

Services for Children and families regarding mental health and emotional wellbeing:

www.sussexpartnership.nhs.uk/east-sussex-spoa CAMHS in East Sussex is the first service in the country to simplify making a referral to the service by developing a Single Point of Advice (SPOA). The phone number is 01323 464222 and can be used by parents who need advice. More information is available at

www.youngminds.org.uk Young Minds is a charity focussing on mental health in children and young people. Details are given about how to obtain help for a young person or adult in crisis.

www.childline.org.uk Offers a free confidential helpline or online support for children whatever their worry.

www.e-motion.org.uk This is a free on-line counselling service for young people aged 12-18, who live in East Sussex.

www.sussexpartnership.nhs.uk This website provides information about all the mental health services provided by this organisation including child and adolescent mental health services (CAMHS).

www.nhs.uk this is a comprehensive website with an A-Z of both health issues and medicines for adults and children and young people, e.g. Anxiety disorders in children.

www.openforparents.org.uk Open for parents offers support to parents and carers of children aged 2-19 years. Free support and advice is offered for a wide range of behaviour that may cause concern. Support is available including one-off sessions, groups, courses, face-to-face and telephone advice.

www.sussexpartnership.nhs.uk/irock A service for 14-25year olds based at rock house in Hastings that offers friendly advice and support about emotional and mental wellbeing, employment, education and housing. No referral required. Drop in centre open Monday, Wednesday and Friday 10am-6pm

www.moodjuice.scot.nhs.uk Very useful self-help advice for a variety of mental health problems, including stress anxiety and depression.

www.fsncharity.co.uk Offers peer support services to help children aged 7-18 cope with emotional wellbeing, loss or separation. Peer support groups are facilitated by trained staff and volunteers. Children and young people have the opportunity to talk to others their own age who may be going through similar experiences, and to gain support from each other.

www.bullying.co.uk Online advice for parents and children regarding bullying and how to deal with it. Helpline also available.