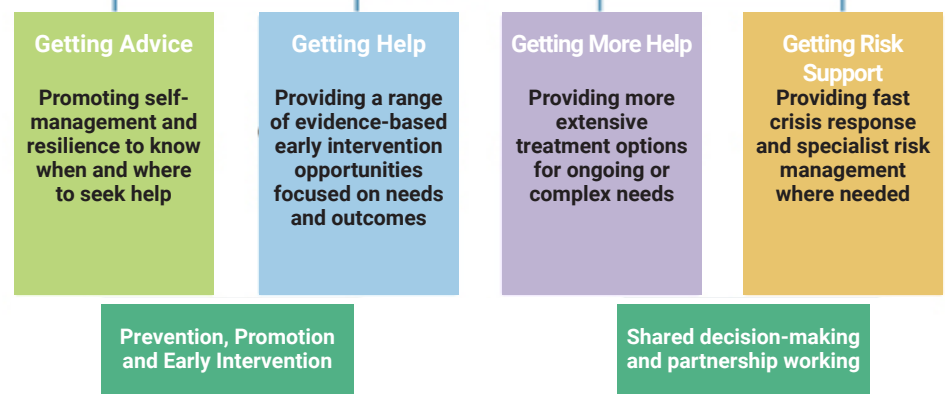




i-Thrive Concept

Thriving
A whole system approach to building:
- Resilient people
- Resilient places
- Resilient communities



YOUR WELL BEING MAP

“We want children and young people in Merton to enjoy good mental health and emotional wellbeing and be able to achieve their ambition and goals through being resilient and confident”



Merton

Emotional Wellbeing Support Services for Children and Young People

A Guide for Parents, Carers, Families and Young People

Five Ways to Wellbeing:

1. Connect with those around you
2. Be active - move your body in a way you enjoy
3. Practice Gratitude-Find experiences in your day that you're grateful for
4. Keep learning - enjoy a challenge and achieve something new
5. Give - do something nice for someone

We can help...

How we can help

Advice and support

Feeling low but not sure why? Just want someone to help you understand what's going on?

Getting help

Been feeling this way for quite a while? Want some more targeted support to help you understand how you are feeling?

These services can help you when you need support urgently!

South West London: **0800 028 8000** 24/7 The support line is run by expert clinicians from St George's Mental Health Trust and is open to children, young people, adults and professionals.

Anna Freud: The Centre has resources that offer advice and guidance to Parents and Carers of children and young people under 25years, who may be struggling with poor mental health

<https://www.annafreud.org/parents-and-carers/>
Email: info@annafreud.org
Switchboard: (0)20 7794 2313

Off The Record

To speak confidentially to an Off The Record counsellor call the support line number on **0800 980 7475** (open every Saturday from 10am - 1pm).

Shout: Shout offers confidential 24/7 crisis text support for times when immediate assistance is required. Text "SHOUT" to 85258 or visit Shout Crisis Text Line Samaritans Helpline: 24/7 365 days a year - they are here

to listen and provide support. Call: 116 123 or email: jo@samaritans.org

Papyrus: provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person Call: **0800 068 41 41** or Text: **07860039967** (opening hours 9am to midnight - 365 days a year)

Childline: confidential telephone counselling service for any child with a problem Call: **0800 1111** anytime or online chat with a counsellor

The Mix: provides free, confidential support for young people under 25. Call: **0808 808 4994** (11am - 11pm every day), text THEMIX to **85258** or click the link: <https://www.themix.org.uk/get-support/speak-to-our-team/email-us>

Beat: provide support to help young people who may be struggling with an eating problem or an eating disorder. Call the Youthline (under 18's) **0808 801 0711** or Studentline **0808 801 0811** (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

SLP CAMHS crisis line

Telephone: **0203 228 5980**.
Monday to Friday 5pm - 11pm and On Weekends and Bank Holidays 9am - 11pm

Good Thinking

Good-Feeling anxious? Stressed out? Not sleeping properly? Good Thinking helps to boost mental wellbeing, using digital resources, including some fantastic free wellbeing apps and top tips to help children and young people get through the tough times. The apps can be downloaded from the App Store or Google Play or by visiting the website: <https://www.good-thinking.uk/free-apps-for/>

Stem4

stem4 is a charity that promotes positive mental health in teenagers and those who support them including their families and carers, education professionals, as well as school nurses and GPs through the provision of mental health education, resilience strategies and early intervention. This is primarily provided digitally through pioneering mental health apps, clinically-informed website and mental health conferences that contribute to helping young people and those around them flourish. The apps include: Calm Harm, Clear Fear, Move Mood, Combined Minds. You can view and/or download the resources via the website: <https://stem4.org.uk/depression/depression-for-teenagers/> For any queries or requests for resources to be posted to you, please email admin@stem4.org.uk.

Merton Emotional Wellbeing Support Services for Children and Young People

Getting Advice & Signposting

1. Single Point of Access (SPA)

The Single Point of Access is an integrated multi-agency team, who work closely with a wide range of teams and partner agencies and facilitates different levels of support depending on the needs of the child, young person and their family.

This support includes:

- Providing professional advice with consultation and support
- Making referrals to partner agencies
- Access to Early Help Services
- Providing low level of interventions
- Making referrals to Children's Social Care Services
- Making referrals to Mental Health Support Teams in Schools
- Acute and Specialist support

The SPA also provides:

- 16-17 year old Self referral
- Brief Intervention – TAC/TAF worker Teams Around the Child (TAC)/ Teams around the Family (TAF)
- Professional consultations into CAMHS

SPA is also the 'front door' into the Getting More Help and Risk support services

Referrals to the SPA can be made by any professional working with children (for example GPs, schools, social workers) via telephone and online SPA referral form. Self-referrals for 16 and 17 year olds can also be made via a self-referral form. Both forms can be found on our website.

(<https://www.swlstg.nhs.uk/our-services/find-a-service/service/merton-camhs-spr>)
Tel: 020 3513 5000

2. Local Offer

Information about services and support for children and young people with special educational needs and disabilities can be accessed by clicking on the link below:

<https://directories.merton.gov.uk/kb5/merton/directory/results.page?qt=camhs&term=&localoffer-channel=0&sorttype=relevance>



3. Getting it on

The service provides information and services for 13-19 year olds on sexual and mental health issues, drugs, alcohol and relationship problems

Young people who need help and support, or who are uncomfortable with asking for help can go online using the link below and do not need to provide personal information. They will have easy access to relevant services at a time they need them most and without the fear of being judged

Simply click the link below to find the right service that is closest:

<https://www.gettingiton.org.uk/services/merton>

4. Incredible Years – Parenting Course

The Incredible Years is evidence based parenting programs focussing on strengthening parenting competencies and fostering parent involvement in children's school experiences, to promote children's academic, social and emotional skills and reduce conduct problems. The parenting programs are grouped according to age: babies (0-12 months), toddlers (1-3 years), preschoolers (3-6 years), and school age (6-12 years).

This is provided by the early years team in the local authority as part of the parenting programme.

<https://directories.merton.gov.uk/kb5/merton/directory/service.page?id=PuhBbOhpBjs>

5. Early years 0-5 Primary Mental Health team (SWL-STG)

The Early Years 0-5 Primary Mental Health Team provides assessment and treatment for children under 5 years experiencing emotional and/or behavioural difficulties and where they may be presenting with trauma, attachment and bonding difficulties. They offer individualised parenting therapy, consultation to the network and support with managing risk concerns. Referrals can be made by any professional working with the child using the Single Point of Access referral form.

Forms can be found on the website (<https://www.swlstg.nhs.uk/our-services/find-a-service/service/merton-camhs-spr>)

Tel: 020 3513 5000

6. MIASS

Merton Information, Advice and Support Service (MIASS) is co-commissioned by Merton Council and the NHS to provide free, confidential and impartial information, advice and support to children and young people (aged 0-25) with special educational needs or disabilities (SEND) and their parents/carers who live in Merton. MIASS was formerly known as Merton Parent Partnership Service. Parents and young people should first contact their school's SENCo, learning support advisor, class teacher and other professionals who know the child/young person. Merton's SEN Local Offer also has a large number of useful guidance documents and services listed. MIASS is aimed at families who have explored these options but require some additional direct and specialist help and advice.

Fran Turko (MIASS Officer) / Shazia Khan (Child and Young Person's Support Worker)
Telephone: 020 8543 8854
Email: miass@merton.gov.uk

Getting Help (GH)

7. Mental Health Support Teams in Schools (MHST)

It is a whole school approach to engage partners e.g health and education to provide emotional health and wellbeing interventions to children and young people within schools, when/where required.

• From January 2022, all schools in Merton will have a Mental health support team as part of the Getting Advice, signposting and getting help provision.

Referral can be made by schools within the Cluster to the MHST

8. Off the Record

OTR offers individual emotional support and counselling in-person, over the phone and via video, as well as through an online text-based counselling service. Merton children and young people aged 11-25 can access this free and friendly service. We also offer emotional support in community settings and schools throughout the borough through our schools' team and outreach support.

Referrals can be made directly by young people over the phone on **020 3984 4004**, merton@talkofftherecord.org or via our **line web form (www.talkofftherecord.org/sign-up)**. Referrals can also be made through CAMHS Single Point of Access, schools, GPs and other professionals.



For our text-based counselling, online workshops, and our weekly "Keeping Connected" group sign up at www.talkofftherecordonline.org. Parents/carers of young people struggling with self-harm can also sign up here for our two-part workshop.

To speak confidentially to an Off The

Record Counsellor call the support line number on **0800 980 7475** (open every Saturday from 10am to 1pm).

9. Severe Learning disabilities schools Primary Mental Health team (SWLSTG) (CAMHS in special schools)

Merton CAMHS provides primary mental health support to two severe learning disabilities schools in the borough of Merton: Perseid and Cricket Green.

There are 2 primary mental health workers located between the schools and Merton CAMHS to provide:

- Assessment and treatment of children with Moderate to Severe Learning Disability and mental health, emotional or behavioural difficulties.

- The staff also work with families and assess the physical, psychological and emotional risks to the child, including those posed by parental mental health and substance misuse problems, and in partnership with other agencies, take the appropriate actions to safeguard the child.

- Provide support and consultation to staff in schools around the specific mental health needs of children and young people with learning disabilities and refer onwards to additional interventions (such as accredited parenting programmes) as appropriate.

- The CAMHS therapists also provide a link with the 'Getting more help' (Tier 3) learning disability team and to facilitate appropriate referrals from schools, primary care and the voluntary sector into CAMHS.

10. Youth Justice System (YJS) CAMHS clinician (SWLSTG) CAMHS in PRU Liaison and Diversion Worker

Merton CAMHS provides a Child and Adolescent Mental Health Service to young people and their families within the Youth Justice Service (YJS), which supports the Liaison & Diversion mental health assessment service and the Pupil Referral Unit (PRU) mental health team.

The service provides developmental and trauma informed consultation, advice, training, and assessment alongside direct individual and/or family-based interventions.

The YJS-CAMHS team is part of Merton's Liaison & Diversion network which also consist of a Speech and Language Team (SaLT) provision, brief counselling input.

11. KOOTH – Online Counselling

Kooth is an anonymous online counselling and emotional well-being service for children and young people aged 11-22. It is free at point of use.

Young people can search 'Kooth' or visit kooth.com and get support for anything that's on their mind.

The service was introduced in some schools following feedback from young people that it is something they would find useful.

Children and young people can chat to professional counsellors, read articles written by young people, receive peer-to-peer support and keep a daily journal.

Qualified Counsellors, therapists and support workers provide guided and outcome-focused support for each individual. Kooth is accessible through any connected device,

young people can log on wherever they are to access professional Counselling up until 10pm 365 days a year.

For more information about the service, you can visit the XenZone website www.xenzone.com

12. Merton Autism Parent Service (MAPS)

MAPS is parent-led and family-centred listening, support, information and advice service for parents of 0 – 25 year olds with a diagnosis of autism or who are likely to receive a diagnosis (e.g. referred for an assessment).



They provide confidential and informal session using a Parent Advisor (who also has a child or young person with autism) and a member of MAPS staff. The team has been trained to offer a range of evidence-based strategies – this means that the tools and information have been tried and tested and are approved by professionals in the field.

They are also able to provide advice on communication, positive behaviours, friendships, Anxiety, sensory needs and more strategies to help families in the home and out

in the community.

Appointments are via phone, video calls etc.

Booking details:

office.admin@mertonmencap.org.uk/maps.
coordinator@mertonmencap.org.uk
www.mertonmencap.org.uk
Tel: 020 3963 0597

13. ACES Youth Club for young people with High Functioning Autism

This is a youth service for young people aged 14 – 18 who have a diagnosis of high functioning Autism Spectrum Disorder (ASD) or Asperger's. The club runs on Thursday evenings from 6.30pm to 8.30 pm either in the community or at Phipps Bridge base.

It requires participants to be able to use a mobile phone and be able to travel safely in the community using an Oyster card/Freedom Pass independently when part of a group. Participants are expected to fund their own travel.

Priority is given to young people who are finding it particularly hard to make or sustain friendships or who do not currently take part in many mainstream social opportunities.

ACES Youth Club offers:

Engaging in fun and relaxed activities such as table tennis, indoor basketball, games, music sessions, video evenings and more.

- sessions in the community such as bowling, ice skating, cinema and more.
- facilitated discussions on topics that participants are concerned about or interested in such as internet safety, school pressure, friendships, aspects of computer gaming, relationships, mental health awareness and more.

- planning occasional fund-raising events or appeals on behalf of their club.

To find out more or to ask to become a participant, please contact **Niki Lowe**
Email: office.manager@mertonmencap.org.uk
Telephone: 020 3963 0599

14. Early Bird

Early Bird Plus and Teen Programme.

Early Bird Plus is for parents whose child is between the ages of four and nine who have received a diagnosis of an autism spectrum disorder.

Teen Life is a programme for parents/carers of young people aged 10 to 16 years on the autism spectrum.

The Teen Life programme aims to empower parents and supporting professionals to understand more about how autism is experienced by autistic teenagers.

To apply for a place, parents/carers need to self-refer by contacting Cricket Green school on **020 8640 1177** and select the option for Merton Autism Outreach Service.

15. Child Sexual Assault (CSA)

The service provides support for children aged 0-12 and 13-17 from Croydon, Kingston, Merton, Richmond, Sutton and Wandsworth, boroughs who are survivors of sexual violence and abuse. The support includes emotional support, advocacy and onward referrals which is provided through phone calls, face to face, and professionals meeting with other professionals

For children aged 0-12 the CYP advocacy team onkch-tr.
cypteammailbox@nhs.net

• For young people aged 13-17 **Siân Ruddick** Lead Independent Sexual Violence Advocate (ISVA)
sian.ruddick@nhs.net

• The Havens general enquiries:
0203 299 1599

16. Virtual Behaviour Service

The Virtual Behaviour Service (VBS) offers advice and support to Merton primary and secondary schools for pupils experiencing a range of social, emotional and mental health needs, such as Autism, self-harm, learning disability etc. Schools can refer to the team for advice from specialist teachers and specialists behaviour support workers. By working with school staff VBS supports inclusion of children and young people.

They also provide mentoring to support primary and secondary transition and mentoring of secondary age pupils at risk of exclusion.

Referrals can only be made by schools. **0208 288 5692**

17. Merton Early Years and Family Wellbeing Service Parenting Programmes

A range of evidence based programmes for parents/carers with children aged 0-16yrs, aiming to support parents to understand their child / young persons emotional and behavioural development, building relationships and promoting positive behaviours Referral form can be found via Children's centres | Merton Council.

18. Merton Autism Outreach Service (MAOS)

The Merton Autism Outreach Service works in an advisory role with schools, supporting staff in developing their understanding of ASD and sharing

tools and strategies to enable pupils to access learning and social opportunities.

The service is staffed by experienced professionals who have expertise in working with pupils with ASD in both mainstream and specialist settings.

The service can advise on:

- Organising and structuring the environment.
- Appropriate approaches and strategies.
- Structuring work and activities.
- Supporting transitions and unexpected events.

Referral from school SENCo only:

- The pupil should have a diagnosis of ASD from an appropriately qualified professional.

or

- The pupil's complex Social Communication Difficulties have been identified by an EP.

Contact: Merton Autism Outreach Service, Cricket Green School,
020 8 640 1177

Bonnie.brown@cricketgreen.merton.sch.uk



South West London Integrated Care System

For queries please contact

Mrs Sarah Keen

Senior Child and Adolescent Mental Health Service Transformation Manager (**Merton**)
NHS South West London Integrated Care System (**ICS**)