

Emotional Wellbeing and Mental Health Support for Children and Families in Hillingdon.

If you are concerned about the mental health of a child or young person you should contact **CAMHS Single Point of Access**. This service is for **referrals, crisis calls, advice and signposting** for children under the age of 18.

The Single Point of Access **accepts referrals from professionals, and families or young people**. This includes all health, education and social care professionals.

The service operates on a **24-hour basis** with a triage assessment undertaken within 3 days of a referral, or within 24 hours if there is a priority need.

As a 24/7 service, CAMHS SPA offers **crisis telephone support to young people and families and professionals**.

Call: [0800 0234 650](tel:08000234650)

Sources of Support:

Service	Area	Contact Details	Summary
Terence Higgins trust - Hillingdon Counselling	Local	https://www.tht.org.uk/our-services/online-services/hillingdon-counselling	Counselling services for the residents of Hillingdon impacted by HIV.
Hillingdon Mind	Local	Home - Mind in Hillingdon	Advice and support to empower anyone experiencing a mental health problem.
Centre for ADHD and Autism Support	Local	CAAS Centre for ADHD and Autism Support Hillingdon Directory	Support for those with autism and ADHD as these young people are statistically more likely to have mental health issues.
Hillingdon Autistic Care & Support	Local	Home HACS Charity	Our aim is to increase understanding and acceptance of autism, in order to reduce health, education and socio-economic inequalities and improve positive life outcomes for autistic people locally.
Targeted Programmes	Local	Targeted programmes for children and adolescents - Hillingdon Council	A wide range of 1-1 and group-based activities for children and young people.

Hillingdon CAMHS	Local	https://www.cnwl.nhs.uk/camhs/our-services/specialist-camhs/hillingdon-camhs	Community mental health services for children, young people up the age of 18, with complex mental health difficulties, and their families.
CNWL NHS talking therapies	Local	Hillingdon NHS Talking Therapies (cnwl.nhs.uk)	Hillingdon Talking Therapies is a free, confidential NHS service for adults aged 18+
Hillingdon Cove Café	Local	Hillingdon.Cove@hestia.org https://www.nwlondonics.nhs.uk/news/news/hillingdon-cove-cafe-new-community-mental-health-service	A free walk-in mental health support service for people aged 16+, without the need for a referral or an appointment. The service is based at Haya House Community Centre, 90A East Avenue. Hayes, UB3 2HR and is accessible through the main door at the front of the building between the hours of 2 pm – 10pm, 365 days per year.
Multi-Agency Psychological Support (MAPS) (LBH)	Local	maps@hillingdon.gov.uk	LBH Service: Provides consultation for social workers & children's homes in Hillingdon. Therapeutic support for foster carers, children and young people in care between the ages of 0-17 years.
Tiger Light NWL	Local	https://www.barnardos.org.uk/what-we-do/services/tiger-light-nwl	Commissioned Service Early emotional support for children and young people, aged 3-18 (and their families), who have disclosed sexual abuse. It provides support and early help to deal with traumatic experiences in eight London boroughs: Brent, Ealing, Hammersmith & Fulham, Harrow, Hillingdon, Hounslow, Kensington & Chelsea and Westminster. It is expected that children, young people and their families will be supported for 10 weeks, while longer term psychological support or treatment is identified. Children and young people are referred to the service by relevant professionals in the borough.
The Mix	Local & National	https://www.themix.org.uk/get-support	Provides essential support for under 25's discussion boards, Group Chat Service and speak to our trained team
KOOTH	Local & National	Home - Kooth	a digital offer to children and young people for online counselling and support. Some young people do not want to use Kooth as they are required to sign up for the service and can therefore be deterred by the fact that they could be identified (some young people might not want anyone, including their parents, to know that they are experiencing mental health issues).
PAPYRUS Prevention of Young Suicide	National	Papyrus UK Suicide Prevention Prevention of Young Suicide (papyrus-uk.org) 0800 068 4141	For confidential suicide prevention advice – suitable for young people, parents and professionals. Advice about minimising exam stress.
The Samaritans	National	https://www.samaritans.org/	Samaritans work to make sure there's always someone there for anyone who needs someone

Shout 85258	National	Shout: the UK's free, confidential and 24/7 mental health text service for crisis support Shout 85258 (giveusashout.org)	Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.
Childline	National	Childline Childline Call 0800 1111 for free	confidential support at any time, day or night. Childline is there to help anyone under 19 in the UK with any issue they're going through, big or small.
Young Minds Parent Helpline	National	YoungMinds Mental Health Charity For Children And Young People YoungMinds Call 0808 802 5544 for free	If you are concerned about a child or young person's mental health, you can get free, confidential advice via phone, email or webchat from the Young Minds Parent Helpline.
Every Mind Matters	National	Every Mind Matters - NHS (www.nhs.uk)	For help and advice about mental health from the NHS
The Mix	National	The Mix - Essential support for under 25s	The Mix is the UK's leading digital charity for under 25s, Whatever issue a young person is facing, The Mix is always there for them – via our website, over the phone or via social media. Our support is free, confidential and anonymous and can be accessed wherever young people are. We connect young people to experts and their peers to talk about everything from money to mental health, homelessness to jobs, break-ups to drugs and more. No topic is out of bounds, and we are completely non-judgemental.
MindEd for Families	National	MindEd For Families	A resource for all adults to increase awareness and understanding about the mental health of children, young people and older adults. It includes free e-learning sessions for all those working with CYP (incl. ED sessions).
Hub of Hope	National	Mental Health Support Network provided by Chasing the Stigma Hub of hope	Mental health support network provided by Chasing the Stigma. The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.
Crisis Tools	National	Home - Crisis Tools	Unique, co-produced learning guides to increase knowledge and confidence for anyone supporting young people in a mental health crisis. Crisis Tools is relevant to anyone who may find themselves supporting a young person in crisis including parents, carers and professionals.
National Bullying Helpline	National	Available from 9am to 5pm Monday to Friday on 0300 323 0169.	Provides help for anyone dealing with bullying, whether in school, in the workplace or online.
Healios online	National	www.healios.org.uk	families living with mental health or neurodiverse conditions such as ASD and ADHD Contact a local NHS CAMHS and GP to request a referral
Braver Together - run	National	About – Body & Soul Charity (bodyandsoulcharity.org)	This is for Parents/Carers/Siblings/Partners or Chosen Family living alongside someone who is struggling with

by Body & Soul Charity			<p>their mental health.</p> <p>12 weeks of well-being support, DBT skills and ways to take care of self so to be able to then to take care of loved ones better!</p>
Young Minds	National	<p>0808 8025544</p> <p>https://youngminds.org.uk/</p>	<p>advice, support and guidance for young people, parents & professionals</p>
Beat (Eating Disorders Association)	National	<p>https://www.beateatingdisorders.org.uk/</p> <p>info@beateatingdisorders.org.uk</p> <p>08088010711 (under 18's)</p> <p>08088010811 (student line)</p>	<p>support and advice Chat one-to-one with a friendly Advisor on our national Helplines or our secure Web chat service to find the right service for you or your loved one.</p>
Boloh	National	<p>https://helpline.barnardos.org.uk/boloh-helpline</p> <p>0800 151 2605</p>	<p>We offer advice, mental health and practical support to adult asylum seekers across the UK.</p>
Campaign against Living Miserably (CALM) - For Men	National	<p>https://www.thecalmzone.net/</p> <p>0800 58 58 58</p>	<p>Helpline and live chat & lots of advice and guidance for people struggling with mental health</p>
Papyrus - prevention of young suicide	National	<p>https://www.papyrus-uk.org/</p> <p>0800 0684141</p> <p>07860 039967 (text)</p>	<p>Papyrus (confidential support and advice to young people struggling with thoughts of suicide, and anyone worried</p>
YoungMinds -	National	<p>YoungMinds Mental Health Charity For Children And Young People YoungMinds</p>	<p>Children and young people's mental health charity Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help.</p>
Youth ACCESS	National	<p>Welcome to Youth Access Youth Access</p>	<p>Offers a directory of services available in each local area</p>

Bereavement Support:

Service	Area	Contact information	Details of service
MIND North West London Suicide Bereavement Service	Local	Suicide Bereavement Support Mind in Brent, Wandsworth and Westminster (bwwmind.org.uk)	In this service, we work closely with existing bereavement services to offer tailored support. Our North West & South West London Service offer 1:1 support, short-term interventions, advocacy and liaison support before/after funerals and inquests, peer support groups, and signposting to other relevant organisation
Harlington Hospice	Local	https://www.harlingtonhospice.org/cabs CABSreferrals@harlingtonhospice.org	For children and young people aged 4–17 years and their families, who live in LBH. This service is available to those who have experienced bereavement or have someone close to them with a life-limiting illness.
SOBS (Survivors of Bereavement by Suicide)	National	Helpline: Call 0300 111 5065 between 9am and 9pm, Monday to Sunday. Email: support@uksobs.org	Exists to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.
Child Bereavement UK	National	Helpline: Call 0800 02 888 40 between 9am and 5pm, Monday to Friday. Email: support@childbereavementuk.org	Help children and young people (up to age 25), parents and families, to rebuild their lives when a child grieves or when a child dies. Also provide training to professionals, equipping them to provide the best possible care to bereaved families.
CRUSE Bereavement Care	National	Helpline: Call 0808 808 1677 between 9am and 9pm, Monday to Friday. Email: helpline@cruse.org.uk	Have specialist bereavement experts with experience of all types of loss, can offer support however and whenever the death occurred.
The Compassionate Friends	National	Helpline: Call 0345 123 2304 Email: helpline@tcf.org.uk	A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.
Childhood Bereavement Network	National	Childhood Bereavement Network	A hub for those working with bereaved children, young people and their families across the UK.
The Coroners' Courts Support Service (CCSS)	National	National helpline: call 0300 111 2141 : helpline@ccss.org.uk	An independent voluntary organisation whose trained volunteers offer emotional support and practical help to bereaved families, witnesses and others attending an Inquest at a Coroner's Court, including support at court when restrictions allow this.
HALO Children's Foundation	National	07903709622 www.halochildrensfoundation.org.uk info@halochildrensfoundation.org.uk	Child bereavement support
Seasons For Growth	National	www.seasonsforgrowth.co.uk	Early intervention grief education programme aimed at helping children, young people and adults through grief, brought about through loss or significant change in their lives.