

Children and Adolescent Mental Health Services

One-in-ten children experience mental illness during their lifetime, and many more of us know and care for people who do.

Improved mental health and wellbeing is associated with a range of better outcomes for people of all ages and backgrounds.

These include:

- improved physical health and life expectancy
- better educational achievement
- increased skills
- reduced health risk behaviours such as smoking and alcohol misuse
- reduced risk of mental health problems and suicide
- improved employment rates and productivity
- reduced anti-social behaviour and criminality
- and higher levels of social interaction and participation.

<https://www.england.nhs.uk/mental-health/about/>

Local resources for Childhood and Adolescent Mental Health Services

I-Rock (Hastings, Eastbourne and Newhaven)

Young people (aged 14 to 25 years) can access advice and support on emotional and mental wellbeing. The service is open daily from 11am to 6pm through video link or email, and their website.

- Email: irockhastings@gmail.com
- Website: www.sussexpartnership.nhs.uk/irock (NHS)

E-wellbeing

A digital wellbeing service to support 13- to 25-year-olds in Sussex with their mental health, designed by young people, for young people. The website provides self-help information, handy toolkits and a directory of local services and Coronavirus advice.

- Website: <https://e-wellbeing.co.uk/services>

E-motion

Free online counselling service for 12- to 18-year-olds in East Sussex. It is not a crisis or emergency service but can allow you to talk about your problems and feelings in a safe supportive and private space. Visit the website to register.

- Website: www.e-motion.org.uk/

Sussex CAMHS

Children and Adolescent Mental Health Services provided by the NHS

Support with emotional and mental wellbeing, for children, young people and their parents or carers. Their website has lots of information, resources and short films about common problems.

- Phone: **0800 0309 500**
- Website: www.sussexpartnership.nhs.uk/sussex-mental-healthline

Crisis Support

Website: <https://sussexcamhs.nhs.uk/help-im-in-crisis/>

Holding Space (Eastbourne)

A small charitable organisation which support families going through mental ill health, currently offering free, friendly online support sessions for parents and carers, as well as phone support.

- Phone: 01323 315 005
- Email: contact@holdingspace.org.uk
- Website: <https://www.holdingspace.org.uk/>

Imago

East Sussex Young Carers provided by Imago funded by East Sussex County Council, supports Young Carers aged 5-18 who are responsible for caring for a family member with a long-term illness, disability, mental health or substance misuse issues.

- www.imago.community/Children-and-Young-People/East-Sussex-Young-Carers
- Phone: 0300 111 1110
- Email: youngcarers@imago.community

Support for young carers

Young carers (under 18) look after someone at home who can't look after themselves. This may be due to a disability, mental or physical health condition, or drug or alcohol issues.

East Sussex Young Carers (ESYC) support young carers aged 5 to 18.

- Email: info@eastsussexyoungcarers.org.uk
- Phone: 0300 777 2011

Online resources

Give us a shout

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.

Website: www.giveusashout.org/get-help/

Text: 85258

YoungMinds

For support and information on services for children, young people, and parents and carers. Includes advice about mental health.

For children and young people:

- Website: www.youngminds.org.uk/young-person/find-help
- Text YM to 85258.

Parents Helpline:

- <https://www.youngminds.org.uk/parent>
- Phone: 0808 802 5544 (Monday to Friday 9.30am to 4pm).

Kooth

An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

- Website: www.kooth.com

Childline

Online and phone support from counsellor. Online toolbox, games, yoga video and breathing exercises to help mental health and anxiety. Lots of information about various things.

- Website: www.childline.org.uk
- Phone: 0800 1111 (Monday to Sunday 24 hours)

Barnardos

Growing up is a challenge for everyone, but for some it's more difficult than others. We offer practical and emotional support so that young people can enter adulthood with the confidence they need to achieve their full potential.

- Website: www.barnardos.org.uk/what-we-do/supporting-young-people

Samaritans

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

- Phone 116 123
- Website: <https://www.samaritans.org/>
- Email: jo@samaritans.org

Cruse

We help people through one of the most painful times in life – with bereavement support, and information.

- Website: www.cruse.org.uk/
- Phone: 0808 808 1677 (open 7 days a week).

Beat eating disorders

Our national Helpline exists to encourage and empower people to get help quickly, because we know the sooner someone starts treatment, the greater their chance of recovery. People can contact us online or by phone 365 days a year. We listen to them, help them to understand the illness, and support them to take positive steps towards recovery.

- Phone: 0808 801 0677
- Website: <https://www.beateatingdisorders.org.uk/>

LGBTQ+

Galop

Galop provides free, confidential and independent support for LGBTQ+ young people aged 13-25

- Website: <https://galop.org.uk/get-help/children-young-people/>

Mermaids

Mermaids has been supporting transgender, nonbinary and gender-diverse children, young people, and their families since 1995.

- Website: <https://mermaidsuk.org.uk/>
- Email: info@mermaidsuk.org.uk
- Phone: 0808 801 0400 Monday – Friday 9am to 9pm (Calls to this helpline are free from landlines and mobile phones within the UK and do not appear on itemised bills)

Other services

There are many different reasons, environments and situations that can lead to mental health difficulties, including those that are difficult to talk about. Below are some other services that you can access for more specific help.

Domestic abuse

Refuge from domestic abuse

If you need to flee domestic abuse Clarion Housing Association provides safe refuge accommodation for women and children fleeing domestic violence across East Sussex.

- Phone 0808 2000 247 24 hour helpline.
- Email: referrals.eastsussex@clarionhg.com. Please include a safe contact number or email address and the best time to contact you and a member of the refuge team will call you back.
- Local Phone:
 - Eastbourne refuge 0300 333 6527
 - Lewes Refuge 0300 333 6712
 - Rother and Hastings refuge 0300 333 6713
 - Wealden refuge 0300 333 6714
 - Out of hours, call 07517 549499

Male victims of Domestic Abuse

- Phone 01823 334244

East Sussex Domestic Abuse Service (CGL)

- Phone: 0300 323 9985
- Eastbourne office number: 01323 417 598
- Hastings office number: 01424 716 629
- Website: www.changegrowlive.org/domestic-abuse-service-east-sussex
- Email: ESDomesticAbuse.Info@cgl.org.uk

Rape and sexual violence

The Survivors Network provide the specialist rape and sexual violence abuse service for Sussex. It can be difficult to go through sexual abuse or assault, no matter how old you are, but when you are under 18 there may be particular things you are worried about.

The Children and Young Person's service is made up of a group of specialist workers who understand that it takes courage to reach out and ask for help. They will respond to you with kindness and without judgement, listening to you and what you say you need.

- Website: <https://survivorsnetwork.org.uk/>
- Phone: 01273 203 380
- Email: <http://referrals.sn@survivorsnetwork.cjsm.net/>

Mankind

Offer support to males who have been sexually abused.

- Phone: 01273 911680

The Saturn Centre

The Sussex Sexual Assault Referral Centre, offers free support and practical help to anyone in Sussex who has experienced sexual abuse.

- Phone: 0800 033 7797 (Monday to Sunday 24 hours)

NSPCC

We provide services across England to help give children and young people the support they need to thrive. We have service centres in London, the South West, South East, Central and North of England. We work with children, families and professionals. We support parents and families in caring for their children and provide therapeutic assistance to help children move on from abuse.

- Website: www.nspcc.org.uk/
- Phone: 0808 800 5000
- Email: help@nspcc.org.uk

Sources of information

<https://new.eastsussex.gov.uk/children-families>

<https://www.england.nhs.uk/mental-health/about/>

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Lucy Cassidy Advanced Practice Paediatric MSK Physiotherapist
Rachel Pavey Specialist Paediatric MSK Physiotherapist

The Clinical Specialty/Unit that have agreed this patient information leaflet:
Community Health and Integrated Care (CHIC)

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