

## **Children and Young People's Mental Health - Services Update (May 2020)**

We recognise that this may be a worrying time for our children, young people and their families and we are working hard to ensure they get the emotional support they need.

This update describes the support available, key changes to the offer and how this support can be accessed.

### **Self - care, tips, advice and guidance**

#### **Think Ninja App**

Think Ninja App is free and available to all young people aged 11-17 yrs living in Portsmouth. It helps young people to keep calm when stress levels rise, helps to address unhelpful thoughts and boosts mood. The app can be downloaded for free from the App Store and is available on all Android and Apple IOS smartphones and tablets.

#### **Anna Freud National Centre for Children and Families**

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/covid-19-support-our-tips-for-families-children-and-young-people-and-professionals/>

#### **Young Minds**

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

### **Support Services**

Further information on the eligibility criteria for the services below can be found here [www.portsmoutheducationpartnership.co.uk/wp-content/uploads/2017/10/Service-Guide-Professionals-11.pdf](http://www.portsmoutheducationpartnership.co.uk/wp-content/uploads/2017/10/Service-Guide-Professionals-11.pdf)

#### **U Matter Counselling Support Service - 11 - 18 years old**

U Matter continue to accept and process referrals and are offering telephone/web based counselling and support rather than face-to-face appointments.

They are no longer able to temporarily take referrals for 8 - 11 year olds due to social distancing

Available: Mon - Fri: 9.00 - 21:00

Counselling times: Mon - Fri: 10.00 – 21.00/Sat: 10.00 -13.00

Contact: 02392 827026, email [relate@relateportsmouth.org.uk](mailto:relate@relateportsmouth.org.uk) or website

[www.relate.org.uk/portsmouth-district/self-or-parent-referral](http://www.relate.org.uk/portsmouth-district/self-or-parent-referral)

Agency referral: <https://www.relate.org.uk/portsmouth-district/agency-referral>

### **Child and Adolescent Mental Health Services (CAMHS) - Up to 18 years old**

The CAMHS Single Point of Access continue to offer consultation and advice for professionals, parents and young people. They continue to accept referrals including Neuro Developmental referrals, offer telephone/web based assessments and support where appropriate. They offer some face-to-face support for crisis cases if this cannot be completed by telephone and for reviews relating to anorexia and medication that require physical checks.

Staff continue to maintain telephone contact with all the families on their case load.

Available: Mon - Fri: 09.00 - 17.00

Phone support is also available for young people on a Thursday: 17.00 - 19.00

Contact: 0300 123 6632

### **Talking Change - 16 +**

Talking Change continue to take self - referrals and offer telephone/web based support sessions rather than face-to-face appointments.

Available: Mon-Thurs: 08.00-20.00/Fri:08.00-17.00/Sat: 09.00-13.00

Contact: 0300 123 39 34

<https://www.talkingchange.nhs.uk/>

### **Positive Minds - 18 +**

Positive Minds site is currently closed however Wellbeing Advisors are offering telephone advice and support.

Available: Mon - Thurs: 9.30am-4.30pm and Fri 9.30 - 16.00

Contact: 023 9282 4795

<http://www.positivemindsportsmouth.org.uk>

It's also important to highlight that the Inclusion Outreach offer is still available for telephone advice and support for schools. Contact [outreach@secure.portsmouthcc.gov.uk](mailto:outreach@secure.portsmouthcc.gov.uk) or 023 9260 6060

Support and advice for school staff working with children who have suffered **loss and bereavement** is now part of the outreach offer. Contact Lucy Lynch, Loss Champion, on 07901 908901 or via [llynch@craneswater.portsmouth.sch.uk](mailto:llynch@craneswater.portsmouth.sch.uk)

MABs and Education Psychology Service continue to provide support and advice to subscribing schools as part of their traded service, contact your allocated EP or MABs worker.