

**What to do if worried about**

**a child/young person’s**

**mental health?**

Concerns in relation to the mental health of children and young people are usually a combination of behaviours including persistent tantrums, non-compliance, angry outbursts, anxiety, low in mood, not sleeping, restless, not eating and withdrawn and are usually persistent or re-occurring in nature.

***For those providing out of school/holiday provision***

**2 and under**

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| --- | --- | --- |
| **What are you worried about?** | **Who/what can help?** | **How to refer/access help?** |
| Anxiety  Not sleeping/restless  Not eating  Withdrawn | SureSTEPS-peer support volunteers offer support in pregnancy and up to 2 year birthday if needed  Toyhouse and Social Action for Health  and  Island House Community Parents is a similar scheme with support up to baby’s 1st birthday | [suresteps@toyhouse.org.uk](mailto:suresteps@toyhouse.org.uk)  [sure.steps@safh.org.uk](mailto:sure.steps@safh.org.uk)  [cpenquires@island-house.org](mailto:cpenquires@island-house.org) |
| Health visitors  Parents can contact a health visitor if they are worried about themselves or their child’s health and wellbeing | [thgpcg.hvrecordsandreferrals@nhs.net](mailto:thgpcg.hvrecordsandreferrals@nhs.net)  020 3 961 8564 |

**3-5-year olds**

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| **What are you worried about?** | **Who/what can help?** | **How to refer/access help?** |
| Behavioural difficulties | TH CAMHS  <http://camhs.elft.nhs.uk/> | Self-referral  Via GP/School/CSC/etc. |
| Emotional and behavioural difficulties | Docklands Outreach  [Info@dockout.org.uk](mailto:Info@dockout.org.uk) | Self (parent/carers), schools, community organisations, CAMHS, GPs, schools, CSC. |

**Primary age children**

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| **What are you worried about?** | **Who/what can help?** | **How to refer/access help?** |
| Behavioural difficulties | TH CAMHS  <http://camhs.elft.nhs.uk/> | Self-referral  Via GP/School/CSC/etc. |
| Emotional, behavioural and conduct difficulties | Docklands Outreach  [Info@dockout.org.uk](mailto:Info@dockout.org.uk) | Self (parent/carers), schools, community organisations, CAMHS, GPs, schools, CSC. |
| Anxiety  Not sleeping/restless  Not eating  Withdrawn | KOOTH from the age of 11 <https://www.kooth.com/> | Self-referral by young person |

**Secondary age children**

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| **What are you worried about?** | **Who/what can help?** | **How to refer/access help?** |
| Moderate/severe mental health difficulties | TH CAMHS  [**http://camhs.elft.nhs.uk/**](http://camhs.elft.nhs.uk/) | Self-referral  Via GP/School/CSC/etc. |
| Emotional, behavioural and conduct difficulties | Docklands Outreach  [Info@dockout.org.uk](mailto:Info@dockout.org.uk) | Self (parent/carers), schools, community organisations, CAMHS, GPs, schools, CSC etc |
| Wellbeing, Sexual Health, LGBTQ+ and Mental Health | Step Forward  [info@step-forward.org](mailto:info@step-forward.org) | Self (parent/carers), schools, community organisations, CAMHS, GPs, schools, CSC etc |
| Anxiety  Not sleeping/restless  Not eating  Withdrawn | KOOTH  <https://www.kooth.com/> | Self-referral by young person |
| Docklands Outreach  [Info@dockout.org.uk](mailto:Info@dockout.org.uk) | Self (parent/carers), schools, community organisations, CAMHS, GPs, schools, CSC. |

***For schools/nurseries***

**2 and under**

|  |  |  |
| --- | --- | --- |
| **What are you worried about?** | **Who/what can help?** | **How to refer/access help?** |
| Anxiety  Not sleeping/restless  Not eating  Withdrawn | SureSTEPS-peer support volunteers offer support in pregnancy and up to 2 year birthday if needed  Toyhouse and Social Action for Health  and  Island House Community Parents is a similar scheme with support up to baby’s 1st birthday | [suresteps@toyhouse.org.uk](mailto:suresteps@toyhouse.org.uk)  [sure.steps@safh.org.uk](mailto:sure.steps@safh.org.uk)  [cpenquires@island-house.org](mailto:cpenquires@island-house.org) |
| Health visitors  Parents can contact a health visitor if they are worried about themselves or their child’s health and wellbeing | [thgpcg.hvrecordsandreferrals@nhs.net](mailto:thgpcg.hvrecordsandreferrals@nhs.net)  020 3 961 8564 |

**3-5-year olds**

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| --- | --- | --- |
| **What are you worried about?** | **Who/what can help?** | **How to refer/access help?** |
| Emotional, behavioural and conduct difficulties | Docklands Outreach  [Info@dockout.org.uk](mailto:Info@dockout.org.uk) | Self (parent/carers), schools, community organisations, CAMHS, GPs, schools, CSC. |

**Primary age children**

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| --- | --- | --- |
| **What are you worried about?** | **Who/what can help?** | **How to refer/access help?** |
| Behavioural difficulties | THEWS (Tower Hamlets Education Wellbeing Service) | Via school |
| Behavioural difficulties | TH CAMHS  <http://camhs.elft.nhs.uk/> | Self-referral  Via GP/School/CSC/etc. |
| Emotional, behavioural and conduct difficulties | Docklands Outreach  [Info@dockout.org.uk](mailto:Info@dockout.org.uk) | Self (parent/carers), schools, community organisations, CAMHS, GPs, schools, CSC. |
| Anxiety  Not sleeping/restless  Not eating  Withdrawn | KOOTH from the age of 11  <https://www.kooth.com/> | Self-referral by young person |
| Place2Be/other school-commissioned support | In Schools |

**Secondary age children**

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| **What are you worried about?** | **Who/what can help?** | **How to refer/access help?** |
| Mild to moderate mental health difficulties (anxiety/depression) | THEWS (Tower Hamlets Education Wellbeing Service) | Via school |
| Any other moderate/severe mental health difficulties | TH CAMHS  <http://camhs.elft.nhs.uk/> | Self-referral  Via GP/School/CSC/etc. |
| Mild, moderate, complex mental health difficulties – up to 21 years old | Docklands Outreach  [Info@dockout.org.uk](mailto:Info@dockout.org.uk) | Self (parent/carers), schools, community organisations, CAMHS, GPs, schools, CSC. |
| Wellbeing, Sexual Health, LGBTQ+ and Mental Health | Step Forward  [info@step-forward.org](mailto:info@step-forward.org) | Self (parent/carers), schools, community organisations, CAMHS, GPs, schools, CSC. |
| Anxiety  Not sleeping/restless  Not eating  Withdrawn | KOOTH  <https://www.kooth.com/> | Self-referral by young person |
| Docklands Outreach  [Info@dockout.org.uk](mailto:Info@dockout.org.uk) | Self (parent/carers), schools, community organisations, CAMHS, GPs, schools, CSC. |
| Place2Be/Mind with Heart/other school-commissioned support | In schools |

**Useful Resources**; (These can be used to assist in informing decisions about possible referrals or interventions)

Concerns in relation to the mental health of children and young people are usually a combination of behaviours including persistent tantrums, non-compliance, angry outbursts, anxiety, low in mood, not sleeping, restless, not eating and withdrawn and are usually persistent or re-occurring in nature. If you are concerned about a child/young person who is displaying mild behaviours, there are some good websites to help you and the child/young person do something to help:

Young Minds - <https://youngminds.org.uk/>

Anna Freud Centre - <https://www.annafreud.org/>

The Mix - <https://www.themix.org.uk/mental-health>

Kooth - <https://www.kooth.com/>

Muslim Youth Helpline- <https://www.myh.org.uk/>

**Supporting bereaved children, and links to supporting them with bereavement during COVID-19**

Many children will have questions and worries about the virus, but those who have experienced the death of someone important or who have an ill family member might be particularly worried.

**Child Bereavement UK**

[**https://www.childbereavementuk.org/**](https://www.childbereavementuk.org/)

Child Bereavement UK have guidance films and information to support families and schools in supporting children during the outbreak, including staying in touch with someone who is seriously ill, supporting bereaved children during difficult times and supporting pupils. They also have many resources to support professionals and parents with child bereavement, including:

<https://www.childbereavementuk.org/coronavirus-supporting-children>

Winston’s Wish

<https://www.winstonswish.org/>

Winston's Wish have produced guidance on topics including talking to bereaved children about coronavirus, telling a child that someone has died from coronavirus, and saying goodbye when a funeral isn't possible:

<https://www.winstonswish.org/coronavirus/>

**Cruse Bereavement Care** have produced some [tips about talking to children](https://www.cruse.org.uk/coronavirus/children-and-young-people) among their wider resources about [grief and coronavirus](https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief)

**Hope Again**

Hope Again is the youth website of [Cruse Bereavement Care](http://www.cruse.org.uk). It is a safe place where young people can learn from other young people, how to cope with grief, and feel less alone.

Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one.

Hope Again provides somewhere to turn to when someone dies.

<https://www.hopeagain.org.uk/>

Also has advice for parents:

<https://www.hopeagain.org.uk/hope-again-parent>

**Teenagers Guide to Grief:**

[**https://www.griefencounter.org.uk/wp-content/uploads/2015/09/12583-Teenagers-Guide.pdf**](https://www.griefencounter.org.uk/wp-content/uploads/2015/09/12583-Teenagers-Guide.pdf)

**The Child Bereavement Network**

[**http://www.childhoodbereavementnetwork.org.uk/home.aspx**](http://www.childhoodbereavementnetwork.org.uk/home.aspx)

The Child Bereavement Network has a good list of resources to support bereaved children: <http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>

**24hr Tower Hamlets Mental Health Crisis Line** - If you are struggling with your mental health and wellbeing and feel that you need urgent help then you can call the 24hr Tower Hamlets Mental Health Crisis Line on 0800 073 0003. In all other emergencies call 999

**Samaritans**: 116 123 (24-hour crisis line for people contemplating harming themselves) Website: [Samaritans](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.samaritans.org%2Fhow-we-can-help%2Fcontact-samaritan%2F&data=04%7C01%7CJonathan.Solomons%40towerhamlets.gov.uk%7C9c421a6028a6444d372508d8a0415090%7C3c0aec87f983418fb3dcd35db83fb5d2%7C0%7C0%7C637435549788676573%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C2000&sdata=EnIR1laKgFB7jxFZhuHl6l8O61z72bgeEJO7v%2BTyy2A%3D&reserved=0)

**Childline**: Tel: 0800 1111

**Local Contact Details;**

Early Help – 0207 364 5006 (Option 2)

MASH – 0207 364 5601

CAMHS – 0207 515 6633/ 0207 426 2375

Docklands Outreach – 0207 538 1601

Step Forward – 0207 739 3082