



# Emotional wellbeing and mental health

Support services for children and young people

# INTRODUCTION

**Concerns about Covid-19 and the impact it may have on our lives is causing increased anxiety and stress for many children, young people and their parents/carers. In compliance with government restrictions, some services are unable to provide face to face contact. Before attending any venues outlined within this e-booklet, contact the organisation prior, as advertised opening hours may differ depending on any government restrictions. We appreciate that this may be frustrating, but all services are doing their best to help contain the further spread of Covid-19.**

This e-booklet is not intended to replace the Family Information Service <https://beta.lambeth.gov.uk/children-young-people-families/families-information-service>

Parents/carers should note that the Family Information Service is a directory of all local activities, organisations and services for children and young people. It also includes Ofsted registered childcare information.

The purpose of this e-booklet is to provide Lambeth service information relating to children and young peoples' mental health and emotional wellbeing. It serves as a quick reference when highlighting some of the currently commissioned and non-commissioned services for our Lambeth children and young people. Parents/carers should note that this is not a complete list of Lambeth services. We have collated a list of some of the organisations that we think you may find useful supporting your child's mental health.

Children and young people may need help with a wide range of issues at different points in their lives. Growing up is not easy, and sometimes it's hard for children and young people to cope with whatever life throws at them. Supporting children and young people to be confident in taking age-appropriate steps to improve their mental and emotional wellbeing, are the first steps a parent or carer can take when supporting their children and young people as they journey towards being self-empowered

individuals. Lambeth has services that cater for the different individual needs of the child, services that prevent mental health and emotional wellbeing deterioration, as well as support when experiencing a mental health crisis.

By reading this e-booklet, we hope that you and your child can benefit from the diverse range of emotional wellbeing services in Lambeth.

We acknowledge some parents/carers have found it extremely hard to find mental health and emotional wellbeing services in one central place for their children and young people. We hope that in producing this booklet, you can see the varied range of services locally available. We have also included within this e-booklet, some non-Lambeth mental health and emotional wellbeing services which you may find beneficial.

# INTRODUCTION

Lambeth is committed to delivering safe, high quality, flexible, professional services, coordinated in a way which puts children and young people at the heart of all services. Services on offer in Lambeth are delivered across three main tiers of provision:

**Universal services** which can be accessed by all children and young people.

**Targeted services** aimed at children and young people with a higher level of need over and above what is available through universal services.

**Specialist services** for children and young people with complex to severe mental health needs who require specialist assessment and treatment.





# UNIVERSAL SERVICES



## Lambeth Early Action Partnership (LEAP)

It has often been said that children's life chances can be improved through a combination of enhanced early years interventions. LEAP delivers services across four target wards of Coldharbour, Stockwell, Tulse Hill and Vassall; LEAP works exclusively with pregnant women and children aged 0–3 years and their families.

Work is focussed on encompassing children's diet and nutrition, social and emotional wellbeing and communication and language.

### How do you access the service?

Referrals are accepted from:

- Parents /Carers
- Self-Referral
- GP
- Health Practitioners.

### Contact details:

Tel: 07947 709 770

Email: [leapadmin@ncb.org.uk](mailto:leapadmin@ncb.org.uk)

Web: <https://www.leaplambeth.org.uk/>

## Empowering Parents, Empowering Communities (EPEC)

A training programme which trains local parents to run parents' groups for parents who experience difficulties with their children. EPEC parenting courses are led by local parent facilitators who have completed accredited EPEC training and receive

ongoing training, supervision, and support from parenting specialists.

### Parenting programmes on offer:

- Being a parent (for parents of children age 2–11)
- Baby and Us (for parents of babies aged 0–1)
- Living with Teenagers (for parent of adolescents aged 12–16).

### How can I gain access to the training programme?

Please send an email to:

[EPEC@slam.nhs.uk](mailto:EPEC@slam.nhs.uk) or

[jo.nicoll@slam.nhs.uk](mailto:jo.nicoll@slam.nhs.uk)

## Evelina School Nursing Service

A service that provides a health service to children and young people in and out of schools, including carrying out holistic health assessments, providing advice, making referrals and signposting to services. There are also provisions for brief interventions for children and young people with low level emotional health and wellbeing needs. Evelina London School

nursing team provides a service to children from reception up until their 19th birthday. School nurses are based in health centres working in schools, children's centres and in some cases home visits are conducted.

### How do you access this service?

Access can be gained through:

- Schools
- Health visitors
- Children's centres.

There are no referrals or waiting lists to use this service.

### Contact details:

Advice and support

Text only: 07520 631130

Telephone: 020 3049 4777

Email: [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

# UNIVERSAL SERVICES



## Chat Health

Chat Health is for young people aged 11–19. Children and young people can text a school nurse for confidential health advice and support. The FREE text messaging service is operated by school nurses for children and young people to access. Children and young people can ask for advice on physical and emotional health needs.

### Nurses are available to chat on a range of issues such as:

- Illness
- Bullying
- Self-harm
- Emotional health
- Sexual health
- Contraception
- Alcohol
- Smoking
- Drugs.

### How could your child access this service?

Simply encourage your child or young person to text Chat Health on **07507 332 150**. School nurses aim to respond to text messages within 24 hours. The service is available Monday to Friday (except bank holidays), 9am–5pm.

## Parentline

Parentline is a FREE text messaging service, operated by school nurses, for parents/carers to access.

### Parents can ask for advice on issues relating to their children, such as:

- Emotional health and wellbeing
- Keeping healthy
- Bedwetting
- Sleep
- Bullying
- Keeping safe
- Growing up
- Dental health
- Support with medical conditions in school.

### How do you access the service?

Simply text Parentline on **07520 631130**. School nurses aim to respond to your message within 24 hours. This service is available Monday to Friday (excluding bank holidays), 9am–5pm.

## DID YOU KNOW?

One in 10 children has a diagnosable mental health condition, equating to roughly three children in every classroom.

## DID YOU KNOW?

70% of parents speak to their children about their emotional health and wellbeing more than their own parents did.

# UNIVERSAL SERVICES



## Lambeth's Youth and Play Team

Lambeth currently fund all year-round services from a vast number of organisations, of which 19 focus on improved mental health and wellbeing.

### Some of these organisations are below:

#### Streatham Youth and Community Trust (Adventure Playground)

Streatham Vale Park, Abercairn Road  
London SW16 5AL

**Contact:** Angie Farrar  
Telephone: 020 3146 417  
Email: [angie@syct.org.uk](mailto:angie@syct.org.uk)  
Web: [www.syct.org.uk](http://www.syct.org.uk)

#### Rathbone Youth Club

8 Chatsworth Way  
Norwood, London SE27 9HR

**Contact:** Andrew Preston and Charline King  
Telephone: 020 8766 9280  
Email: [a.preston@rathbonesociety.org.uk](mailto:a.preston@rathbonesociety.org.uk)  
or [c.king@rathbonesociety.org.uk](mailto:c.king@rathbonesociety.org.uk)  
Web: [www.rathbonesociety.org.uk](http://www.rathbonesociety.org.uk)

#### Marcus Lipton Community Enterprise

Marcus Lipton Centre  
Minet Road, Brixton  
London SW9 UH8

**Contact:** Margaret Pierre  
Telephone: 020 3137 1161  
Email: [margaret@mlcommunity.co.uk](mailto:margaret@mlcommunity.co.uk)  
Web: [www.mlcommunity.co.uk](http://www.mlcommunity.co.uk)

#### Triangle Adventure Playground

Ashmole Street  
London SW8 1NE

**Contact:** Anne-Marie Martin  
Telephone: 07900 475143  
Email: [trianglemancom@yahoo.co.uk](mailto:trianglemancom@yahoo.co.uk)  
or [triangleapg@gmail.com](mailto:triangleapg@gmail.com)  
Web: [www.triangleadventureplayground.com](http://www.triangleadventureplayground.com)

#### Grove Adventure Playground

18 Gordon Grove  
Brixton, London SE5 9DT

**Contact:** Nick Lewis and Oli Perrins  
Telephone: 07799 621582  
Email: [groveplayleader@gmail.com](mailto:groveplayleader@gmail.com)  
Web: [www.grove-playground.org.uk](http://www.grove-playground.org.uk)

#### Alford House

Aveline Street  
Kennington, London SE11 5DQ

**Contact:** Tim Saunders  
Telephone: 020 7351 519  
Email: [tim@alfordhouse.org.uk](mailto:tim@alfordhouse.org.uk)  
Web: [www.alfordhouse.org.uk](http://www.alfordhouse.org.uk)



# TARGETED SERVICES

## Targeted community health services

Evelina London currently delivers targeted community health services which includes community paediatrics and therapies such as physiotherapy or speech and language therapy. Included within this offer is early intervention and ongoing support for

neuro-developmental conditions, including Autism Spectrum Disorder (ASD) and Attention Deficit/Hyperactivity Disorder (ADHD).

### How do you access this service?

- GP
- School
- Health Visitor
- Social Worker
- Other children's services professional.

### DID YOU KNOW?

One in six young people aged between 16-24 has symptoms of a common mental health disorder such as depression and anxiety

## Lambeth's Educational Psychology Service

This service sits within Lambeth Council and is made up of Educational Psychologists who focus on promoting the development, learning and social and emotional wellbeing of children and young people.

### How do you access this service?

If you think your child would benefit from involvement with an educational psychologist, talk to the special educational needs coordinator (SENCO) at your school or preschool setting. They will consider the issues raised and work with you and your child to address your concerns.

Educational psychology support may be sought when school intervention has been unsuccessful and/or when, further advice and guidance is needed.

## Place2Be

Place2Be provides emotional and therapeutic services in primary and secondary schools, building children's resilience through talking, creative work and play. Place2Be helps children and young people to cope with wide-ranging and often complex social issues including bullying, bereavement, domestic violence, family breakdown, neglect and trauma.

### Services include:

- Mental health support and counselling services in schools
- Support for under 18s who do not have Place2Be in their school
- 'The Art Room' for children and young people's self-esteem through art-making and discussion
- Mental health training for school staff
- School mental health consultation
- Resources for schools
- Supporting parents/carers to support CYPs mental health preparation for primary school, and transitioning from primary to secondary schools.

### How do you access these services?

Children and young people can access this service via schools where Place2Be are working. If your school does not have Place2Be then please use the contact information below for support.

### Contact:

Place2Be  
175 St John St  
Clerkenwell  
London EC1V 4LW  
Tel: 020 7923 5500  
Email: [enquiries@place2be.org.uk](mailto:enquiries@place2be.org.uk)



# TARGETED SERVICES

## ARCs service

ADHD and Related Conditions Service (ARCS) is a local charity working in partnership with parents and carers of young people, and the multidisciplinary ADHD Strategy Group within the Borough of Lambeth. ARCS aims to engage, equip, Lambeth young people, parents and children affected by ADHD and other neurological conditions.

### How can this service benefit your child or young person?

- Provision of online resources
- Advice to schools, local services and professionals on how to support families affected by ADHD
- ADHD and ASD awareness training and events.

### Contact:

To hear more about this, and ARCS other activities, please visit the ARCS website which hosts a wealth of ADHD information and webinar resources. For further information, please contact Maggie Owolade (Director) at:  
Email: [maggie.owolade@arcslambeth.co.uk](mailto:maggie.owolade@arcslambeth.co.uk)  
Website: [www.arcslambeth.co.uk](http://www.arcslambeth.co.uk)  
Twitter: @arcslambeth  
Instagram: @arcslambeth

## Lambeth's Early Help Service

Lambeth Early Help Service works with CYP up to the age of 19 (or 25 where the child or young person has a SEND). The aim of the service is to help families who would welcome additional support. Early interventions can help individuals get better quickly and prevent problems from becoming worse. If your child or young person is experiencing substance misuse

issues, poor physical or mental health, or unemployment, they may be able to help.

### Some of the services provided include:

- Critical incident support
- Therapeutic work with children and young people (Cognitive Behaviour Therapies)
- Consultation with school staff and/or parents/carers
- Group work with pupils/parents.

### How can you access this service?

This service is consent led and can be accessed by referral through:

- GP
- School
- Health Practitioner.

### Contact:

Telephone: 020 7926 3100 (24 hours)  
Email: [helpandprotection@lambeth.gov.uk](mailto:helpandprotection@lambeth.gov.uk) or [help.protection@lambeth.cjsm.net](mailto:help.protection@lambeth.cjsm.net)

## Parent and Infant Relationship Service (PAIRS)

PAIRS is an early intervention programme delivered by South London and Maudsley NHS Foundation Trust focused on attachment and emotional understanding between parents and their children, aged under 6 months. PAIRS have three different services and is available to: expectant parents, parents with babies. This service is

available to parents in Tulse Hill, Stockwell, Coldharbour and Vassall.

### Services include:

- Circle of Security Parenting (One-to-One)
- PAIRS (One to One)
- Together Time (Group Sessions).

### How can you access this service?

Referral by:

- Health visitor
- GP
- Local children centre
- Midwife
- Self-referral.

### Contact:

Signs on 07718 251 1099 or Melissa on 07753 136813/020 3228 6771  
Email: [PAIRS\\_Lambeth@slam.nhs.uk](mailto:PAIRS_Lambeth@slam.nhs.uk) or [Signe.Fog@slam.nhs.uk](mailto:Signe.Fog@slam.nhs.uk) (with mobile)



# TARGETED SERVICES

## Carers Hub Lambeth – Young Carers

Do you know any young adult carers aged 5-14? Carers Hub provides emotional and practical support for young carers, including 1:1 support, creative arts and activities, mentoring, advice, and wellbeing calls. The project aims to link young carers with other young carers to reduce social isolation via group workshops and activities.

### What services are on offer?

- Tailored support
- Monthly peer support group for ages 12 and upwards
- First Aid Training
- School holiday activities
- Information on training courses
- Free legal clinic.

### How do you access this service?

- Self-referral

### DID YOU KNOW?

800,000 young carers aged between 15-17 care for an adult or family member in the UK

## Carers Hub – Young Adult Carers

If you are a young adult aged 15–21 who cares for a family member, friend, partner or neighbour, then that means you are also a carer. There are lots of ways that Carers Hub Lambeth can help you.

### How do you access this service?

Referrals to the Young Adult Carer's Project can be made by:

- The Young Carers service
- Social care
- GPs
- SLAM
- Other clinical services.

### Contact:

Carers Hub Lambeth  
336 Brixton Road, London SW9 7AA  
Telephone: 020 7501 8970  
Lines open Monday to Friday, 9am–5pm  
Email: [connect@carershub.org.uk](mailto:connect@carershub.org.uk)  
Facebook: @Carershub  
Twitter: @Carershub  
Twitter: @LambethCYP  
Web: [www.carershub.org.uk](http://www.carershub.org.uk)

## Kooth

This free online counselling and emotional well-being platform supports children and young people aged 10–25 with anonymous online counselling sessions with a qualified practitioner. Kooth is linked to CAMHS for wrap around support, onward referral, or crisis escalation if needed, and is

commissioned across the whole of South East London. Watch the Kooth video here to see how Kooth can help your child or young person.

### How do you access this service?

There are no referrals or waiting lists to use this service and it is open 7 days per week. Simply visit the website below.

### Contact:

Email: [mjames@xenzone.com](mailto:mjames@xenzone.com)  
Web: <https://www.kooth.com>

Kooth is an exclusive online application removing the requirement for Apple/Android.

# TARGETED SERVICES



## Mindheart Creative Therapies

Mindheart Creative Therapies provide specialist creative arts psychotherapy to primary and secondary aged pupils in Lambeth. Therapeutic interventions can include drama, music, art, and play therapy, depending on the needs of each individual or school. Mindheart Creative therapies provide safe spaces for children and young people to reflect on their feelings and struggles. Children are provided the skills to enable them to build their self-esteem, confidence and emotional resilience.

### Services provided can include:

- Individual or group therapy sessions for children and young people
- Support for children to develop coping strategies to manage emotional difficulty
- Peer group support, clinical supervision, and bespoke training as CPD for school staff
- Support and teaching strategies for parents/carers to use with their children.

### How do you access this service?

Children and young people can access this service via schools where Mindheart Creative Therapies are working. If your school does not have this service and you would like more information about what they have to offer, please use the contact details below for more information.

### Contact:

Mindheart Creative Therapies  
7 Bell Yard  
London WC2A 2JR  
Email: [info@mindheartcreativetherapies.org](mailto:info@mindheartcreativetherapies.org)

## The Gaia Centre

Living in a home where domestic abuse takes place can have a serious impact on a child or young person's mental and physical wellbeing as well as their behaviour. If your child/young person is aged 11–17 and has been affected by domestic abuse in the family home, then the Gaia Centre can provide some support. If you are in immediate danger, call 999.

The Gaia Centre aims to improve and promote the emotional and physical wellbeing of children and young people.

### Services include:

- Emotional support
- Facilitating counselling
- Therapeutic interventions
- School liaison
- One to one confidential support
- Specialist gender-based violence advocacy
- A specialist service for girls 13–17
- A sanctuary scheme to improve home safety
- Early intervention service for 11–17
- Group support
- Peer support scheme to help break social isolation.

The Gaia Centre also seeks to identify further specialist support for children and young people when appropriate.

### How do you access this service?

This service is accessed via referral from:

- Social care
- Police
- South London and Maudsley Trust and other mental health providers
- Physical health providers.

### Contact:

Telephone: 020 7395 7700  
Web: <https://www.refuge.org.uk/>

# TARGETED SERVICES



## Lambeth Special Educational Needs (SEND) Local Offer

Every child and young person deserves to thrive in the best possible way. Some children and young people need a little extra help to reach their potential. If your child or young person has special educational needs, then please view Lambeth SEND Local Offers.

### Please see the opportunities for support below:

- Help with managing at home
- Education and career
- Money worries
- Having fun
- Managing stress
- Relationships
- Staying healthy
- Monthly coffee mornings.

### How do you access this service?

- Self-referral

### DID YOU KNOW?

Singer, song writer, Solange Knowles and rapper, actor, Will Smith have ADHD (attention deficit disorder). Actress, writer and producer Whoopie Goldberg has dyslexia.

## Oasis UK

Provides local support in times of vulnerability, by providing weekly youth groups through to bespoke mentoring services, for young people at risk of violence and abuse.

### Contact:

Oasis UK  
1 Kennington Road  
Southwark, London SE1 7QP  
Telephone: 020 7921 4200  
Web: <https://www.oasisuk.org/>

## Lambeth Cruse

Have you experienced loss through bereavement? Lambeth Cruse delivers a bereavement service for children, young people and their families affected by bereavement who are struggling with grief.

### Services include:

- Advice and support to parents or others affected by a death in the family where there are children

- A dedicated service for children and young people (under 18)
- Cruse Bereavement Care Freephone National Helpline, which offers emotional support
- Counselling
- 1:1 session with a trained bereavement counsellor
- Welfare rights information
- Bereavement and support groups (parents)
- Training, support and advice to schools and other organisations to support them to support bereaved young people.

### How do you access this service?

- Self-referral

### Contact:

St Andrews Church,  
Short Street, London SE1 8LJ  
Telephone: 020 7620 3999  
Email: [lambeth@Cruse.org.uk](mailto:lambeth@Cruse.org.uk)/Lambeth-branch  
Web: [www.Cruse.org.uk](http://www.Cruse.org.uk)



# TARGETED SERVICES

## Mosaic LGBTQ+

Mosaic LGBTQ+ delivers support, advocacy, and awareness sessions to encourage young people to build on their confidence, helping young people to manage their mental health and emotional wellbeing. Mosaic hosts several social events, online forums, as well as providing learning and educational materials.

### Here are some of the provisions on offer:

- Youth Club for under 18s which is run every Wednesday (6.30pm–9pm) and Sunday (12pm–3pm)
- Culture Club for under 18s, which delivers workshops, exploration of sexual health, queer history and more

with sessions running at the same time as the youth club

- Retreats and residential programmes throughout the year. These provide mind expanding workshops, outdoor activities and group sessions
- Mentoring delivered by older LGBT+ individuals
- Support for professionals who work with LGBT+ young people, helping those professionals to improve the outcomes for their LGBT+ young people
- 1:1 support for parents and carers.

### How do you access the service?

- Open access service
- Self-referral .

### Contact:

Telephone: 0300 800 5428

WhatsApp: 07550 124 393

Email: [info@mosaictrust.org.uk](mailto:info@mosaictrust.org.uk)

Web: <https://www.mosaictrust.org.uk>

### DID YOU KNOW?

Sexual and gender minority youth were more than three times as likely to have self-harmed than their heterosexual peers (Youth 2000 series survey)

## Safer London

Safer London provides an Emotional Support Service for children that have been sexually abused. The service works collaboratively with a hub of specialised professionals to improve the physical and mental health outcomes for children, young people and their families following disclosure of child sexual abuse (CSA).

### How can this service help child survivors of sexual abuse?

- Practical support
- Initial medical assessments

- 1:1 support
- Advocacy and advice
- Signposting to local family support services in the borough for additional support.

### How do you access this service?

This support service is accessed on referral from:

- GPs
- Social Workers
- Schools
- A & E
- Other professionals working with families.

### Contact:

Skyline House

200 Union Street

SE1 0LX

Telephone: 020 7021 0301

Email: [info@saferlondon.org.uk](mailto:info@saferlondon.org.uk)

Web: <https://saferlondon.org.uk/>



# TARGETED SERVICES



## St. Giles Trust

Worried about a child or young person who is/may be at risk of gang involvement and criminal exploitation? St Giles Trust works with vulnerable young people in Lambeth who are involved with or at risk of criminal exploitation and gang involvement. St Giles Trust takes a 'whole family' approach, helping to support the family to stay safe.

### What services are on offer?

**Children and families** – Focus on supporting the young person, as well as their family. This project works alongside early help, as an early help preventative measure with Lambeth Council.

**Borough Line** – This is a project for young men who are at medium risk. The project is designed to assist and support with things such as employment and functional life skills.

**Expect Respect** – This is a program for young women centred around empowerment, independence and engaging young women in positive activities within their community.

**SOS** – SOS support young people who have had or currently been exposed to gang and youth crime and/or violence. The project supports young people in the form of 1-2-1 targeted youth support, prison, and community-based support for individuals in the criminal justice system and support in training and/or further education.

### How do you access these services?

These services can only be accessed on a referral form from:

- Social workers
- Schools
- Other professionals working with families.

### Contact:

General enquiries: [info@stgilestrust.org.uk](mailto:info@stgilestrust.org.uk)

Referrals:

[ServiceManagers@stgilestrust.org.uk](mailto:ServiceManagers@stgilestrust.org.uk)

## The Well Centre

The Well Centre brings together primary care and wellbeing, offering holistic assessments spanning physical and emotional health. The centre is for young people aged 11–20 years.

### How can this service help your young person?

**Health & Wellbeing Practitioners** – Relationships, bullying, self-esteem, managing stress, confidence and identity, referrals to community youth activities.

**Counsellor** – Anxiety, depression, self-harm, past trauma, eating problems, other emotional worries.

**GP** – Explore any physical and mental health concerns, seek advice around smoking, healthy eating and exercise, contraception and sexual health advice, and the prescribing of medication.

### How do you access this service?

- Self-referral
- Parent/carer
- GP
- Social Worker
- Other health professional.

### Contact:

Herne Hill Group Practice

74 Herne Hill

London SE24 9QP

(entrance via Kestrel Avenue)

Telephone: 020 8473 1581

Email: [lamccg.thewellcentre@nhs.net](mailto:lamccg.thewellcentre@nhs.net)

# TARGETED SERVICES



## Mosaic Clubhouse

Mosaic Clubhouse supports people living with a mental health condition by providing volunteering opportunities, access to education and employment, and crisis support and information for people aged 16–30.

### How can this service support your child or young person?

- Social events
- Support to access education and employment opportunities
- Young Adults Committee (which meets weekly)
- An opportunity for Young Adults to work alongside other Young Adults who have shared similar experiences.

### How can you access this service?

- GP
- Social Worker
- Other Health Practitioner
- Self-Referral (although a risk assessment form needs to be completed by a health professional).

### Contact:

Mosaic Clubhouse  
65 Effra Road, Brixton  
London SW2 1BZ  
Telephone: 020 7924 9657  
Email: [infohub@mosaic=clubhouse.org](mailto:infohub@mosaic=clubhouse.org)  
Twitter: @MosaicClubhouse  
Facebook: Mosaic Clubhouse

## Centrepoin

If you are aged between 16–25 years, homeless or at risk of homelessness, Centrepoin can help you. Centrepoin gives homeless young people a place to stay whilst they get the help they need to move into independent living. In addition to housing support, they also provide therapeutic support and counselling.

The service is also available to children and young people who are looked after by the local authority and for children/young people who have a need for therapeutic

support. Support includes group work, 1:1 sessions covering a range of topics to support mental and physical health; this includes diet and nutrition, healthy relationships, mental and sexual health, and substance misuse.

### How do you access this service?

This therapeutic service is available on referral by:

- GPs
- Sexual Health Services
- South London and Maudsley Trust and other clinical mental health services
- Local authority (children's social care)
- CCG.

### Contact:

Centrepoin, Camberwell Foyer  
90 Denmark Hill  
London SE5 8RX  
Telephone: 020 7501 9661  
Email: [reception@centrepoin.org.uk](mailto:reception@centrepoin.org.uk)  
Web: <https://centrepoin.org.uk/>



# TARGETED SERVICES

## Black Thrive

The Black Thrive Partnership, brings together individuals, local communities, statutory agencies and voluntary organisations to address the structural barriers that prevent Black people from thriving. Black Thrive, design and deliver bespoke learning sessions for all races across all sectors to routinely address, inequality, inequity, diversity and inclusion.

Black Thrive is a mental health partnership between services and statutory partners. A facilitation team works on behalf of the

community to create opportunities for lived experience to be heard by those that need to hear them. The vision is for Black communities in Lambeth to thrive, experience good mental health and wellbeing, whilst being supported by relevant and accessible services.

### Is there a direct service?

No, residents are encouraged to join the mailing list so that they can discover the opportunities that are constantly being received by Black Thrive.



# SPECIALIST MENTAL HEALTH SERVICES

## Community CAMHS

Lambeth Community Children and Mental Health Services (CAMHS) are made up of the following teams which together meet mental health and wellbeing needs of children and young people, usually up to the age of 18.

### Spring (Early Intervention) Service

Spring Service offer short term interventions for those with low-risk mental health and behavioural difficulties (e.g. cognitive behaviour therapy). Time limited interventions are offered, these are outlined below.

#### How can this service support your child?

- Cognitive Behavioural Therapy (CBT)
- Personalised Individual Parent Training (PIPT)

- Consultation work with families and the social care network
- Identification of more serious mental health difficulties.

#### Timetable for both families and young people which includes:

- Psychoeducation groups to help young people better understand their diagnosis
- Parent training groups such as incredible Years and STOP
- Dialectical Behavioural Therapy (DBT)
- Art therapy
- Social skills groups plus many more.

#### How can you access this service?

By referral from:

- Parent/carer
- GPs
- Schools.

#### Contact:

Telephone: 020 3228 6783

Email: [lambethcamhsreferrals@slam.nhs.uk](mailto:lambethcamhsreferrals@slam.nhs.uk)

### River (Community Adolescence) Service

River Service provides assessment, treatment, and care for children and young people aged 0–18 who have moderate to severe mental health and learning difficulties.

#### How can this service support your child?

- Support for autistic specialist disorder (ASD)
- Support for attention deficit hyperactivity disorder (ADHD)
- Support for Tourette Syndrome (TS)
- Individual interventions
- Family interventions
- Psychological therapies (talking therapies, creative therapies, and medical management).

#### How can you access this service?

By referral from:

- Parent/carer
- GPs
- Schools.

#### Contact:

Telephone: 020 3228 7330

Email: [lambethcamhsreferrals@slam.nhs.uk](mailto:lambethcamhsreferrals@slam.nhs.uk)



# SPECIALIST MENTAL HEALTH SERVICES



## Neurodevelopmental Service

The neurodevelopmental service is for children and young people with a significant learning disability and/or complex neurodevelopmental disorders. Assessment and treatment for children and young people up to the age of 18.

The service is delivered by a team in a community mental health clinic or hospital outpatient clinic. This service is for children and young people who have had complex problems for some time.

### How can this service support your child?

Care for children and young people who have moderate to severe learning difficulties and significant mental health difficulties such as:

- Autistic Specialist Disorder (ASD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Tourette Syndrome (TS).

The neurodevelopmental service team are likely to comprise of child and adolescent psychiatrists, social workers, clinical psychologists, community psychiatrist nurses, child psychotherapists, occupational therapists, as well as art, music and drama therapists.

### How can you access this service?

By referral from:

- GPs
- Medical practitioner
- Schools
- Social Worker.

#### Contact:

Telephone: 020 3228 5260

Email: [lambethcamhsreferrals@slam.nhs.uk](mailto:lambethcamhsreferrals@slam.nhs.uk)

## Rapids (Crisis/Enhanced Treatment) Service

The Enhanced Treatment Service (ETS) is for young people aged 12–18 who are presenting with a serious mental illness which has resulted in a hospital stay or at risk of presenting at A&E. This service aims to reduce the overall length of inpatient stay and improve the quality of care.

### How can this service support your child?

- Offering children and adolescents home treatment
- Offering children and adolescents hospital day care and case management
- Young people and their families are offered a detailed assessment.

### How can you access this service?

By referral from:

- Parents/carers
- GPs
- Medical practitioner
- Schools
- Social Worker.

#### Contact:

Telephone: 020 3228 5260

Email: [lambethcamhsreferrals@slam.nhs.uk](mailto:lambethcamhsreferrals@slam.nhs.uk)



# SPECIALIST MENTAL HEALTH SERVICES

## Children Looked After Mental Health Service (CLAMHS)

This service specialises in working with children and young people who are looked after by Lambeth Social Services who are aged between 0–18.

### How can this service support a child/young person who you care for?

- Care Planning Service (CPS), which looks at the overall mental health needs and care planning of a child or young person who has come into the care
- Ongoing Care Service (OCS)
- Advice and information concerning any child or young person's mental health who has been placed outside of the borough
- Support to foster carers.

### How can you access this service?

By referral from:

- GPs
- Medical practitioner
- Schools
- Social Worker.

#### Contact:

Telephone: 020 3228 6765

Email: [lambethclamhs@slam.nhs.uk](mailto:lambethclamhs@slam.nhs.uk)

## The Maudsley Centre for Child and Adolescent Eating Disorders

Eating and feeding disorders come in all shapes and sizes and can be very confusing. They can affect anyone, regardless of age, ethnicity, gender, or sexuality. They usually begin in adolescence but can occur at any time.

If you are a parent/carer or professional and have concerns about a child or young person, then contact the Maudsley Centre for Child and Adolescent Eating Disorders

which operates across South East London (Lambeth, Southwark, Lewisham, Bexley, Bromley, Greenwich and Croydon). The Maudsley site is located on Denmark Hill, where they can provide useful resources and help for your child or young person.

### How do you access this service?

- Self-referral which can be accessed online
- Health professional.

#### Contact:

Information and advice using the online service, or alternatively you may call 020 3228 2545.

Clinical staff are available between Monday to Friday, 9am–5pm. Before making a referral, please ensure that you have consent from the young person/parent and ensure you have the following information to hand when making the referral:

- Up-to-date height and weight measurements.

Please note that there is no need to pursue any investigations by the GP first.

## OASIS

Oasis is delivered by SLaM for young people aged 14–25 years old, providing support in the form of talking therapies, medical consultation, and practical advice for young

people who are struggling with experiences like hearing voices or feeling paranoid

### How do you access this service?

- Self-referral
- Referral by professional.

#### Contact:

Telephone: 020 3228 7200

Email: [oasisreferrals@slam.nhs.uk](mailto:oasisreferrals@slam.nhs.uk)



# SPECIALIST MENTAL HEALTH SERVICES



## Youth Offending Service (YOS) CAMHS

The Youth Offending Service CAMHS team works with young people known to youth offending services who have mental health difficulties, offering a range of therapeutic interventions. The team sits within Lambeth Youth Offending Service comprising of clinical psychologists, dedicated liaison, and diversion mental health professionals.

## AIM Project

The Aim Project is part of YOS CAMHS and provides assessment and intervention for young people who are perpetrators of sexually harmful behaviour. The dedicated clinical psychologist works with the young person, their families and other professionals.

### How can this service support your child?

Therapeutic interventions which include:

- One to one sessions
- Family therapy
- Group therapy.

### How do you access this service?

- Self-referral
- Referral by professional.

### How do I access these services?

- GP
- Social Worker
- School
- Other Health Practitioner.

### Contact:

Telephone: 020 3228 6765

### DID YOU KNOW?

Fewer than 1% of all children in England are in care, but Looked After Children make up 33% of boys and 61% of girls in custody (Beyond Youth Custody)

# OTHER USEFUL SERVICES

## Lambeth information and advice service (LIASS)

Would you like more information about your child's special educational needs (SEND) at school or college? LIASS provides confidential and impartial advice about SEND to parents/carers who are worried about their child's progress at school. Advice is also given in relation to education, health and care plans (EHCP). Young people can also use the service to acquire advice, support and information around their own SEN.

### Other services include:

- Information pertaining to the law around SEN
- The Lambeth Local Offer
- Local early-years settings, schools, colleges, post 16 provision
- Mediation, SEND Tribunal hearings and dispute resolution
- How other organisations might be able to help you
- Support with preparing for and attending a meeting
- Support with writing letters and understanding reports
- EHCP applications and annual reviews.

### How do you access this service?

Simply drop the LIASS an email or call them using the details below. This service is for both parents/carers and young people.

### Contact:

Email: [lambethiass@lambeth.gov.uk](mailto:lambethiass@lambeth.gov.uk)  
Telephone: 020 7926 1831 or 020 7926 9805  
Web: [www.lambethiass.org.uk](http://www.lambethiass.org.uk)

## Legal Advice

Lawstuff provides FREE legal information to children and young people. Providing information about your CYP legal rights. This service is for CYP aged 10–25.

### How can this service help your child?

- Police and law
- Children's services
- Education
- CYP who is not from the UK

- Home and family
- Abuse and bullying
- Sex, health and drugs
- Online safety and more.

### How do you access this service?

As a parent/carer you can contact the service using their online contact form where you can seek information pertaining to child law advice, for example parental disputes. Emails received from parents, will be passed onto the Child Law Advice Service.

## HopelineUK

Offers help and advice around young people's suicide prevention. Helpline 365 days a year, 9am–12am (midnight).

### Contact:

Telephone: 0800 068 4141  
Text: 07786 209 697  
Email: [pat@payrus-uk.org](mailto:pat@payrus-uk.org)

## DID YOU KNOW?

**Suicide is the leading cause of death in young people, accounting for 14% of deaths in those CYP aged between 10-19. Low in comparison to other countries, but is on the increase in the UK.**



# OTHER USEFUL SERVICES

## Citizens Advice Bureau

Helping people to resolve their legal, money and other problems by providing free independent confidential advice.

### How can this service support parents?

- Benefits
- Work
- Debt and money
- Consumer
- Family
- Housing
- Law and courts
- Immigration
- Health.

### How do you access this service?

Parents can access this service via:

- The website
- Online chat.

Web: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## Victim Support

Free and confidential advice to victims of crime, witnesses as well as their family and friends.

### How can this service help a victim of crime?

- Information and advice
- Immediate emotional and practical help
- Longer term emotional and practical help
- Advocacy
- Peer support and group work
- Restorative justice
- Personal safety services
- Help in navigating the criminal justice system.

### How do you access this service?

Find your nearest Victim Support team here.

Web: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

## Beat Eating Disorders

If you know a child or young person who has an eating disorder, you are not alone., there is support available. Beat is a service which supports young people under the age of 18 who are worried about their eating and there is also support for friends and family. Beat can also help you to support them.

### Some of the services provided by Beat:

- Helpline
- Online support

- Self-help groups
- Support for friends, parents, carers
- Chatrooms
- Message Board
- Overcoming bad decisions
- Support with overcoming bad decisions
- Help with supporting a child or young person with an eating disorder.

### How do you access this service?

- Self-referral
- Parent/carers referral
- Referrals through children's services.

### Contact:

[Help for young people](#)

Student line: 0808 801 081

Email: [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)

[Helpline for parents](#): 0808 801 0677

Email: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

[Opening hours](#)

Mon to Wed, 9am–7.45pm

Thurs, 4pm–7.45pm

Fri, 9am–7.45pm

Sat to Sun, 4pm–7.45pm



# OTHER USEFUL SERVICES



## Alumia

Are you worried about a young person aged between 14–19 who might be self-harming? Alumia is an organisation which supports young people who you may be worried about. This is an online only service where young people can participate as part of a group made up of eight young people with two leaders who meet once a week for seven weeks. The service offers a friendly, inclusive, non-judgmental space where tools are offered to young people to help with the urges to self-harm.

**This is not a crisis service, so if a young person is in a crisis then do one of the following:**

- Call 999 (if a medical emergency)
- Call The Mix on 0808 808 4994 (crisis support)
- Call Childline on 0800 1111 (crisis support)
- Call Samaritans on 116123 (crisis support)

### How would a young person access the Alumia service?

Encourage them to visit [www.selfharm.co.uk](http://www.selfharm.co.uk) and sign up. Once signed up, an email dialogue will commence and then the young person can see whether Alumia is the right support service for them.

## Getting help for a child or young person in a mental crisis

CAMHs Duty Line (local urgent mental health helpline). How can this service help your child or young person?

- Telephone advice
- Emotional support
- Crisis counselling for young people concerned about deterioration in their mental health.
- Support for parents and carers who are concerned about a young person.

### Contact

Call 0800 731 2864 (Option 1) to speak to South London and Maudsley (SLAM) 24 hours mental health crisis line. You do not need to be referred in order to contact the crisis helpline.

## NHS urgent mental health helpline

When to call?

- If you are not able to speak to your local NHS mental health helpline CAMHs)
- If you need help urgently for your child's mental health, but it is not an emergency
- If you're uncertain of what to do.

### Contact

Call 111 to speak to the National NHS helpline (if you need a translator, please inform the operator).

# OTHER USEFUL SERVICES

## Solidarity in a Crisis

Solidarity in Crisis provides support in distress by providing out of hours emotional support over the phone and in person. The service is run by Peer Supporters who have their own experience of facing and overcoming crisis.

### Contact:

Monday to Friday, 6pm–12 midnight  
Saturday and Sunday, 12 noon–12 midnight  
Telephone: 0300 123 1922  
Text: 0788 9756 087 or 0788 9756 083  
Email: [outofhours-solidarity@certitude.org.uk](mailto:outofhours-solidarity@certitude.org.uk)

## The Mix

The Mix is an organisation which can help young people in crisis amongst other support needs.

### Some of the services delivered are:

- Sex & Relationships
- Your Body
- Mental Health
- Drink & Drugs
- Crime and Safety
- Housing
- 1:2:1 chat
- Helpline
- Crisis Online Messenger
- Email Support
- Counselling Services.

### How do you access this service?

- Self-referral
- Parent/carer referral
- Children's services.

### Contact:

Telephone: 0808 8084994 (4pm–11pm)  
Email: Please visit The Mix online and use their contact form  
<https://www.themix.org.uk/mental-health>

## Crisis Messenger

Crisis text line will help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-arm
- Bullying
- Relationship breakdown.

TEXT THEMIX to 85258 (24/7 crisis support). A trained volunteer will respond within five minutes.