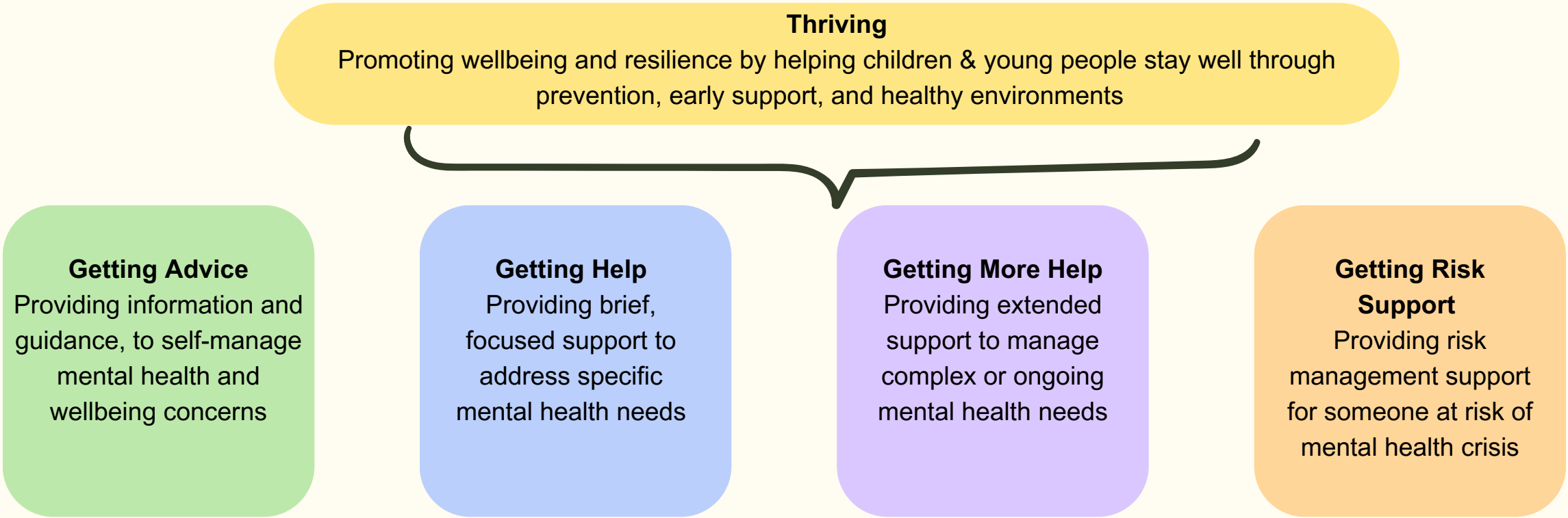


Brent Emotional Wellbeing Support Services for Children & Young People





A guide on emotional wellbeing support for children and young people aged 0-25 in Brent
This guide is for Parents, Carers, Families and Young People

Thrive Model

The Thrive Model is a simple way to understand the different types of help available.
It breaks support into five clear areas



Who is this support for?
Support is available for children and young people from ages 0-25
When viewing the guide, please look out for these icons to know what age group a service is for

Ages 0-5:  Ages 5-11:  Ages 11-16:  Ages 16-25: 

How to use this guide?
Below, you will find an overview of mental health & emotional wellbeing services in Brent, grouped under each THRIVE grouping.
For each service, we have outlined:
Who it's for - age range
What they offer - type of support available
How to refer - steps to access the service
To access each service's webpage, please click on the bold headings, bold underlined text or QR code



Getting Advice & Signposting

Services providing information and guidance to self-manage mental health and wellbeing concerns

LOCAL BRENT Mental Health & Wellbeing Services

1. Brent CAMHS Under 5's Services

Supporting families with children experiencing difficulties with sleeping, changes in mood, behaviours and more:

- Signposting for parents/carers to access services
- Joint Parent-child sessions to support positive relationship
- Consultations for families on how to support the emotional development of under 5s

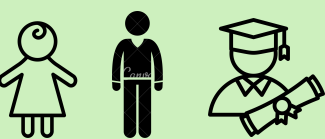
Referrals can be done by contacting cnwtr.spa@nhs.net / **02033175050**



2. CAMHS Resources

- Information, tools & resources about children and young people's emotional wellbeing and mental health
- Online self-help and support

To access, please visit online or [here](#)



3. Kooth Digital Health

Free, anonymous, online mental health & wellbeing platform for young people aged 11-25 offering:

- Self-help resources like community support, articles, discussion boards, journals, online forums

No referral is needed, young people can directly access the service by signing up [here](#)



4. Elev8 (VIA)

Free confidential advice & information for young people who study or live in Brent around emotional wellbeing.

Young people can self-refer by contact Elev8 directly on elev8@viaorg.uk / **03003034547** or visit [here](#)

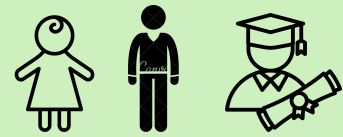


5. Brent Wellbeing & Emotional Support Team (WEST)

Support for children & young people experiencing mental health challenges like anxiety, low mood, behavioural challenges. Support includes:

- Consultations support & clinical advice for parents/carers and professionals
- Individual and group support for parents/carers to support their children's mental health

Referrals can be made by young people, parents, schools and professionals by contacting **02089372141** / west@brent.gov.uk or visit [here](#)

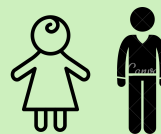


6. Mental Health Support Teams (available only in participating Brent schools)

Early support for children & young people with mental health challenges through:

- Individual and group support for anxiety, low mood (secondary school age) and behavioural difficulties (primary school age)
- Guided self-help in high schools
- Parent Workshops & support on mental health, managing children's anxiety or behavioural issues

Referrals can be done by young people and parents via their schools Designated Mental Health Lead.

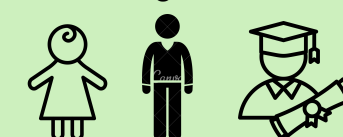


7. Place 2 Be (available in participating Brent schools)

Providing in-school support for pupils through:

- Place 2 Talk - a self referral drop-in service for pupils to discuss worries or concerns
- Parental support - advice and support for parents/carers to help them address their children's mental health needs

Referrals can be made via the schools' Place2Be School Project Manager or by contacting the school administration.



8. Hestia Brent Cove

Free confidential drop-in service for Brent residents in emotional distress or crisis, aged 16+ offering:

- One to one support - personalised support to help you find the best path forward
- Group activities including emotional wellbeing workshops, promoting social interaction and mental wellness

No referrals are needed, you can simply turn up or contact BH.Cove@hestia.org / **07469856963**



9. Brent Carers Centre

Providing support for young carers and young adult carers under 25:

- Information and advice on caring responsibility, education, employment & personal development
- Emotional and practical support including one to one assistance, support groups and advocacy to help manage challenges of caring roles
- Workshops and social activities promoting wellbeing, peer support

Young carers can self-refer or be referred by professionals/schools by contacting **02038027070** / email@brentcarerscentre.org.uk / visit [here](#)



10. NHS Check in & Chat

Offering friendly telephone calls to individuals **aged 18 and over**, who may be experiencing loneliness, isolation or poor mental health.

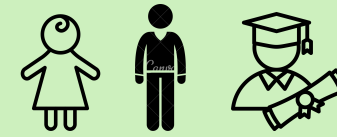
Individuals can self-refer by filling in a self-referral form or call **02076855957** / email cnwl.check-inandchat@nhs.net



GENERAL & NATIONAL Mental Health & Wellbeing Services and Self-Help

11. Good Thinking

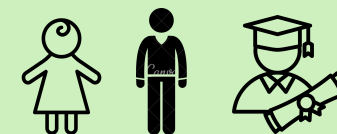
Providing tools and resources to manage anxiety, stress, sleep difficulties and low mood - visit [here](#)



12. Anna Freud Centre Self-Care

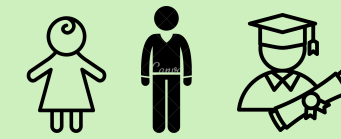
Strategies and techniques to manage and maintain emotional wellbeing

- **'On My Mind'** - empowering young people to make informed choices about their mental health, resources written by young people.



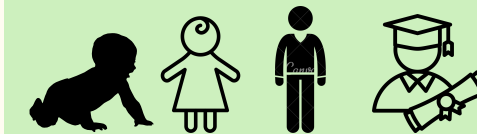
13. Hub of Hope

Database bringing together help and support for mental health for all - visit [here](#)



14. Happy Maps

Website bringing together mental health resources for parents, young people and professionals - visit [here](#)



15. The Mix

Free, confidential support for young people, under 25 online, social and mobile - visit [here](#)



16. Young Minds

Information, advice and support for young people experiencing mental health concerns and their parents including:

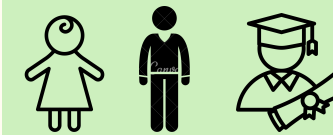
- Information about mental health concerns
- Parents Helpline - **08088025544**

Visit [here](#)



17. ThinkNinja App

A free mental health app, offering education on mental health & emotional wellbeing along with coping skills for stress, anxiety and low mood for ages 10-18. Download the free app.



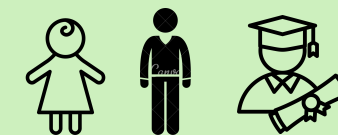
18. SHOUT

Resources and tips on mental health
No referral or app needed - just a mobile phone.
Text 'SHOUT' to 85258 or visit [here](#)



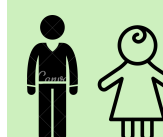
19. MindED

Providing free educational resources including advice and information for families on mental health and wellbeing - visit [here](#)



20. MIND Brent

- Workshops delivered in select Brent schools covering a range of topics including mental health, building resilience, depression and low mood - visit [here](#)



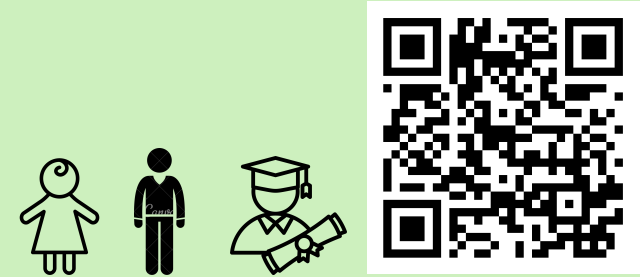
Getting Advice & Signposting

Services providing information and guidance, to self-manage mental health and wellbeing concerns

21. Samaritans

Free, confidential 24/7 listening service offering early stage emotional support to anyone in mental health distress, or struggling to cope.

No referrals are needed - a young person can directly call **116 123** or visit online

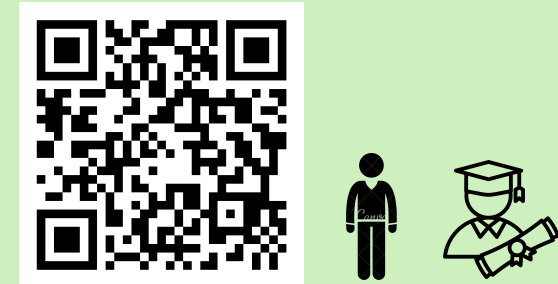


22. Childline

Free, confidential service for children and young people **under 19** providing:

- Advice and information on various topics including mental health, bullying, abuse, relationships and more

No referrals are needed - young people can self-refer online, or call **08001111**

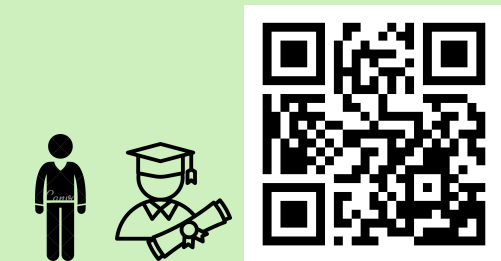


23. No Panic

Support & information for people struggling with anxiety, obsessive compulsive disorder, phobias, panic attacks, and more, offering:

- Helplines
- Self-help resources
- Peer-support groups
- Youth Hub for Under 20s

No referrals are needed, call Youth Helpline (ages 13-20) on **03306061174**, Monday to Friday 3-6pm or Main Helpline on **03007729844** from 10am-10pm daily.



24. What's Up App

Teaching simple strategies & self-help tools to help manage early mental health difficulties and emotional regulation.

Download free App via App Store or Google Play.

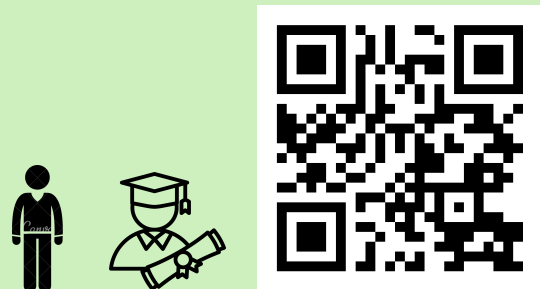


25. Stem4

Early awareness and management of teen mental health through evidence-based digital tools and resources, offering:

- Free mental health apps
- Information on mental health conditions like anxiety, depression, self-harm and more
- Workshops and resources for schools, parents and professionals
- Peer-led education and early intervention strategies

No referrals are needed - services can be self-accessed by visiting [here](#)



Neurodevelopmental Support

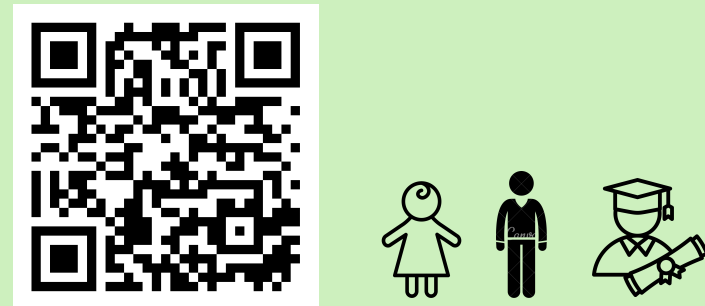
26. Centre for ADHD & ASD (CAAS)

Supporting children and young people with ADHD & Autism and their families offering:

- Individual support sessions, drop-ins and workshops for parents/carers
- Courses, social groups and creative activities to build skills, confidence and friendships for young people aged 11-25
- Education via webinars and specialist workshops to better understand ADHD/autism

Self referrals or via professional - some services require referrals and may be subject to specific eligibility criteria.

Please contact directly - enquiries@adhdandautism.org or **020 8429 1552** or visiting online [here](#)



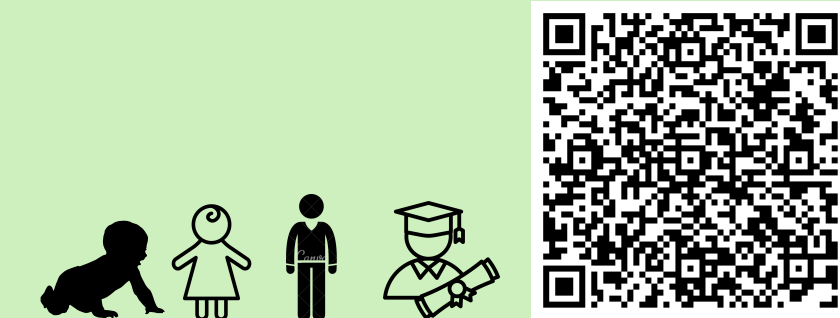
27. Brent Outreach Autism Team (BOAT)

Supporting mainstream schools working with children and young people with ASD through:

- Advice and strategies to parents, carers and schools for supporting autistic pupils
- Support for transitions
- Training for school staff on autism awareness and inclusive practice

This service is for children & young people aged 2-19 in Brent with a diagnosis of autism or are on the diagnostic pathway; attending a Brent mainstream school or early years setting.

Referrals to BOAT can only be made through school by schools, early years setting, school SENCO/Inclusion Lead.

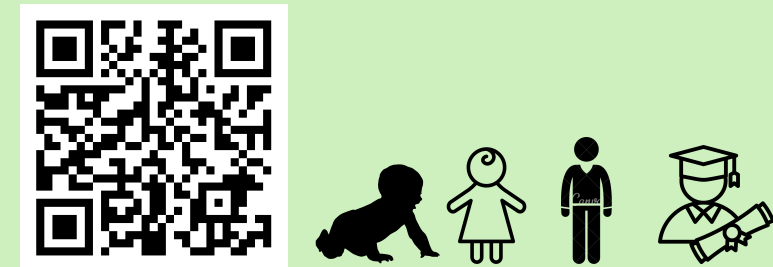


28. ADHD Foundation

Information, advice and support to young people and adults with ADHD as well as their parents/carers, schools and other professionals through:

- Webinars and workshops for families, schools and professionals
- Free toolkits, resources and videos for young people and families

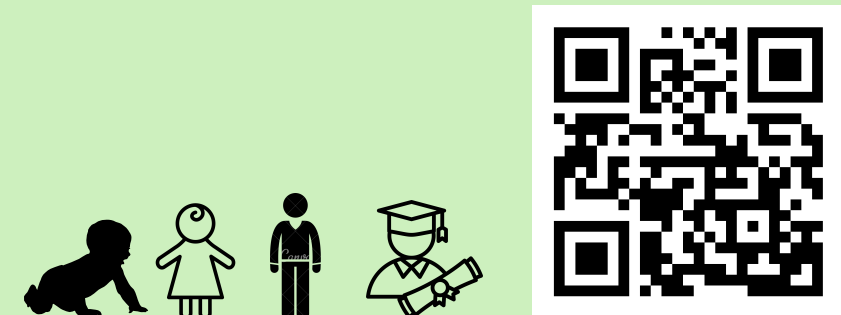
To access, please visit online.



29. Contact

For families with disabled children, bringing together information and advice including parent workshops, webinars, local support groups, free helpline, resources around SEND law and EHCPs.

Self-access to guides and webinars online
Helpline - **08088083555**, Monday - Friday 9:30am-5pm

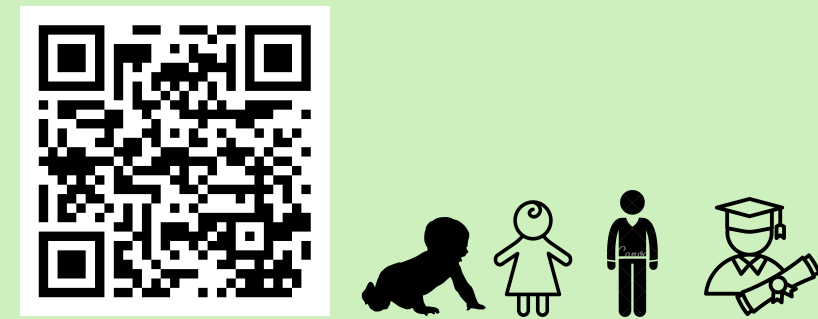


30. ICAN Charity

Supporting children and young people with speech, language and communication needs, offering:

- Free resources and toolkits for families and educators
- Speech & Language advice line for parents/carers

Free resources can be accessed online / I CAN Free advice line on - **02078432544**



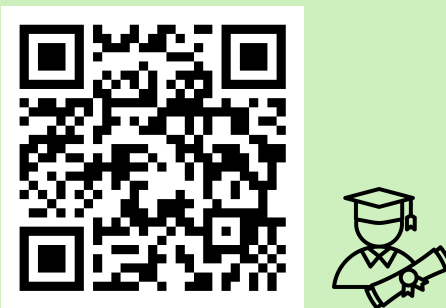
31. Brent MENCAP

Supporting people **aged 18+** with learning disabilities in Brent, to live independent lives through:

- Social and community activities
- Support for carers and families

For Brent residents with a learning disability and/or autism, families & carers.

Referrals can be made by family, self or professional by contacting **02084515278** or visiting [here](#).

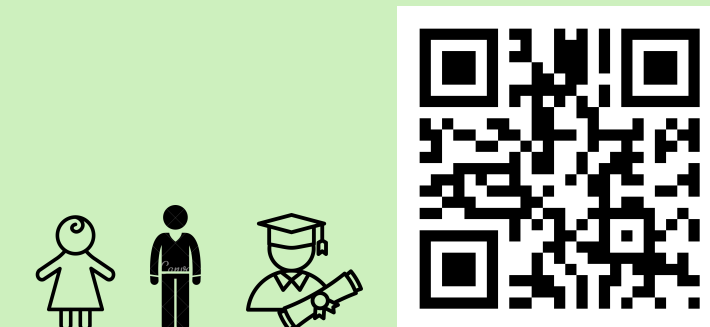


32. National ADHD Information Support Service (ADDISS)

Information and resources for young people, adults, their families and professionals on ADHD through:

- Resources and publications on ADHD management
- A national information and enquiry line

Support can be accessed by visiting online or contacting directly via **02089522800** or info@addiss.co.uk



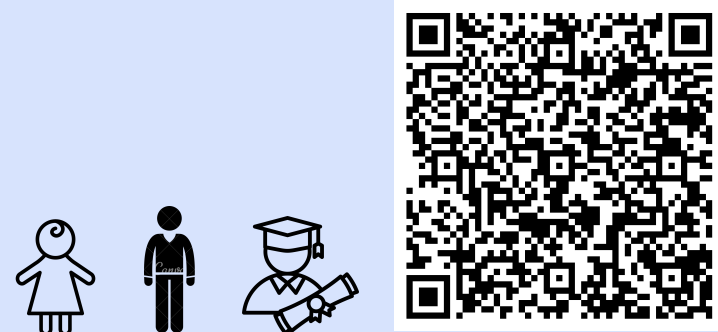
Getting Help

Services providing brief, focused support to address specific mental health needs

1. Brent Wellbeing & Emotional Support Team (WEST)

For details, please see page 2 - support includes:

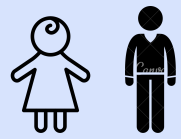
- Short-term, goal focused support such as Cognitive Behavioural Therapy (CBT)



2. Mental Health Support Teams

For details, please see page 2 - support includes:

- Brief one to one support (Individual and group) for anxiety, low mood (secondary school age) and behavioural difficulties (primary school age)



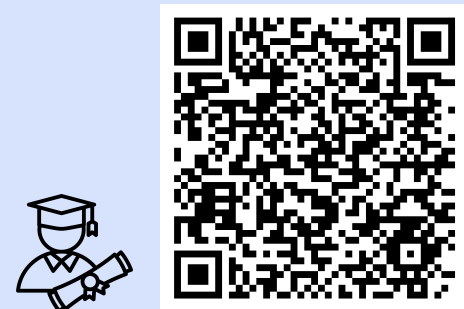
3. Brent Talking Therapies

Free, confidential support for Brent residents **aged 17+** experiencing common mental health issues like depression, anxiety, stress, low self-esteem and more through:

- Time-limited, goal focused support like CBT, group or online therapy for mental health needs

For Brent residents or those registered with Brent GP, including students or those working in Brent.

Referrals to be done through GP or professionals, or self-referrals by contacting **02082063924** or visit [here](#) or online.

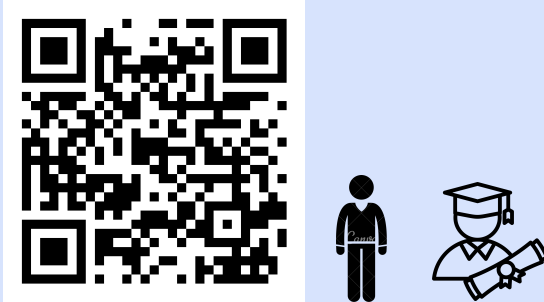


4. Brent Centre for Young People

Talking therapies and support for young people aged 14-21 through:

- Brief short-term therapy for children & young people experiencing mild to moderate mental health difficulties (available via in-house clinic and partner schools)
- Sport and Thought football-based group psychotherapy for ages 11-18 with behavioural challenges, challenges with peer/adult relationships, low mood or at risk of school exclusion, (available via partner schools or youth club (OK club)).

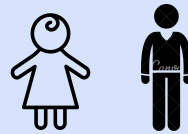
Referrals can be made by GPs or through schools - for more information, click [here](#) or visit online



5. Place 2 Be

For details, please see page 2 - support includes:

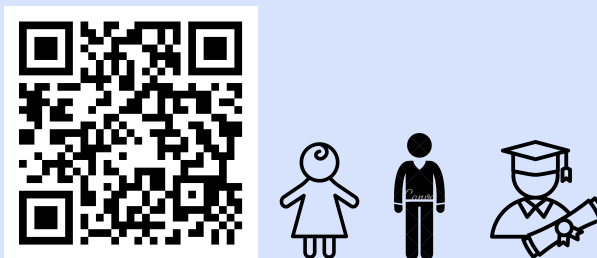
- One to one or group counselling for mental health needs



6. Childline

For details, please see page 3 - support includes:

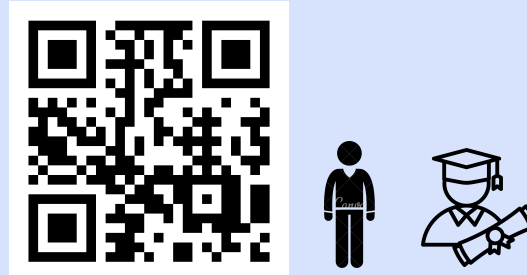
- Online counselling and 1:1 support for those needing therapeutic conversations



7. Kooth Digital Health

For details, please see page 2 - support includes:

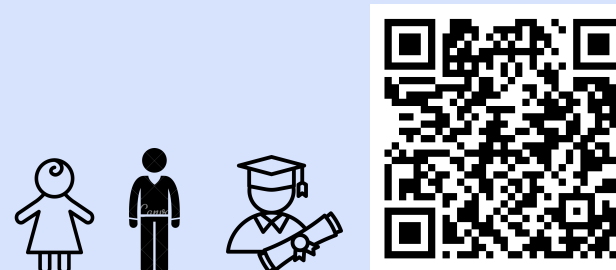
- One to One goal setting text-based chat with qualified counsellors



8. Brent Carers Centre

For details, please see page 2 - support includes:

- Carers counselling services for carers offering emotional and practical support



9. STRIDES

Supporting for individuals experiencing mild to moderate eating difficulties, through:

- Focused evidence-based support for mental health needs related to disorder eating

Referrals can be made by GPs & healthcare professionals or through self-referrals by visiting [here](#) or online.



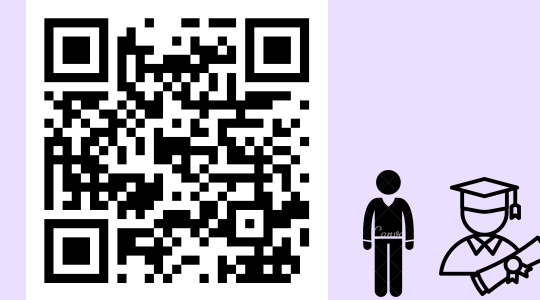
Getting More Help

Services providing extended support to manage complex or ongoing mental health needs

1. Brent Centre for Young People

For details, please see page 4 - support includes:

- Medium to long term talking therapy support



2. Brent Community Mental Health Hub

Mental health services for adults aged 18+ such as:

- Assessment & Treatment - evaluations and personalised treatment plans
- Psycho-social interventions - supportive therapies and activities to enhance social functioning
- Family and carer support - resources and assistance with social care needs

Referrals are made through GPs. For urgent referrals, contact the SPA via cnw-tr.spa@nhs.net



3. Brent Adult Community Learning Disability Team

Specialist health support to enable adults with moderate to severe learning disabilities to be healthy & independent through:

- Psychology and behavioural support
- Support with physical and mental health needs and more

For Brent residents, aged 18+ with a diagnosed learning disability who required specialist input

Referrals are required for this service and can be made by GPs, social workers, health professionals by contacting **02082066550**



4. Brent CAMHS

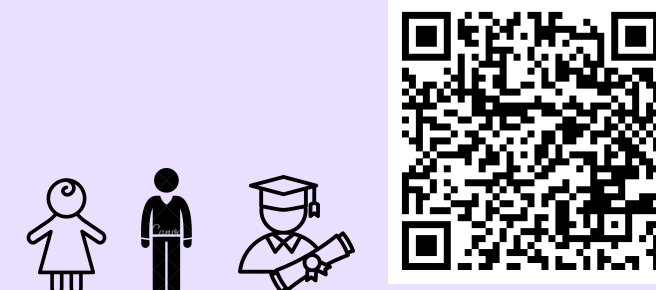
Specialist CAMHS offers assessment and treatment for children and young people up to 18, with moderate to severe and complex mental health difficulties like depression, anxiety, trauma, self-harm and suicidal thoughts, ADHD, ASD related mental health needs and more.

Children & Young People must be registered with a Brent GP.

Collingham Inpatient Service - therapeutic activities and attend school at Collingham. Parents can attend family therapy sessions and can access support groups (for children aged under 13)

Lavendar Walk-In Inpatient Service for children and young people aged 13-18.

Referrals can be done by professionals such as GPs, schools, social workers via CNWL SPA (Single Point of Access) or contact **08000234650** or cnw-tr.spa@nhs.net



5. Brent Talking Therapies

For details, please see page 4 - support includes:

- More structured or intensive psychological support



6. Kooth Digital Health

For details, please see page 2 - support includes:

- One to One goal text-based long-term counselling



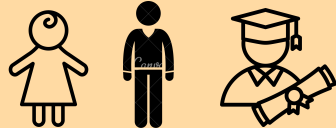
Getting Risk Support

Services providing risk management support for someone at risk of mental health crisis

1. Brent CAMHS

Urgent Care Team provides rapid mental health assessment and support for children and young people in mental health crisis including suicidal thoughts/behaviours, severe self-harm, risk to self and others and more

Professional referrals can be made via CNWL SPA - cnw-tr.spa@nhs.net or for urgent situations, attend A&E or call SPA directly on **08000234650**

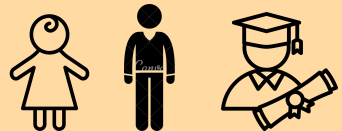


2. CNWL Early Intervention Service

For **ages 14+** who are experiencing symptoms of first episode psychosis, providing specialist, person-centred care aimed at early treatment and recovery such as:

- Mental health assessments and diagnosis
- Family support and education
- Medication and psychological therapies and more

Referrals accepted from GPs, schools, social workers, A&E and self-referral - contact via SPA on **08000234650** or email cnw-tr.spa@nhs.net



3. Hestia - Brent Cove

For details, please see page 2 - support includes:

- One to one emotional support
- Safety planning/risk escalation and signposting to longer-term services

No referrals are needed - self referrals are welcome, walk in available 2-10pm, 7 days a week. Contact directly **07469856963** or email bh.cove@hestia.org



4. CNWL Brent Crisis Resolution & Home Treatment Team (CRHTT)

Intensive, short-term support to **ages 18+** experiencing a mental health crisis as an alternative to hospital admission. Support includes:

- Mental health assessments and intervention
- Home visits to manage acute episodes
- Transition support post-discharge from inpatient carer
- Medication support and crisis planning

Referrals can be made via CNWL services, GPs or A&E or alternatively, often accessing via the SPA on **08000234650** or email cnw-tr.spa@nhs.net



5. CNWL NHS Acute Inpatient Service

Hospital-based care for **ages 18+** experiencing severe mental health crises that cannot be safely managed in the community. Support includes:

- Nursing and psychiatric care
- Mental health assessments and risk management
- Medication and therapeutic interventions
- Discharge planning and step-down to community services

Referrals must be made by professionals via Crisis teams, GPs, A&E or CNWL Services.



General URGENT Mental Health & Wellbeing Support in crisis or emergency

6. CNWL Single Point of Access

In an emergency or mental health crisis, the Single Point of Access is open 24 hours a day, seven days a week, 365 days a year. This provides support, advice and signposting to children, young people and adults who may be experiencing a mental health crisis.

If you need urgent help - call **0800 0234 650** or call **999** or to A&E. Alternatively, you can contact your local policy on **101** at any time.

You can also call **NHS 111** and select the mental health option if you are experiencing a crisis.



7. SHOUT

Free, confidential 24/7 text service providing immediate support to people experiencing mental health crisis, connecting users with trained volunteers who offer active listening, de-escalation and support for a wide range of issues including anxiety and stress, depression, low mood, suicidal thoughts or self-harm and more.

No referral, app or sign-up needed - just a mobile phone.



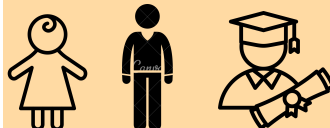
8. Childline

For details, please see page 3.



9. The Mix

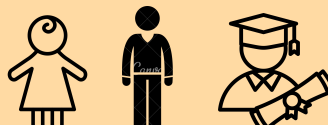
For details, please see page 2.



10. Papyrus

Confidential support and advice to young people under 18, struggling with thoughts of suicide and anyone worried about a young person -

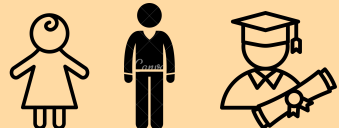
You can call **08000684141** or Text:**07860**



11. Stay Alive App

Suicide prevention resources with practical and useful information to help you stay safe.

The app is free to download - visit [here](#) or online.



12. CALM (Campaign Against Living Miserably)

Bringing together resources, advice and information on preventing make suicide

For support, call **0800585858** from 5pm-midnight, 365 days of the year.



Glossary of Terms

This section provides a brief explanation of different terms used in this pack:

Low mood - feelings of sadness, low self-esteem, worry and tiredness

Depression - a mental health condition that makes you feel very sad, hopeless and tired for a long-time. It can affect how you think, feel and handle daily activities.

Anxiety - a feeling of worry or fear that can be strong and overwhelming. It often happens when you think about something stressful or uncertain.

Eating disorders - where someone has unhealthy thoughts and behaviours about food and their body. This can lead to eating too much, too little, or in an unhealthy way.

Behavioural challenges - challenges with how someone acts. These can include things like aggression, impulsiveness, or difficulty following rules.

Mental Health Crisis - when someone is experiencing intense emotional distress and can't cope with it on their own. It often requires immediate help and support.

Neurodevelopmental issues - these are problems with brain development that affect how someone learns, behaves, or interacts with others. Examples include autism and ADHD.

Autism - a neurodevelopmental condition that affects how a person communicates, interacts with others, and experiences the world. People with autism might have different ways of learning, thinking, and behaving.

ADHD - Attention-Deficit/Hyperactivity Disorder is a condition that makes it hard to focus, sit still, and control impulses. People with ADHD might be very active and have trouble paying attention.

