



Young People's Emotional Support Service

Mild to moderate mental health needs.

Incredible things happen
when we believe in children.

**Believe in
children**
 **Barnardo's**

Our service will:

Support children and young people (CYP) aged 10-17 (up to 25 for Care Leavers and SEND) with mild to moderate emotional health needs.

Provide each CYP with a Welcome Pack on their first meeting with their practitioner.

Offer CYP short-term support with their mental health and emotional well-being.

Give CYP a central voice in their care and recovery.

Operate a "no wrong door" approach and signpost to other relevant local support where necessary.

Offer outreach support with Clinicians and/or Well-being Navigators.

Be flexible in offering suitable supportive spaces as guided by the young person.

Provide online tailored support through the "Journey" tool.



Our Service Supports:

Relationship problems/Family relationship difficulties

Mild to moderate emotional and behavioural disorders

Child behaviour problems (sleep, feeding, tantrums) once physical causes have been considered and the behaviour falls outside the range of 'normal' behaviour

Conduct disorders

Low levels of anxiety, depression, stress and or other mood disorders, or low self-esteem

Concerns/issues about attachment

Adjustment reactions

Simple phobias

Self-harm – where this is mild to moderate

Bullying

Anger management issues

Poor/distorted body image

Issues regarding identity/gender/sexuality/race/culture/acculturation

Repetitive problematic behaviours

Compulsive or obsessional behavioural patterns

Bereavement and/or loss (including anticipatory)

Sleep problems

Eating issues (not eating disorder where eligible for the Eating Disorders Service)

Experience of abuse (physical, emotional, and sexual) and/or neglect

(For above moderate to severe emotional well-being needs, we will support the young person to find the right agency or signpost accordingly)



Referral Process

Our service welcome's referrals from professionals, parent/carers and directly from CYP.

To refer into our service please complete the relevant enquiry form on our website:

<https://www.barnardos.org.uk/what-we-do/services/tower-hamlets-emotional-wellbeing-service>

You will then be sent our referral form. Once received, Barnardo's will contact the young person within 72 hours.

Journey Tool

Journey is a digital tool to help build relationships with CYP and evidence their emotional well-being journey with Barnardo's.

It offers blended online and offline services which will be introduced to the young person in the first meeting with their outreach worker.

It can be used to hold 1-1 formal sessions via video call, as well as more general communication via secure messaging between the young person and their worker.

Journey enables CYP to set goals and tasks alongside their practitioner which are tailored to their needs.

CYP can keep a journal and take pictures so that they can reflect and record independently.

Contact details

Spotlight
Langdon Park
30 Hay Currie St
London
E14 6GN

T: 01268 904228

E: emotionalwb-th@barnardos.org.uk

Drop in times:

Monday – Friday 9am-5pm

For any drop in support sessions, local information will be available.