other agencies</p> <p>Crawley Tel: 01293 534782 Email: <a href="mailto:pathfinder.crawley@sussexoakleaf.org.uk">pathfinder.crawley@sussexoakleaf.org.uk</a></p> <p>Mid Sussex Tel: 01444 416391 Email: <a href="mailto:pathfinder.mid-sussex@sussexoakleaf.org.uk">pathfinder.mid-sussex@sussexoakleaf.org.uk</a></p> <p><a href="http://sussexoakleaf.org.uk/be-ok">sussexoakleaf.org.uk/be-ok</a></p>

## Support for Specific Issues

<p><b>Bereavement Support for families</b></p> <p><b>Winston's Wish</b></p> <p>Counselling for CYP who have experienced bereavement in their direct family.</p> <p>Specific West Sussex offer for CYP who have experienced a traumatic death or are experiencing complicated grief.</p>	<p><b>Ages 5 to 18 years plus families</b></p> <p>Self referral or referral from other agencies</p> <p>Tel: 08088 020 021</p> <p><a href="http://winstonswish.org">winstonswish.org</a></p>
<p><b>Children and Young Peoples Therapeutic service (Parent / Carer Substance Misuse)</b></p> <p><b>Change Grow Live (CGL)</b></p> <p>A therapeutic service for children and young adults aged 5-18 years who have been affected by a parent, carer or sibling's substance misuse.</p>	<p><b>Age 5 to 18 years</b></p> <p>Self referral or referral from other agencies</p> <p>Tel: 03003 038677 (option 1)</p> <p>Text: 07392 317151</p> <p>Email: <a href="mailto:cyptherapy.wsxdawn@cgl.org.uk">cyptherapy.wsxdawn@cgl.org.uk</a></p> <p><a href="http://changeGrowLive.org/children-and-young-peoples-therapeutic-service-west-sussex">changeGrowLive.org/children-and-young-peoples-therapeutic-service-west-sussex</a></p>
<p><b>LGBT+ Advocacy Service</b></p> <p><b>Allsorts</b></p> <p>Advocacy for LGBT+ identifying young people to provide information, signposting, referral and representation as agreed with the young person. To assist exploration of options, prioritise, plan how to manage, and prevent further crisis.</p>	<p><b>Age 11 to 19 years</b></p> <p>Self referral or referral from other agencies</p> <p>Tel: 01273 721211</p> <p>Email: <a href="mailto:westsussex@allsortsyouth.org.uk">westsussex@allsortsyouth.org.uk</a></p> <p><a href="http://allsortsyouth.org.uk/what-we-do/advocacy">allsortsyouth.org.uk/what-we-do/advocacy</a></p>
<p><b>LGBT+ Support</b></p> <p><b>Allsorts</b></p> <p>Support workers providing group and 1-to-1 emotional support for CYP who are lesbian, gay, bisexual, transgender or unsure (LGBT+) of their sexual orientation and/or gender identity.</p>	<p><b>Age 11 to 19 years</b></p> <p>Self referral or referral from other agencies</p> <p>Tel: 01273 721211 Mobile: 07383 106472</p> <p>Email: <a href="mailto:westsussex@allsortsyouth.org.uk">westsussex@allsortsyouth.org.uk</a></p> <p><a href="http://allsortsyouth.org.uk/young-people">allsortsyouth.org.uk/young-people</a></p>
<p><b>Sexual Abuse Counselling</b></p> <p><b>Lifecentre</b></p> <p>Counselling, play and pre-trial therapy for CYP (and supporters) who have experienced sexual abuse</p>	<p><b>Ages 3 to 18 years</b></p> <p>Self referral or referral from other agencies</p> <p>Referrals Tel: 01243 786349</p> <p>Email: <a href="mailto:info@lifecentre.uk.com">info@lifecentre.uk.com</a></p> <p>Helpline Tel: 0808 8020808 Text: 07717 989022</p> <p><a href="http://lifecentre.uk.com/counselling-at-lifecentre/our-work-with-children-young-people/">lifecentre.uk.com/counselling-at-lifecentre/our-work-with-children-young-people/</a></p>

## Specialist Services (moderate to severe mental health issues)

<p><b>Children &amp; Adolescent Mental Health Services (CAMHS)</b></p> <p><b>Sussex Partnership NHS Foundation Trust</b></p> <p>CAMHS are made up of specialist teams offering assessment and treatment to children and young people up to age 18 who have moderate to severe mental health problems.</p>	<p><b>Under 18 years</b></p> <p><b>Referrals from GP, School Nurses, SENCOs, School Counsellors</b></p> <p><b>Chichester and Bognor:</b></p> <p>Mon – Fri 9am to 5pm Tel: 01243 813405  <a href="mailto:SPNT.ChichesterCAMHS@nhs.net">SPNT.ChichesterCAMHS@nhs.net</a></p> <p><b>Crawley, Mid Sussex and Horsham:</b></p> <p>Mon – Fri 9am to 5pm Tel: 0300 304 0021  <a href="mailto:SPNT.crch@nhs.net">SPNT.crch@nhs.net</a></p> <p><b>Worthing, Adur and Littlehampton:</b></p> <p>Mon – Sun 9am to 5pm Tel: 01903 286754  <a href="mailto:SPNT.admin-camhsworthing@nhs.net">SPNT.admin-camhsworthing@nhs.net</a>  <a href="https://sussexcamhs.nhs.uk/help-support/">https://sussexcamhs.nhs.uk/help-support/</a></p>
<p><b>Early Intervention Psychosis Service</b></p> <p><b>Sussex Partnership NHS Foundation Trust</b></p> <p>Support for CYP experiencing psychosis for the first time.</p>	<p><b>13 to 65 years</b></p> <p>Referral open to all agencies and self referral</p> <p>Bognor Regis: 01243 841041</p> <p>Horsham: 01403 223200</p> <p>Worthing: 0300 304 0667</p> <p>Out of Hours: 0300 500 0101</p> <p><a href="https://www.sussexpartnership.nhs.uk/early-intervention-psychosis">https://www.sussexpartnership.nhs.uk/early-intervention-psychosis</a></p>
<p><b>Family Eating Disorders Service</b></p> <p><b>Sussex Partnership NHS Foundation NHS Trust</b></p> <p>Sussex-wide eating disorder service.</p>	<p><b>Age 10 to 18 years</b></p> <p>Referral open to all agencies and self referral</p> <p>For advice on the service Tel:01444 472670</p> <p>Email: <a href="mailto:SPNT.feds@nhs.net">SPNT.feds@nhs.net</a></p> <p><a href="https://www.sussexpartnership.nhs.uk/eatingdisorder">https://www.sussexpartnership.nhs.uk/eatingdisorder</a></p>

*Please note the service information above includes commissioned emotional wellbeing and mental health services for children and young people in West Sussex. This does not include information regarding local service offers that have not been commissioned by the Joint Commissioning Team.*

*If you have any questions about this document, please contact Jane Taylor or Lizzie Izzard in the Children and Young Peoples Joint Commissioning Team:*

Jane Taylor – CAMHS Commissioning Manager

[jane.taylor@westsussex.gov.uk](mailto:jane.taylor@westsussex.gov.uk) or 0330 222 3741

Lizzie Izzard – Programme Manager

[lizzie.izzard@westsussex.gov.uk](mailto:lizzie.izzard@westsussex.gov.uk) or 0330 222 2824