



# MENTAL HEALTH SUPPORT FOR YOUNG ADULTS

*A simple guide to getting the  
right help for 16-18 year olds*



## Future in Mind

Offered to young people via KOOOTH online counselling and support,. Also offers advice and training to education staff, parents and other professionals on how they can support young people to increase their resilience and coping strategies. Support is offered for:

- Anxiety, stress, low mood
- Relationship difficulties

Referral is via school and college staff teams



## Turning Point Talking Therapies 16+

Psychological therapies via one to one, group or online therapy. Support is for common mental health problems such as:

- Low mood and depression
- Anxiety and worry
- Anxiety disorders such as OCD, PTSD, panic and social anxiety
- Stress, poor sleep and lack of coping strategies

Self referral online via [talking.turning-point.co.uk](http://talking.turning-point.co.uk) or 01924 234 860



## CAMHS

Assessment and interventions via one to one, group or family support to young people and their families who are suffering from significant mental health or behavioral problems, such as;

- Psychosis (delivered by Insight Early Intervention Team)
- Severe depression or anxiety with poor functioning and/or significant self-harm or thoughts of suicide
- Eating disorders
- Severe emotional or attachment issues

Professional referral via referral form to CAMHS Single Point of Access - 01977 735865

