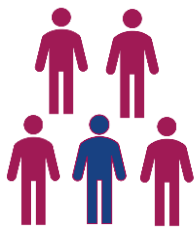


CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING

FACTS AND FIGURES



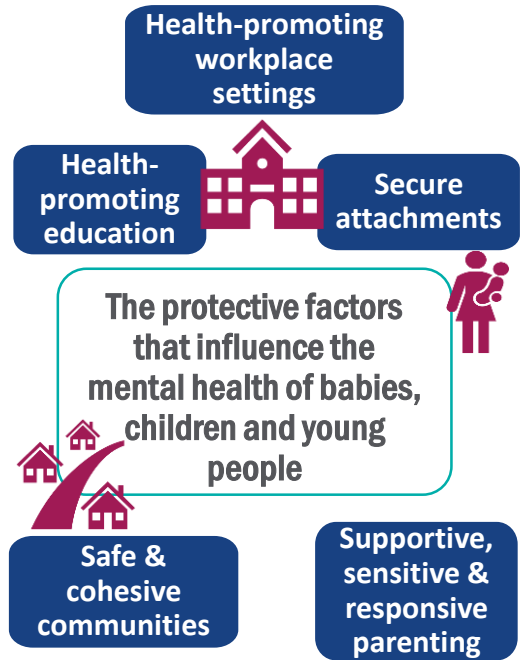
1 in 5 children and young people

Experience a probable mental disorder (NHS Digital 2023)



50% of mental ill health starts by age 14
75% develops by age 24

COVID-19 pandemic has caused a decrease in wellbeing & increased anxiety



HELP AND ADVICE

- For some children and young people, behavioural or emotional problems will resolve with time, while others will need professional support.
- It can be difficult to know if there is something upsetting a child or young person, but there are ways to spot when something's wrong. Look out for: significant changes in behaviour, ongoing difficulty sleeping, withdrawing from social situations, not wanting to do things they usually like, self-harm or neglecting themselves.
- Remember, everyone feels low, angry or anxious at times. But when these changes last for a long time or are significantly affecting someone, it might be time to get professional help.
- There are 10 steps you can take to improve your mental health and wellbeing:

GREAT DREAM

- **Giving** – Do things for others
- **Relating** – Connect with people
- **Exercising** – Take care of your body
- **Awareness** – Live life mindfully
- **Trying out** – Keep learning new things
- **Direction** – Have goals to look forward to
- **Resilience** – Find ways to bounce back
- **Emotions** – Look for what's good
- **Acceptance** – Be comfortable with who you are
- **Meaning** – Be part of something bigger

Last updated:
19.09.2024



BARNET
LONDON BOROUGH

CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING

LOCAL SERVICES AND ONLINE SUPPORT

| Service | Type | Description | Details |
|--|--|---|--|
| North Central London Integrated Care System | <ul style="list-style-type: none"> Phone | 24/7 mental health crisis support line If you are a child or young person aged under 18 in crisis and living in Barnet, Camden, Enfield, Haringey or Islington, or if you are the parent or carer of a child or young person in crisis, you can call the mental health crisis support line available 24 hours a day, seven days a week. | Phone: 0800 151 0023 |
| Mermaids (mermaidsuk.org.uk) | <ul style="list-style-type: none"> Online | Mermaids supports transgender, non-binary and gender-diverse children and young people, as well as their families and professionals involved in their care. They help young people to cope better with mental and emotional distress and equips their parents with what they need to offer individual support. | Website: https://mermaidsuk.org.uk/ |
| Papyrus Suicide Prevention | <ul style="list-style-type: none"> Online Helpline | Resources and guidance for young people and those worried about a young person who are not coping with life. For confidential suicide prevention advice contact HOPELINEUK. Open 9am-12am (midnight) every day of the year. HOPELINK is PYPYRUS's digital platform that is helping HOPELINE247 callers to create and revisit their suicide safety plan, helping to keep them safe when they have thoughts of suicide. Service is available 24/7. | Website: www.papyrus-uk.org Helpline: 0800 068 4141 Website: HOPELINK Papyrus UK Suicide Prevention Charity (papyrus-uk.org) |
| Kooth.com | <ul style="list-style-type: none"> Online Text | Kooth is an anonymous and confidential online counselling and emotional well-being platform for children and young people aged 12-24. It offers advice on discussion boards with other young people, magazine articles and weekly live forums. | Website: www.kooth.com |
| Rephael House | <ul style="list-style-type: none"> Face-to-face | A professional therapeutic service for children and young people aged 4-19, child bereavement, domestic abuse and pregnancy crisis. Offering a bespoke robust in-school therapy service. For young people 13-19 years. | Phone: 020 8440 9144 Email: csm@rephaelhouse.org.uk Address: Rephael House Counselling Centre, 36B Woodhouse Road, Finchley, N12 0RG |
| Brook Healthy Lives for Young People | <ul style="list-style-type: none"> Online | Free and Confidential Sexual Health Advice. | Website: www.brook.org.uk |
| Best For You (NHS) | <ul style="list-style-type: none"> NHS website; App Library | Best For You is a Health App Library designed to support children and young people struggling with their mental health, and their families and carers, to access safe, accredited health apps to support them. | Website: Find wellbeing apps through Best For You - Best For You |

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CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING

LOCAL SERVICES AND ONLINE SUPPORT

| Service | Type | Description | Details |
|--|---|--|--|
| Change Grow Live | <ul style="list-style-type: none"> Online Webchat Phone | <p>Free and confidential service for young people up to 24.</p> <p>We're here to give you help and advice with challenges you're facing in your everyday life. Our team can help you with lots of different things that might be affecting you, whether it's problems with drugs and alcohol, or other issues like your mental and sexual health.</p> | <p>Website: www.changegrowlive.org/barnet/young-peoples-service</p> <p>Phone: 0300 303 2866 Email: Barnet.Info@cgl.org.uk</p> <p>Webchat: Our webchat is for young people under 25 looking for advice and info. Speak to our online team</p> |
| London Borough of Barnet Offer | <ul style="list-style-type: none"> Online | <p>Engage Barnet has a comprehensive list of activities and resources to support parents, children and young people during the pandemic.</p> <p>Barnet Local Offer website helps children and young people with Special Educational Needs and/or Disabilities and their families find the information and support they are looking for, from across the Barnet local area.</p> | <p>Engage Barnet website: https://engage.barnet.gov.uk/</p> <p>Barnet local offer website: https://www.barnetlocaloffer.org.uk/pages/home/information-and-advice/therapies/camhs</p> |
| Schools: Mental Health First Aider | <ul style="list-style-type: none"> Face-to-face Phone | <p>Most Barnet schools have a member of staff trained as a youth mental health first aider. They offer support to a young person who is experiencing a mental health issue or emotional distress.</p> | <p>Website: Youth Mental Health First Aid Barnet – WWC</p> <p>Phone: 07849 095 164</p> <p>Email: Jayne.Abbott@barnet.gov.uk</p> |
| Youth Realities | <ul style="list-style-type: none"> Phone Online | <p>Youth-led organisation based in Barnet, addressing teenage relationship abuse through creative education and survivor-centred support.</p> | <p>Website: www.youthrealities.co.uk Email: info@youthrealities.co.uk Phone: 07551 022 824 (11 - 7pm Monday to Friday) Address: 4-5 The Concourse, Colindale, NW9 5XB</p> |
| Anna Freud Centre | <ul style="list-style-type: none"> Online Text | <p>Support and advice on all aspects of mental health for young people.</p> <p>Free and Confidential 24/7 Crisis Messenger Text Service for anyone feeling overwhelmed by their feelings.</p> | <p>Website: On My Mind Resources for Young People Anna Freud Centre</p> <p>Text: AFC to 85258</p> |
| Barnet Integrated Clinical Service (BICS) | <ul style="list-style-type: none"> Phone Online Face-to-face | <p>Self referral for children, young people, families and professionals. Offers social, emotional, behavioural and mild to moderate mental health support to children, young people and families within Barnet.</p> | <p>Website: www.barnet.gov.uk/barnet-integrated-clinical-service-bics Email: BICS@barnet.gov.uk Phone: 020 8359 3130 (9am to 5pm)</p> |

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