**Interim offer for Mental and Emotional Health and Wellbeing for Children, Young People and their Parents/ Carers during COVID-19**

With COVID-19 posing unprecedented challenges to our society, children and young people’s mental health and emotional wellbeing continues to be a high priority for Tower Hamlets partners in Health, Social Care and Education.

Our services are open and flexible in order to provide prompt, safe and high quality mental and emotional health support to meet children and young people’s needs at this difficult time.

This information aims to help children, young people and families to navigate the offer for mental and emotional health and wellbeing during COVID19. The information will be updated to reflect changes to service provision in response to demand and Government guidance.

**Help if you are in a crisis**

**If you are experiencing a mental health crisis or are worried about a child or young person who may be in crisis contact the Tower Hamlets CAMHS Crisis Team on 0207426 2375 between 9:00 –17:00 Monday to Friday.**

Alternatively the **All ages Mental Health Crisis Line is available 24/7 on 0207 771 5807** for immediate telephone support. The all age crisis line will connect you to the CAMHS Crisis Team if your call is between 9.00 am – 9.00 pm. Calls after 9.00 pm will receive immediate telephone support and advice and handed over to the CAMHS Crisis Team for follow up on the next day.

**THE MIX Crisis messenger**. If you feel like you cannot cope or are worried about how you are feeling, you can contact THEMIX crisis messenger 24/7 by texting THEMIX to 85258. The service is free and for any issue, it provides in-the-moment support and problem solving when you need it most.

**Help with your mental and emotional health**

**Support for moderate to severe needs**

**Tower Hamlets CAMHS** offers a range of specialist interventions for children, young people and parents. **Referrals can be made through your GP, school or for young people age 12 and above by calling CAMHS on 0207426 2375 Monday to Friday between 9:00 – 17:00**

Screenings, assessments and therapeutic support is offered via telephone or secure video platform. Face to face appointments are currently only available for urgent cases.

The autism and ADHD assessments clinics are currently closed. Therapeutic support to existing cases continue via telephone, video calls or face to face for urgent cases.

If your concerns are related to eating difficulties and weight loss the **Community Eating Disorders (CEDS) Duty Team** is contactable on 02082155270 from 09:00 – 17:00 daily.

**Support for mild to moderate needs**

**Step Forward** offer counselling and a range of individual and group interventions for young people between the age of 11 and 21 and up to 25 if with a special educational need a disability. **Self-referrals can be made by calling 07961 201 234 or via email on** **info@step-forward.org** **.** Assessment and therapeutic support is currently available via telephone

**Tower Hamlets Education and Wellbeing Service (THEWS)** offering a one to one interventions and support via telephone and video platforms (from 1st June) to children and young people, their parents/ carers and schools staff. **Please note that this service is currently available to primary and secondary Trailblazer schools listed below**.

St. Elizabeth Catholic Primary School; St Pauls Way Trust School Primary and Secondary; Bishop Challoner Girl's School Secondary; Langdon Park Community School Secondary; George Green's School Secondary; Mulberry School for Girls Secondary; Harpley Centre PRU; Third Base PRU; Tommy Flower Centre PRU; Stuart Hedlam Primary; The Clara Grant Primary School; Kobi Nazrel Primary School; St. Luke's Church of England Primary School; Culloden Primary School; Sole Bay Primary School; Old Ford Primary School; Harry Gosling Primary School; Ben Johnson Primary School; Manorfield Primary School; Sir John Cass Foundation and Redcoat Church of England Secondary School; Morpeth Secondary School; Stepney Green Mathematics and Computing College Secondary; Oaklands School Secondary; East London Arts and Music FE College

**For more information and to make a referral please contact your SENCO or email** **elft.thews@nhs.net****.**

**The Mix Counselling** service is suitable for you if you are looking for short-term help with your mental health and emotional wellbeing. Telephone counselling service is available to young people aged 25 years old and under. WebChat service is available to those aged 10-18 years old. From more information and self-referrals check https://www.themix.org.uk/

**Safe East** is introducing an enhanced mental health advice and support offer from 11th May via their Chat Health texting service.

**Emotional support for young people victim of sexual abuse**

**TIGER Light** is a one stop shop for medical, advocacy and early emotional support for children and their families following past sexual abuse. **Referrals are made through the Multi-Agency Safeguarding Hub on 020 7364 5601/5606 or 4079 (out of hours) or securely via** **MASH@towerhamlets.gcsx.gov.uk****.** Support is currently available via telephone and safe digital platforms.

The **Paediatric Hub** at the Royal London Hospital is open for referrals for Child Sexual Abuse medical examinations, advice and support. Referrals are made through the Multi-Agency Safeguarding Hub (MASH) and a 020 7364 5601/5606 or 4079 (out of hours) or securely via **MASH@towerhamlets.gcsx.gov.uk**. Please note that the availability of assessment clinics may be affected by COVID-19 as paediatricians may be deployed to other hospital wards.

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| **Resources, services and free Apps**  |
| **Tower Hamlets Local offer** | [**www.localoffertowerhamlets.co.uk**](http://www.localoffertowerhamlets.co.uk) |
| **CAMHS** | **https://www.camhs-resources.co.uk** |
| **One You** | [**www.nhs.uk/oneyou/every-mind-matters**](http://www.nhs.uk/oneyou/every-mind-matters) |
| **Young Minds** | [**www.youngminds.org.uk**](http://www.youngminds.org.uk) |
| **Anxiety UK** | [**www.anxietyuk.org.uk/**](http://www.anxietyuk.org.uk/) |
| **Mood Juice** | [**www.moodjuice.scot.nhs.uk**](http://www.moodjuice.scot.nhs.uk) |
| **Stem 4—A Teenage Mental Health Charity** | [**www.stem4.org.uk**](http://www.stem4.org.uk) |
| **Reading Well** | [**www.reading-well.org.uk/books/books-on-prescription/young-people-mental-health**](http://www.reading-well.org.uk/books/books-on-prescription/young-people-mental-health) |
| **Family Lives** | **www.familylives.org.uk** |
| **The Mix**  | [**https://www.themix.org.uk/**](https://www.themix.org.uk/) |
| **Useful Apps**  |
| **App Name** | **Brief Description** |
| See the source image**Mind Shift** | This app is designed to help teenagers who are struggling with anxiety or low mood, Mind-shift includes tracking tools, positive thinking activities, relaxation tips, and inspiring quotes/ stories |
| See the source image**Pacifica** | This app is designed to help with anxiety/depression. It provides daily challenges and activities to complete, and allows you to rate your mood and track your progress. |
| moodmission**Mood Mission** | This app provides you with personalised “missions” designed to reduce feelings of low mood or anxiety. |
| See the source image**Calm Harm** | Provides tasks to help you resist or manage the urge to self-harm. It is private and password protected and also designed by a teenage mental health charity. |
| See the source image**Self Anxiety Management** | SAM includes lots of information about anxiety, as well as calming activities and tips to help you feel relaxed |
| See the source image**Talk Life** | A peer support network for young people who struggle with mental illness. Allows you to post anonymously and talk to other young people, to get and give help |
| **http://keltymentalhealth.ca/sites/default/files/resize/breathrlogo-275x343.jpgBreathr/Chill Panda** | Breathr includes simple breathing techniques and light exercises to take your mind off your worries while Chill Panda app measures your heart rate and suggests tasks to suit your state of mind.  |
| **https://www.stopbreathethink.com/wp-content/uploads/logo_appicon_home.pngStop Breathe & Think** | This app asks you how you are feeling and offers personalised mindfulness and meditation activities to help with your mood. There are two versions – adult/ teen version, and a kids version |
| **See the source imageDaily Quote** | This free app give you a positive quote each day at a time that you can be mindful of and you can also add your own quotes and save your favourites. |
| **Study Bunny** | An app to help motivate and focus you with studies/ work - set up to do lists and get rewarded for working for periods of time you can set |
| **Smiling Mind** | This app was developed by psychologists and allows you to practice daily meditation and mindfulness exercises |
| **Hospichill** | Originally developed to help with nerves about hospital appointments. This app has lots of relaxation exercises and activities to help deal with stress or anxiety. |