








<p>SET CAMHS NELFT Single Point of Access (including professional consultation line) Essex House, 200 The Crescent, Colchester Business Park, Colchester, CO4 9YQ Tel: 0800 953 0222 option 2 Urgent help or out of hours 0800 995 1000</p>	<div>  SET CAMHS SPA consultation line leaflet  SET CAMHS Leaflet.pdf  SET CAMHS CRISIS AE Diversion Flow Chart </div>
<p>N.O.W is the time for change www.nowsthetimeforchange.com Tel: 0345 366 9755</p>	<p>Online Wellbeing Community Advice, Tips, Strategies to support CYP and their family:</p> <ul style="list-style-type: none"> • Creating a positive mindset • Building resilience • Improving self esteem and confidence • Eating for health and happiness • Manage low level behaviours • Reduce stress and anxiety with ways to calm • Meditation, Yoga, Pilates and Tai Chi
<p>Mental Health Support Teams West Essex (MHST) https://www.mindinwestessex.org.uk/services/mhst/talking@mindinwestessex.org.uk</p>	<p>Our West Essex, Children and Young People Mental Health Support Team (MHST) is here to support education settings in Harlow, Epping Forest and Uttlesford. We help to promote positive mental health within primary, secondary and higher education settings within these areas.</p>
<p>MHST Special Schools</p> <p>https://www.hct.nhs.uk/service-details-/service/positive-behaviour-autism-learning-disability-and-mental-health-service-palms-50/</p> <p>Contact us: Email: hct.mhst@nhs.net Phone: 01727 582122</p>	<p>School staff are able to refer your child to the MHST for 1:1 support. The following members of staff at your child's school can make a referral</p> <ul style="list-style-type: none"> • Mental health lead (MHL) • SENCo • Family support officer (FSO) • Pastoral support • Teaching staff (including head of year / head of department / key workers and teaching assistants) <p>The referral will be considered by the team. If the MHST is not the most suitable team to support CYP needs, we will signpost to the most appropriate resources.</p> <p>Please note that the MHST can only work with a limited number of children at a given time therefore referrals may be added to a waitlist. Information regarding parent groups and workshops will be shared via school.</p> <p>A young person would need to meet the following criteria:</p> <ul style="list-style-type: none"> • Attend a Hertfordshire or West Essex SEN school which is part of the MHST • Young person (if appropriate) and parent consent to the intervention • Difficulty is mild-moderate • For 1:1 work with a young person there needs to be some ability to identify and communicate their thoughts and feelings
<p>Kooth</p>	<p>Home - Kooth</p>
<p>Beat</p>	<p>The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)</p>
<p>YCT Counselling Tel: 01279 414090 Txt: 07956 887921 Email: admin@yctsupport.com Website: www.yctsupport.com</p> <div>  YCT Referral Form May 2020.docx  YCT West Essex Flyer May 2020.pdf  COSP Poster for 0-5.pdf </div>	<p>YCT is a counselling and therapeutic charity working with 5 – 25-year-olds offering counselling, group support, drama/art therapy, play therapy/theraplay, group programmes (relationships, risky behaviours, exam stress, self-esteem, aspirations etc.) the Forest School programme, workshops, training, and family work. In addition, we offer training, consultancy, clinical supervision, and counselling to those working with children and young people.</p> <p>YCT works in the community with many different organisations, and in education settings including primary/secondary schools, academies, colleges, specialist schools and alternative education settings.</p>
<p>Other useful contacts</p>	<div>  </div> <p>Directory of services West Essex.docx</p>