

CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING

FACTS AND FIGURES



1 in 8 children and young people

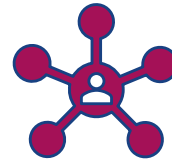
experience behavioural or emotional problems growing up



50% of mental ill health starts by age 15

75% develops by age 18

Our happiness is influenced by:



50% genes

10% circumstances such as income or environment



40% daily activities and conscious choices

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 them, it might be time to get professional help.
- Evidence suggests there are 10 steps you can take to improve your mental health and wellbeing:
 - **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

GREAT DREAM

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LOCAL SERVICES AND ONLINE SUPPORT

Service	Type	Description	Details
BEHMHT Crisis Resolution Team	<ul style="list-style-type: none"> Phone 	If you require crisis mental health intervention and support please contact the BEHMHT (Barnet, Enfield and Haringey Mental Health Trust) Crisis Resolution Team.	Phone: 020 8702 4040
Barnet Integrated Clinical Service	<ul style="list-style-type: none"> Phone Online Face-to-face 	Self referral for children, young peoples, families and professionals Support line 9am to 5pm.	Website: https://www.barnet.gov.uk/barnet-integrated-clinical-service-bics Support line: 07926085495
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. We are open 9am–12am (midnight) every day of the year.	Website: www.papyrus-uk.org Helpline: 0800 068 4141
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: https://www.kooth.com
Rephael House Counselling Centre	<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 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: https://www.brook.org.uk/
NHS Young Peoples App Library	<ul style="list-style-type: none"> App through NHS website 	Mental health apps	Website: https://www.nhs.uk/apps-library/category/mental-health/

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Change Grow Live	<ul style="list-style-type: none"> • Online • Webchat • Phone 	Free and confidential service for young people up to 24. 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>Website: https://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"> • Website 	Engage Barnet Local offer supporting children, young people and their families.	<p>Website: https://engage.barnet.gov.uk/support-for-families-cyp</p> <p>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 	Youth Mental Health First Aiders offer support to a young person who is experiencing a mental health issue or emotional distress. This interaction could range from having an initial conversation through to supporting the person to get appropriate help.	In most Barnet schools.
Youth Realities	<ul style="list-style-type: none"> • Phone • Online 	Youth-led organisation based in Barnet, addressing teenage relationship abuse through creative education and survivor-centred support.	<p>Website: www.youthrealities.co.uk Email: info@youthrealities.co.uk Phone: 07551 022 824 (11 - 7pm mon - fri) Address: 4-5 The Concourse, Colindale, NW9 5XB</p>
Anna Freud Centre	<ul style="list-style-type: none"> • Online • Text 	Support and advice on all aspects of mental health for young people Free and Confidential 24/7 Crisis Messenger Text Service for anyone feeling overwhelmed by their feelings.	<p>Website: https://www.annafreud.org/coronavirus-su</p> <p>Text: AFC to 85258</p>
Healthy Young Minds	<ul style="list-style-type: none"> • Apps 	A collection of apps to help with all mental health and wellbeing.	<p>Website: https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/</p>

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