

Under 18s Referrals

Thank you for contacting Newham Talking Therapies.

Please note that we are not an emergency service. If you are in crisis, these are the services to contact in Newham: Newham General Hospital, Accident and Emergency Unit - Glen Road - Plaistow - E13 8SL. You can also call the **24-hour crisis service on 0800 073 0066**.

Please also see your General Practitioner (GP) to discuss what could help and support you at the moment.

If you are in education at school or college, you may be able to see a counsellor there.

The following organisations do offer counselling and support to young people. Please find a list of organisations whom you can refer yourself to below:

Young Minds

<https://youngminds.org.uk/>

Supporting young people get mental health support and build resilience. It also offers a parent helpline and support for parents of young people—mainly self-help on the website.

The Wish Centre – Covers the London area

Tel: 020 8416 7277 - Email: info@thewishcentre.org.uk - <https://thewishcentre.org.uk/> Provides support for young people up to the age of 25; young people who self-harm. The Wish Centre is a London based charity that prevents self-harm, abuse and exploitation of young people. We are a community-based model that provides open-ended therapy and counselling in schools and at our Centre, plus peer support groups, out of hours help, and advice and training. The Wish Centre is a free service for young people ages 10-25 years.

THE PRINCES TRUST - London area

<https://www.princes-trust.org.uk/help-for-young-people> -

For confidence building and employment support.

Newham - NHS Child and Adolescent Mental Health Service (CAMHS)

Newham -York House, 411 Barking Road, Plaistow, London E13 8AL. Phone 020 8430 9000 Opening hours 9.00 am-5.00 pm.

Referral can be made through your GP, school, social services and other agencies. It is also possible to make "Self-Referral's" to our services, which can be accepted by Parents, Carers and Young People - Call us on 0208 430 9000 and ask to refer self-.

HEADSTART

Newham Dockside, Building 1000, 1000 Dockside Road, London, E16 2QU. Email: headstart.programmeteam@newham.gov.uk; Tel: 020 3373

8600 <https://www.headstartnewham.co.uk/what-is-headstart/>

Life throws a lot at young people, and sometimes everyone struggles to overcome problems and challenges. And that's okay. HeadStart is for 10-16-year-olds living in Newham who would benefit from additional support to improve their mental health.

KOOTH

<https://www.kooth.com>

Kooth offers emotional and mental health support for children and young people aged between 11-24 years and is available until 10 pm every day. Kooth PLC is a digital mental health and well-being company that provides a welcoming space for digital mental health care, open to all.

HOPELineUK

Call them on 0800 068 4141, text them on 07786 209 697, or email pat@papyrus-uk.org. Find more information at www.papyrus-uk.org

A confidential support service for young people having thoughts of suicide.

Family Lives

Call 0808 800 2222 for information and advice on any aspect of parenting and family life, including bullying.

Mermaids

Call 0344 334 0550 for emotional support for transgender and gender diverse young people and their families/friends. Visit www.mermaidsuk.org.uk

B-eat

Call 0808 801 0711 or visit www.b-eat.co.uk for help to beat eating disorders.

You can also call these national helplines

ChildLine

Call 0800 1111 to talk to a counsellor for free anytime. You can also log in for 1-2-1 chat or email (www.childline.org.uk/get-support)

YoungMinds Crisis Messenger

Text "YM" to 85258. A free crisis messenger service support across the UK. If you are experiencing a mental health crisis and need help, you can text YM to 85258.

Samaritans Freephone

116 123 (24-hour crisis line for people contemplating harming themselves)

Saneline

0300 304 7000 4:30 pm – 10:30 pm every day (Practical information, crisis care and emotional support).