

Patient information leaflet

Children and Young People, Mental Health Services

Whether you're a child or young person and struggling with how you're feeling or you're a parent or carer worried about a child, you're not alone and there is support available.

Over the past decade, there has been increasing need for mental health services to support children and young people (CYP). We need to work together to ensure CYP, and those who look after them, are supported [1].

We have produced this leaflet to help inform CYP and their parents or caregivers, of local support for several mental health and wellbeing services. 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 [2].

Where to Start?

East Sussex County Council Mental Health Directory

A directory produced by the council of local mental health support for a range of issues that might effect CYP.

<https://www.eastsussex.gov.uk/social-care/health-advice/mental-health/east-sussex-mental-health-directory>

The Child and Adolescent Mental Health Service (CAMHS).

CAMHS Sussex supports children and young people who are experiencing moderate to severe mental health conditions, such as anxiety, depression, self-harm, eating disorders, obsessive compulsive disorder, body dysmorphic disorder, post-traumatic stress disorder and psychosis.

Information on support available is found at

<https://www.sussexcamhs.nhs.uk/getting-help/your-mental-health-and-wellbeing>

Mental Health Crisis and Suicide Prevention

If you need help for a mental health crisis or emergency, you should get immediate expert advice and assessment [3].

It's important to know that support services are available for you to access, whatever you're going through.

Where to get urgent help for mental health - NHS

- Get help from 111 online or **call 111 and select the mental health option.**
- A GP can advise you about helpful treatments and also help you access mental health services. You may be able to refer yourself to some services
- Come to a hospital with an emergency department (ED).

Free listening services for CYP

If you're under 19, you can also call 0800 1111 to talk to **Childline** – the number will not appear on your phone bill

Call 116 123 to talk to **Samaritans**, or email: jo@samaritans.org for a reply within 24 hours
Text the word SUSSEX to 85258 (24/7 mental health text-messaging support service). If you are using Google Translate, please tell the mental health professional that you don't speak English and they will work with you and support you to feel calmer.

Download the Stay Alive app - a suicide prevention resource full of useful information and tools to help you stay safe in crisis.

Planning to how to cope with crisis

You might not like the idea of planning for something you hope won't happen. But it could help to think about what you might do if you start to feel in crisis in the future. And what kind of support you think you might want;

A personal crisis plan

- Things that have been helpful in the past
- What has made things more difficult or upsetting in the past
- How other people might help you spot the signs of a crisis
- Times or places where you may be more likely to experience a crisis
- What treatment you'd prefer
- How you'd like others to help you
- Who others should contact in a crisis, such as your GP or a family member
- Talk to your GP
- Find details of any crisis cafés, sanctuaries or safe havens in your area.
- Try peer support - Talking to people with similar experiences could help you find out about different services

StayingSafe.net offers compassion, kindness and easy ways to help keep people safer from thoughts of harm and suicide, seek support and discover hope of recovery through powerful videos from people with personal experience <https://stayingssafe.net/>

Make a self-care box

You may find it helpful to fill a box with things you find comforting or distracting. For example, your favourite book, pictures or photos, a fidget toy, a blanket or comfy clothes.

You could make a digital self-care kit and save it on your phone. You could save photos, music, videos, messages or sayings that you find helpful. Or notes to remind yourself how to manage difficult situations.

This means you can personalise what's helpful for you and have this ready in advance. It can be hard to come up with ideas when you're feeling in crisis. For more support and please see www.mind.org.uk [4].

Face to Face Resources

I-Rock

www.irocksussex.com/

Age supported 14 – 25

Hastings Mon- Fri

Eastbourne Mon, Tues and Thurs

Newhaven Mon, Weds and Fri.

When you attend an IROCK appointment you will be given an initial session of up to an hour where you can discuss how you are feeling in a safe, relaxed and informal environment.

There are lots of different people at IROCK with knowledge and resources to help with mental health worries, housing issues, employment, studying concerns or anything else that may be on your mind.

IROCK is primarily a signposting service - this means that one of our team members will work to refer you on to the most appropriate support service and in some cases, you may be invited back for some follow up sessions.

You can drop in to our virtual service online between 11am-5.45pm on a weekday or send us an email at: irockeastsussex@spft.nhs.uk

FSN My Time Now

<https://www.fsncharity.co.uk/projects/my-time>

FSN is for children and young people aged 5-18 years affected by emotional difficulties by offering free services across Hastings, St Leonards and Eastbourne (as well as Rye, Battle, Bexhill and Hailsham).

Tel: 01424 377123 Email: enquiriescyp@fsncharity.co.uk

Bexhill Primary Care Network Children and Young People Service

<https://www.bexhillpcn.nhs.uk/services/children-and-young-peoples-service/>

The Bexhill Primary Care Network Children and Young People's service offers social support and low-intensity mental health interventions for children and young people aged 5–18 who are registered with a Bexhill GP practice.

Access by Self referral form accessed on website above

Clued Up Crowborough

<https://clued-up.info/>

Functions as an information shop for young people aged between 11-25 years by providing advice and information on a wide range of subjects, including: education, training and employment, sex and relationships, family problems, health and housing, mental health and alcohol and drug awareness.

Tel: 01892 661990

Email: cluedupinfo@gmail.com

Family Hub East Sussex

<https://familyhubs.eastsussex.gov.uk/>

Family hubs are a one-stop-shop for families to access activities or receive support in their local community. Support with, Social Activity, HENRY – health, exercise and nutrition, Life skills.

You can get support if you are:

pregnant

a parent of a child aged 0 to 19

a parent of a child aged 0 to 25 with special educational needs or a disability

aged 19 or under

aged 25 or under with special educational needs or a disability

Phone: 01323 46 46 55

Open 8.30am to 5pm weekdays, except Friday 8.30am to 4.30pm

Calm Journey Therapy

<https://calmjourney.co.uk/>

Tel: 01323 364365 Email: contact@calmjourney.co.uk

Support with;

Calm Journey Therapy is a therapy hub providing Psychotherapy, Counselling and Child Counselling in Eastbourne and surrounding areas.

Eggtooth (Hastings)

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

Support with;

The Egg focuses on mental and physical wellbeing. One to one therapy, one to one creative mentoring, parenting groups, therapeutic groups in a variety of settings including art and music, catering and sport spaces and the beautiful woodland space in Fairlight.

Online resources for general mental health support

YOUNGMINDS

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

Support with;

Children and young people – mental health – Intense Feelings – Coping with life – Supporting a Friend – Managing Medications / long term health condition
Parents & Carers – Guides to mental health services – helping children talk about emotions – Parent support groups – how to safeguard your own mental health

e-wellbeing

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

Support with;

e-wellbeing is a digital wellbeing and participation service for young people run by YMCA DownsLink Group. Our aim is for all young people to be able to access the right support and information around their emotional health and wellbeing, in the right place at a time that is right for them.

Impact E-Motion

<https://www.e-motion.org.uk/>

Support with;

Free online counselling project for young people aged 12-18 in East Sussex

SHOUT 85258

<https://giveusashout.org/>

Support with;

For under 25 years old, Shout is a free, 24/7 text messaging mental health support service for anyone who is struggling to cope.

Support managing Self-Harming

If you need help now and feel you are in a crisis or emergency, please see resources above (Mental Health Crisis and Suicide Prevention).

Speak to a GP if:

- you're harming yourself
- you're having thoughts about harming yourself
- you're worried about minor injuries, such as small cuts or burns – without treatment there is a risk of infection
- Some people who self-harm are at a higher risk of suicide.

It's important to get support or treatment as soon as possible to help with the underlying cause and prevent suicidal thoughts developing.

Harmless

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

Support with;

People that self harm – People in crisis – Carers family and friends

National Self Harm Network Forum

<https://www.nshn.co.uk/>

Support with;

Support individuals who self harm to reduce emotional distress and improve their quality of life

Support and provide information for family and carers of individuals who self harm

Raise awareness of the needs of people who self harm, dispel myths and combat discrimination

Empower and enable those that self harm to seek alternatives to self harm and further help where appropriate

Health for Teens

<https://www.healthforteens.co.uk/feelings/self-harm/?location=East+Sussex>

Support with;

Whether you're looking for specific help with Self harm or you're not sure where to turn first, we can help you find the right person in East Sussex to set you on your way.

LGBTQ+ Community

Stone Wall

<https://www.stonewall.org.uk/resources/support-services-in-the-sector>

Support with;

A directory of a wide range of organisations, support services available offering frontline support, including ;

Helplines

Social groups

Assistance with discrimination and hate

Barnardo's

<https://www.barnardos.org.uk/get-support/support-for-young-people/lgbt>

Support with;

We provide direct support to LGBT+ children and young people around their gender and sexual identities. We also work with parents, carers and families.

Through our Positive Identities service we offer training to schools, professionals and community groups. Our training raises awareness of LGBT+ lives, promotes inclusion and tackles homophobic, biphobic and transphobic bullying.

GALOP

<https://www.galop.org.uk/>

Support with;

Galop is the UK's LGBT+ anti-abuse charity. We work with and for LGBT+ victims and survivors of abuse and violence.

Mermaids

<https://mermaidsuk.org.uk/young-people/>

Support with;

A safe place for transgender, non-binary and gender-diverse children and young people to find support and help one another.

All Sorts youth project

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

Tel: 01273 721100

Support with;

Aim-to listen to, connect and support lesbian, gay, bisexual, trans and exploring (LGBT+) children, young people and their families through youth work, and challenge exclusion, prejudice and discrimination in all areas of their lives.

Mind Out

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

Tel: 01273 234839

Support with;

18 + Online, peer, telephone, counselling. Mind Out aim to improve the mental health and wellbeing of all LGBTQ communities and to make mental health a community concern.

Help With Neurodiversity (ASD, ADHD, AuADHD, ticks / Tourette, DCD ect)

CASS (Nationwide Counselling and Neurodivergent Support)

<https://casscounselling.co.uk/services/>

Tel - 07769 218 986

E-mail - admin@casscounselling.co.uk

Support with;

CASS is a UK counselling and neurodiversity coaching service that was designed to support neurodiverse people with e.g. autism and ADHD traits and to assist their families, friends, teachers and other supporters who are quite often some of the most essential lines of guidance and assistance.

AMAZE

<https://amazesussex.org.uk/services/>

Support with;

Amaze offers information, advice and support to parent carers and young people with additional needs up to 25 in Brighton & Hove and East Sussex.

East Sussex Parent Carer Forum

<https://www.espcf.org.uk/>

Support with;

By becoming a member of the forum, you will join your voice with that of other parent carers from across East Sussex. You will receive updates via the ESPCF regular newsletter, which will include feedback, useful information, events and opportunities to take part in ESPCF surveys. ESPCF is YOUR forum. (You can unsubscribe at any time - we promise not to bombard you with emails!)

IPSEA

<https://www.ipsea.org.uk/>

Support with;

National charity that provides support for SEND law, providing free and independent legal advice to families and children with special educational needs and disabilities.

School Avoidance

Define Fine

<https://www.definefine.org.uk/>

Email: louise@definefine.org.uk

Support with;

A parent/carer-led organisation set up in response to the growing number of children and young people who experience school attendance difficulties. This is sometimes referred to as 'school refusal', or emotionally based school avoidance however these phrases may not explain the full picture of the barriers to attendance which may be due to any number of complex reasons such as unmet Special Educational Needs & Disabilities including physical or mental illness, either suspected or diagnosed, bullying or issues relating to academic pressure, or even the school environment.

Support with Sleeping

NHS – Every Mind Matters

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/>

Support With;

The mental health benefits of good sleep include boosting our mood, reducing stress and helping with anxiety.

If you're having trouble sleeping, knowing how to sleep better can make a big difference.

On this page you'll find practical tips to help you to build good sleep hygiene and sleep better.

Teen Sleep Hub

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

Support with;

If you're looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind your sleep patterns, you'll find it all here.

The Sleep Charity

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

Support with;

Provide access to high quality information and advice to deal with most sleep issues

To ensure everyone understands the value of a good night's sleep

To campaign for improvements to the support available

Make a positive difference to the lives of those we work with by campaigning for improvement to the support available

Provide accredited training for professionals so they can offer sleep support to the people they work with

Bullying and Abuse

NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/types-of-abuse/bullying-and-cyberbullying/>

We understand how difficult it is for children to talk about bullying. Whether it's happening now or happened in the past, **Childline can be contacted 24/7. Calls to 0800 1111 are free and confidential. Children can also contact Childline online.**

Anti-Bullying Alliance

<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/if-youre-being-bullied/find-help-and-support>

Support with;

Helplines

Information for young people on cyberbullying

Reporting Cyber bullying

Resources for download

Support for Young Carers

A young or young adult carer is someone who provides care and/or support to a family member, including siblings, or a friend, who could not manage without their help.

IMAGO

<https://www.imago.community/young-carers-services/young-carers-services>

Support with;

- Practical advice and emotional support
- Assessing individual needs
- Outings, activities and trips
- Workshops and developing new skills
- School support

Care for Carers East Sussex

<https://www.cftc.org.uk/young-carers-service-east-sussex/>

Support with;

- Information and signposting
- Supporting young carers to access services and activities
- Free outings and activities during the school holidays for registered young carers
- Monthly in person Young Carers Clubs in Bexhill and Eastbourne for those aged 8-17 years.

Eating Disorders

BEAT Eating Disorders

<https://www.beateatingdisorders.org.uk>

Our Helplines are open from 3pm– 8pm, Monday to Friday

England 0808 801 0677

One-to-One Web chat

<https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/one-to-one-web-chat/>

E-mail - help@beateatingdisorders.org.uk

Support with;

We partner with the NHS to provide services for those with an eating disorder, their carers - such as family and friends - and training for healthcare professionals.

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. We listen to them, help them to understand the illness, and support them to take positive steps towards recovery.

We also support family and friends, equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health. And we campaign to increase knowledge among healthcare and other relevant professionals, and for better funding for high-quality treatment, so that when people are brave enough to take vital steps towards recovery, the right help is available to them.

Substance abuse

Under 25s Substance Misuse Service – East Sussex

<https://www.eastsussex.gov.uk/children-families/young-people/safety-welfare/drugs-alcohol>

A duty worker is available Monday to Thursday, 9am to 5pm and Friday, 9am to 4.30pm

Tel 01323 464 404

E-mail - Under25sSMS.Duty@eastsussex.gov.uk

Support with;

The Under 25's Substance Misuse Service is an integrated multidisciplinary team led by the local authority. It works across the whole of East Sussex from Children's Services teams and other accessible young person-centred locations

Talk To Frank

<https://www.talktofrank.com/>

Tel 0300 1236600

SMS 82111

Support with;

Talk to Frank has a telephone line which is open 24 hours a day, 7 days a week. It is for parents, carers, and young people. It is funded by the Department of Health.

Domestic Abuse

Domestic abuse happens between people who have a personal connection. For example, partners, ex-partners, or family members. It can consist of violence, or it can be controlling, coercive, or threatening behaviour. Domestic abuse can affect anyone.

The abuse can include, but is not limited to, the following:

- control and isolation
- psychological and/or emotional abuse
- physical abuse
- verbal abuse
- sexual abuse and/or sexual coercion
- financial or economic abuse
- harassment and stalking
- online and digital abuse

East Sussex domestic abuse services directory

<https://www.eastsussex.gov.uk/children-families/family-support/domestic-abuse>

Support with;

- Helplines
- Emergency Support
- Specialised services

Advance

<https://www.advancecharity.org.uk/>

Tel - 03300 559 278 (Monday to Friday, 9am to 5pm)

email: EastSussexDA@advancecharity.org.uk

email (CJSM): EastSussexDA@advance.cjism.net

Support with;

- Crisis support and safety planning
- Emotional and practical support
- Advocacy support
- Women's centres
- Support for children and young people

Sexual Violence

The Saturn Centre

<https://saturncentre.org/>

Call 0330 223 0099 (24/7/365)

Support with;

We offer free, confidential healthcare and compassionate support to people of all ages in Sussex that have experienced sexual assault including rape in their lifetime.

Immediate over-the-phone rape and sexual assault support and signposting to specialist services

In-person rape or sexual assault crisis support and healthcare including access to medicine

Forensic medical examinations

Holistic examinations and care for non-recent cases

Collection and storage of forensic samples

Referrals to specialist counselling and Independent Sexual Violence Advisors (ISVA) support

Follow-up calls after an appointment

Survivors Network

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

Tel - 0300 102 3380 aged 14+ years

Mondays from 7-9pm and Wednesdays from 12-1.30pm

E-mail - help@survivorsnetwork.org.uk.

Support with;

A accessible survivor-centred service across Sussex

Helpline and Email

Therapy

ISVA (legal) Support

Workgroups

Support for parent and carers

Support for Parents / Carers / Family Unit

Holding Space

<https://www.holdingspace.org.uk/>

Support with;

Parent Peer Support in East Sussex

We work with parents/carers whose children and young people are struggling with life; whether this be mental health, emotional issues, school struggles.

Book a 1:1 appointment with our parent peer support team or drop in to our hub on the high street. Connect and chat with other local parents at our coffee mornings and workshops.

Family Action

<https://family-action.org.uk>

Support with;

Family isn't always easy. That's why Family Action have self-help resources, local services, and our free helpline, FamilyLine - to help you through whatever problems you or your family are facing.

Parenting Matters

<https://parentingmatters.co.uk/>

Support with;

Online parent coaching, parenting blog and useful tips.

Sources of information

1. [NHS England » Supporting children and young people \(CYP\) with mental health needs in acute paediatric settings: A framework for systems](#)
2. [Safe In Our World Statistics and facts about mental health - Safe In Our World](#)
3. [Where to get urgent help for mental health - NHS](#)
4. <https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services-and-planning/how-to-plan-for-a-mental-health-crisis/>

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 4784 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 Advance Practice Musculoskeletal Physiotherapist

ESHT Safeguarding Children Team

Next review date: July 2028

Responsible clinician/author: Ryan Faldo Paediatric Musculoskeletal Physiotherapist

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