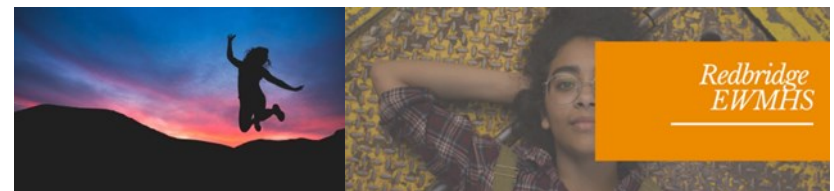


# Redbridge Emotional, Wellbeing and Mental Health Service (EWMHS)



Including the Wellbeing Hub and  
Specialist CAMHS services

Supporting the emotional wellbeing and  
mental health of children and young people



## Who we are

The community based Redbridge Emotional Wellbeing and mental health service offers help to young people from birth up to the age of 18 who are experiencing emotional, behavioural and mental health difficulties. EWMHS includes the Wellbeing Hub and Specialist CAMHS services.

## Contact us

Emotional Wellbeing and Mental Health Services  
Specialist Community Health Service for Children and Young People

The Grove, Grove Road  
Chadwell Heath,  
Essex,  
RM6 4XH

Tel: 0300 555 1182 / 0300 300 1618

**Opening times:** 9am - 5pm, Monday to Friday.

After hours, or in an emergency please contact our 24 hour crisis line - Mental Health Direct on 0300 555 1000.

## Referrals

Referrals and Email: [nem-tr.rbcypspa@nhs.net](mailto:nem-tr.rbcypspa@nhs.net) .

Referrals will be accepted from professionals as well as parents/carers and self-referrals.


## Website

[www.nelft.nhs.uk/camhs](http://www.nelft.nhs.uk/camhs)

- Module especially for families – parents and carers who are looking for advice and tips about CYP mental health, alongside existing modules for professionals

[www.minded.org.uk](http://www.minded.org.uk)

## Exam Stress Resources

- **Smiling mind app** (mindfulness exercise in age bands) 
- **Exam stress app** (free)
- **ChildLine website.**

## Other Resources

### Parental Support & Advice

- **Early Intervention & Family Support Service**

020 8708 2612 | 020 8708 2611 | 020 8708 2610

[early.intervention@redbridge.gov.uk](mailto:early.intervention@redbridge.gov.uk)

- **Parent of Autistic Children Together (PACT)**

Support for Autism

020 8220 0090

[www.pact-uk.co.uk](http://www.pact-uk.co.uk)

- **Relate Family Counselling**

Family Support

01708 441 722

[www.relate.org.uk](http://www.relate.org.uk)

- **Our Pact**

Parental Control for Social Media, Devices, Internet and Texting Access

<http://ourpact.com/>

- **Bullying UK (advice parents and schools)**

[www.bullying.co.uk](http://www.bullying.co.uk)

## What young people struggle with?

Feeling Anxious .....

General Support.....

Autism .....

Losing someone special.....

Challenging Behaviours .....

Feeling Low .....

Body Image Worries & Difficulties with Eating.....

Emotional Distress (Self-harm).....

Substance Misuse .....

Hearing Voices .....

Further Help & Advice

## General Support

### The Mix

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing—from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline. Free phone: 0808 808 4994 or 1-2-1 chat.





## Hearing Voices

**Hearing voices** is an auditory hallucination that may or may not be associated with a mental health problem. It is the most common type of hallucination in people with psychotic disorders such as schizophrenia. However, a large number of otherwise healthy individuals have also reported hearing voices.

### Voice Collective

Voice Collective is a UK-wide, London-based project that supports children and young people who hear voices, see visions, have other 'unusual' sensory experiences or beliefs. We also offer support for parents/families, and training for youth workers, social workers, mental health professionals and other supporters. Their work is funded by BBC Children In Need and the Esmée Fairbairn Foundation, amongst others.

You can contact them by e-mail ([info@voicecollective.co.uk](mailto:info@voicecollective.co.uk)) or phone (020 7911 0822). You are also welcome to join their online peer support forum.



### Mind UK

Provides advice and support to anyone with a mental health problem and is also part of the Time to Change campaign. The website provides:

- an extensive A-Z of Mental Health covering a wide range of subjects

Website: [www.mind.org.uk](http://www.mind.org.uk)



## Autism

**Autism** is a mental health condition, present from early childhood, characterized by great difficulty in communicating and forming relationships with other people and in using language and abstract concepts.

### The Autism Project

The Autism Project (TAP) is a full time 2 year employment programme for young people on the autism spectrum, who would like work but need more confidence, support, skills and experience. We use a module based learning system so students can start at the beginning of any term and can progress at a pace that best meets their individual needs.

Contact: Judith Kerem

Telephone: 07958 610864 / 020 7060 5706

Website: [www.care-trade.org/](http://www.care-trade.org/)



### Romford Autistic Group Support

RAGS is an independent parent-led support group for families who have children with Autism/Asperger's Syndrome aged 5+. There is a nominal annual membership fee.

Telephone Number: 01708 564871 / 07760 169187

Website: [www.rags-havering.org.uk](http://www.rags-havering.org.uk)



### Sycamore Trust

Educating the community and empowering individuals affected by Autistic Spectrum Disorders and/or Learning Difficulties.

Head Office: 0208 517 9317 / 0208 262 5330

Autism Hub: 01708 749 816

Website: [www.sycamoretrust.org.uk](http://www.sycamoretrust.org.uk)



## Losing Someone Special (Bereavement)

**Bereavement** is a period of mourning after a loss, especially after the death of a loved one.

### Grief Encounter

We support bereaved children and their families to help alleviate the pain caused by the death of someone close. Our services are free, funded through the generosity of our supporters.

Tel: 020083718455

Helpline: 0808 802 0111

Website:

[www.griefencouter.org.uk](http://www.griefencouter.org.uk)



### Winston's Wish

Winston's Wish is the UK's childhood bereavement charity. We support children and their families after the death of a parent or sibling. They provide professional therapeutic help in individual, group and residential settings. We are the only specialist provider of support for children bereaved through homicide and suicide, as well as military families who have been bereaved.

The Winston's Wish Freephone National Helpline is a vital support tool for those coping with bereavement. It is manned by trained clinical practitioners and is free and confidential. Call: 08088 020 021 for free advice and support.

Website:

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)



## Substance Misuse

**Substance Misuse** is the misuse of negative substances to feel good when life is not going too well.

### WDP Young People (Fusion)

WDP Fusion offers support for young people who may be affected by drug or alcohol problems. This service is available to young people under 18 in Redbridge (or who attend school/college in Redbridge). They offer structured interventions (psychosocial interventions), motivational and engagement work (building relationships in informal settings to increase knowledge and insight), presentations and information stalls (student fresher fairs, school parents' evening).

Tel: 020 8708 7801

Email: [info.fusion@wdp.org.uk](mailto:info.fusion@wdp.org.uk)

[Info.fusion@wdp.cjsm.net](mailto:Info.fusion@wdp.cjsm.net)



Website: <http://www.wdpyoungpeople.org.uk/fusion-young-peoples-drug-and-alcohol-service/>

### Talk to FRANK

**FRANK** is a national drug education propaganda service jointly established by the Department of Health and Home Office of the British government in 2003.<sup>[1][2]</sup> It is intended to reduce the use of both legal and illegal drugs by educating teenagers and adolescents about the potential effects of drugs. It has run many media campaigns on the radio and the internet.

Telephone: 0300 123 6600

Text: 82111

Frank also have a Live Chat Option between 2pm and pm everyday.

Website: [www.talktofrank.com](http://www.talktofrank.com)





## Emotional Distress

**Emotional distress** can lead to self-harm which is when somebody intentionally damages or injures their body. It's usually a way of coping with, or expressing, overwhelming emotional distress.

### Samaritans

The Samaritans Offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal. When you talk to them, they will give you an opportunity to talk about any thoughts or feelings you have, whatever they may be. You talk and they simply listen.

Telephone: 116 123  
(UK)

Website:  
[www.samaritans.org](http://www.samaritans.org)



### Calm Harm-

### Self Harm App

The urge to self-harm is like a wave.

It feels the most powerful when you start wanting to do it.

Learn to ride the wave with the free Calm Harm app using these activities.

**Comfort, Distract, Express Yourself, Release, Random and Breathe.**

When you ride the wave, the urge to self-harm will fade.

Available to download on Google Play and the AppStore.



## Challenging Behaviours

**Challenging Behaviours** include behaviours such as, self-injurious behaviour for example hitting, biting, shouting and swearing. This can also include difficulties with sitting still, focusing and concentrating.

### The Cube (Communication and Understanding of Behaviour for Education)

Is a behaviour and inclusion unit located in Cranbrook Primary School, providing short stay placements for mainly KS2 pupils. Pupils spend part of every day in mainstream classes, but also receive targeted 'nurturing' support to enable them to self-regulate their behaviour and return to their mainstream school. Schools refer.

Understanding Challenging Behaviour



Telephone: 0208 518 2562

Website: [www.cranbrookprimaryschool.com](http://www.cranbrookprimaryschool.com)

### ADDUP

ADDUP was set up to bring families together, to guide parents in the right direction to find the practical help they need for their children and to promote both public and professional awareness of ADHD. We feel we have achieved many of our aims and will continue to work towards a better understanding of this condition amongst professionals.

Telephone: 01708454040

Website: [www.addup.co.uk](http://www.addup.co.uk)



## Feeling Low

**Feeling low** includes feeling sad, having trouble sleeping and a change in appetite.

### KOOTH

KOOTH is an online service offering emotional and mental health support to 11-19 year olds (or 25 with SEND). Young people choose an avatar and can have 'drop in' chats with a counsellor or therapist, book a 1:1 session, or talk to other young people anonymously. Redbridge CCG has commissioned KOOTH. It will be available to the most vulnerable young people in the borough and access to the resource sits with the Head of Behaviour and Inclusion. Kooth is only available to children at Loxford, Oaks Park, Beal High & Valentines High.



### Mood Cafe

Mood Café is an online resource that has useful resources on how to deal with depression, such as relaxation techniques, online CBT and many more.

Contact: [enquiries@moodcafe.co.uk](mailto:enquiries@moodcafe.co.uk)

Website: [www.moodcafe.co.uk](http://www.moodcafe.co.uk)

### Young Minds

Young Minds is the national charity committed to improving the mental health of all babies, children and young people. Young Minds also provides a Parent's Information Service for anyone with concerns about the mental health of a child or young person.

Parents Helpline: 0808 802 5544

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)



## Body Image Worries & Difficulties with Eating

**Negative eating** habits are habits that can negatively affect a person's physical or mental health. They include eating too much, eating less, or not eating at all.

### Eating Disorder Service

ED Services operate across Barking and Dagenham, Havering, Redbridge and Waltham Forest for those aged 8 years and above who have an eating disorder and are registered with a GP in those areas.

A health referral is needed.

Telephone: 0300 555 1216 / 0844 932 0137

Email: [eating.disorder@nelft.nhs.uk](mailto:eating.disorder@nelft.nhs.uk)

### Beat Eating Disorders

Beat is the UK's leading charity supporting anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape. Beat are here to support eating disorder sufferers and their families and campaign on their behalf for better treatment.

Telephone: 0808 801 0677

Youth Line: 0808 801 0711

Student Line: 0808 801 0811

Website: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

