

Mental health support for children, young people and their families



Easy read booklet

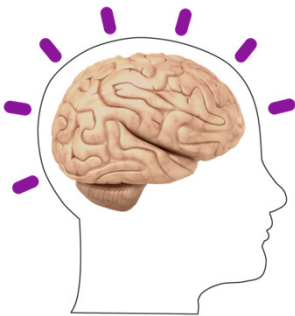
Who we are and what this booklet is about



We are **NHS North Central London ICB**. **ICB** stands for **Integrated Care Board**. **Integrated Care Board** means we plan how the NHS gives care to people.



We want to make sure children, young people and families in **North Central London** can get help and advice with their **mental health**.



Mental health means how you think and feel about yourself and your life.



North Central London means the areas of Barnet, Camden, Enfield, Haringey and Islington.



This booklet tells you who to contact if you, your child or a young person needs help.

Where to get urgent help



24/7 mental health support number

There is a number you can call if your child or a young person who is younger than 18 years old needs urgent help with their mental health.

Call this number
0800 151 0023
any day, any time.



CAMHS

CAMHS stands for **Children and Adolescent Mental Health Services**. An **adolescent** is a young person.



If your child already has help from **CAMHS** you can contact the team or their **care coordinator**. A **care coordinator** works with you to plan your child's care.

A&E



If your child or young person has a **serious** health problem you should call **999** or go to your nearest hospital emergency (**A&E**) department.

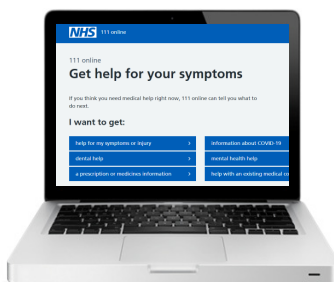


A **serious** health problem is when you need help straightaway to save your life, or when your child cannot keep themselves safe.

NHS 111



NHS 111 is a website you can go to or a number you can call for advice if you don't know what to do about a health problem.



To contact **NHS 111** go to this website **111.nhs.uk** or call **111**.

Other organisations and websites



The next few pages tell you about some websites and services that can help you, your child or a young person with their mental health.



The Mix

The Mix is a service that finds young people the help they need.



Call this number to talk to someone
0808 808 4994
any day from 3pm to 11pm.



Go to this website to use their
discussion board
www.themix.org.uk

Hello.
How are you?



The **discussion board** is where young people can talk to each other and get advice about any problems they have.

Kooth



Kooth is a website that can help young people with any problems they have with their mental health.



Kooth is for young people who are 11 to 25 years old.



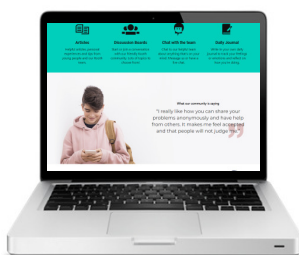
The website is free to use and **anonymous**. **Anonymous** means no one will know who you are.



You can go on the website any day, any time.



You can talk to someone from the **Kooth** team Monday to Friday from midday to 10pm, or Saturdays and Sundays from 6pm to 10pm.



Go to their website to find out more about how **Kooth** can help www.kooth.com

Shout 85258



Shout is a service that lets you send text messages to a trained **volunteer** about any problems you have with your mental health.

Anyone can use this service. Text the word **Shout** to the number **85258**.

A **volunteer** is someone who helps an organisation or a charity for free.



They can help you if you feel very sad, worried, or if you want to hurt yourself or end your own life.



You can talk about any problems you have with other people or if someone is being mean to you.



Go to this website to find out more about how **Shout 85258** can help
www.giveusashout.org

Papyrus



Papyrus is a service that gives help and advice to young people who want to end their own life.



You can use **Papyrus** if you are worried about a young person.



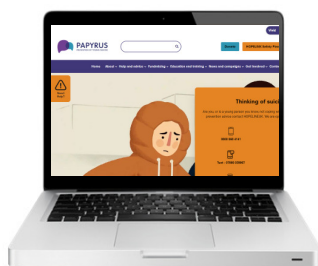
Call this number to talk to someone
0800 068 41 41 everyday
from 9am to midnight.



or text this number
07860 039967



or send an email to this address
pat@papyrus-uk.org



Go to this website to find out more
about how **Papyrus** can help
www.papyrus-uk.org

Childline



Childline is a service that lets children talk about anything they want to in **private**.



Private means anything you say will not be told to anyone else.



Call this number to talk to someone
0800 11 11



Go to this website to talk to a **counsellor** online
<https://www.childline.org.uk/getsupport/1-2-1-counsellor-chat/>



A **counsellor** is an expert who is trained to help you with your mental health.



Go to this website to find out more about how **Childline** can help
www.childline.org.uk

Every Mind Matters



Every Mind Matters is a website that gives advice to young people.



Young people can get advice about their mental health or what to do when something really bad happens to them.



Go to this website to find out how **Every Mind Matters** can help
www.nhs.uk/oneyou/every-mind-matters/youth-mental-health

Good Thinking



Good Thinking is a website you can go to for advice and information.



You can get help if you feel very sad, worried, or have problems with how you sleep or eat.



Go to this website to find out more about how **Good Thinking** can help
www.good-thinking.uk



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