

What to do if you need urgent help

What is a mental health crisis?

A mental health crisis is different for everyone. The causes are different. How people feel is different. How people act is different. If you have a sense of being overwhelmed, being unable to cope and lacking control, then please seek help from someone as soon as you can.

Where to seek help?

Under 18s

For anyone under the age of 18 in crisis, please call 0300 300 1600 or if you need urgent help or out of hours help, call 0300 555 1200.

Adults

If you, a family member or friend are in crisis and need help, please dial 111 and select option 2 for mental health crisis. You will be able to talk with a trained call handler who will provide appropriate support and advice. You can call 24 hours a day 365 days a year. For more on adult mental health services, see our adult services guide

bit.ly/thurrock-adult-mental-health-guide

Serious or life-threatening emergencies

If you are worried for your own or somebody else's safety, then please dial 999.

Turnover for more ➔

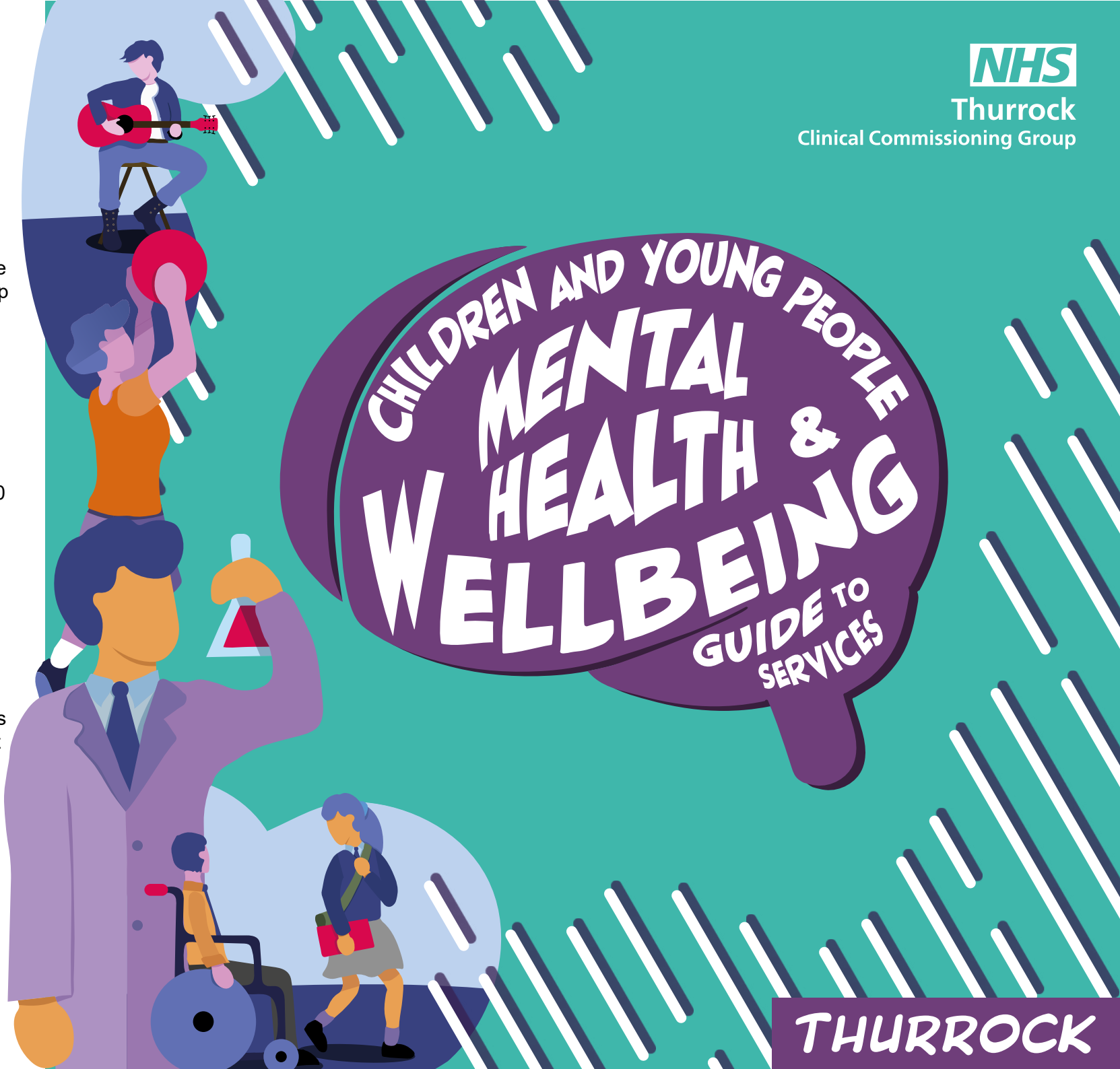
NHS

Thurrock

Clinical Commissioning Group

CHILDREN AND YOUNG PEOPLE
**MENTAL
HEALTH &
WELLBEING**
GUIDE TO
SERVICES

THURROCK



**General Wellbeing
and mental health**

**Thoughts and feelings
that are stopping you
living your life in the
way that you want**

**Your life and health are
seriously affected by
your thoughts, feelings
and behaviours**

**You're feeling
overwhelmed and
unable to cope and
need help now**

**You're at risk of
serious physical
injury**

**Some example
symptoms:**

Feeling lonely and
isolated

Finding yourself
worrying about
something that you
need support with



Dealing with a
loss that you
are struggling to
come to terms
with

Needing someone to
talk to

**Some example
symptoms:**

Feeling low and
hopeless

Having regular anxious
thoughts in general
or around specific
situations



Constantly
worrying
about your life,
work, health or
relationships

Having panic attacks

Living with fears and
phobias

Regular nightmares
and flashbacks

**Some example
symptoms:**

Experiencing cycles of
deep depression and
mania

Seeing things or
hearing voices that
aren't really there,
or have deep
beliefs and
delusions which
are untrue

Having trouble keeping
track of your thoughts

You or those close
to you noticing that
you are behaving
in unusual and
unpredictable ways



**Some example
symptoms:**

Experiencing
overwhelming
anxiety

Feeling like you are
unable to cope

Experiencing
other emotions
or thoughts
that are
overwhelming

Feeling like you need
urgent help



**Call 999
immediately if:**

Someone's life is at
risk – for example,
someone has seriously
injured themselves or
taken an overdose

You do not feel
you can keep
yourself or
someone else
safe



↓ Services that can help you ↓

Emotional Wellbeing and Mental Health Services (EWMHS)

The EWMHS provides advice and support to children, young people and families who need support with their emotional wellbeing or mental health difficulties. You can help with:

- Low mood, anxiety, obsessional thoughts
- Sleep problems
- Body image and eating difficulties
- Behavioural and emotional difficulties
- Trauma and loss

Services include:

CBT, DBT, Lower level talking therapies, trauma focused therapies, play based therapies, art and creative therapies, family therapy, group therapy.

T: 0300 300 1600

E: nelft-ewmhs.referrals@nhs.net

Out-of-hours: 0300 555 1200

Speak to your GP

For more severe mental health needs, you should speak to your GP first of all. They may then refer you to a specialist mental health team.

A specialist mental health team can support you with your mental health. The team is made up of mental health professionals such as psychologists, psychiatrists and mental health nurses.

EWMHS

Anyone under the age of 18 or family members of anyone under the age of 18 in crisis, should call NELFT's EWMHS on 0300 555 1200. The line is open 24 hours a day so please get in touch if you need to.

Samaritans

Whatever you're going through, you can talk to someone at Samaritans 24/7 and for free.
T: 116 123

A&E Departments

The three A&E departments in mid and south Essex are:

Basildon A&E

Basildon University Hospital,
Nethermayne, Basildon, Essex,
SS16 5NL

Mid Essex A&E

Broomfield Hospital, Court Road
Broomfield, Chelmsford, Essex,
CM1 7ET

Southend A&E

Southend Hospital, Prittlewell Chase
Westcliff on Sea, Essex, SS0 0RY

SPECIALIST SERVICES

Drug and alcohol addiction

Addiction can have serious and long-lasting consequences for your mental and emotional wellbeing. It's not easy to admit you have an addiction and it is even more difficult to do something about it. Wize-Up wants to help young people in Thurrock make positive changes and choices. Get in touch:

T: 01375 376 111 E: thurrock.wize-up@cgl.org.uk

W: www.changegrowlive.org/wize-up-thurrock

Problems with food and eating

If you're worried about your weight and eating habits, or someone else has told you they are concerned about you, there are services to help. The Emotional Wellbeing and Mental Health Service has a number of treatments that can help you improve your relationship with food. You can see your GP on how to access the service or you can find more information here: www.nelft.nhs.uk/services-ewmhs

Beat also has several helplines for adults and young people where you can get support and information about eating disorders. Please see this link for the numbers:

www.beateatingdisorders.org.uk/support-services/helplines

Employment support

Thurrock Careers offers careers information, advice and guidance to every Thurrock resident aged 13 to 19 or anyone with special educational needs up to the age of 25. They provide personalised support to all young people – whether you're still at school or looking for employment and training. Find out more here:

www.thurrock.gov.uk/career-support-for-young-people/thurrock-careers

Support with bereavement and life limiting illnesses

Lukes' provides support to children and young people up to 19 years who have a life limiting illness or a family member/friend with a life limiting illness. Lukes' also provides support to children and young people who are experiencing a bereavement.

T: 01375 648175

w: stlukeshospice.com/lukes-counselling-service-for-children-young-people

Wellbeing Plan

Click here to download a plan to help you manage your own mental health and wellbeing



SPECIALIST SERVICES

Support for pregnant women and new mothers

There are several services that can support you with your mental health and your relationship with your baby. If you think you need support, you can speak to your GP, midwife or contact the Emotional Wellbeing and Mental Health Service.

Health Visiting Service

The Health Visiting Service in Thurrock can provide advice and support for parents from pre-birth to when your child reaches the age of five. There are many ways for you to contact the service for those extra bits of advice. Simply click the link below for more:

W: www.nelft.nhs.uk/services-thurrock-health-visiting

Perinatal Mental Health Service

Pregnant women and new mothers who have experienced or are experiencing mental health difficulties can get extra support and advice. The Perinatal Mental Health Service provides support throughout your pregnancy and the first year of your baby's life. You can be referred to the service by a health professional like a GP or midwife. Speak to a health professional if you think you need extra support.

Together with Baby

The Together with Baby service helps you to better understand your baby's different ways of communicating so you can support their needs while strengthening your relationship with your baby.

T: 01621 866900

E: epunft.pimhs.eput@nhs.net

Coaching, mentoring and training support

Open Door has a number of ways it can help young people that may be struggling. From coaching, mentoring and counselling to its training and educational opportunities available through its Futureversity programme. Contact Open Door for more information on how they can help you.

T: 01375 390040

W: www.opendoorservices.org

Online support

Kooth

Kooth is a safe, confidential and anonymous website where children and young people can seek support for their mental health and emotional wellbeing. Visit the Kooth website to find out a little more about how it can help you: www.kooth.com

Togetherall

Together all is a safe space where children and young people can talk and support each other. The site can be accessed 24/7, 365 days a year and trained professionals are on hand 24 hours a day. For more, visit: togetherall.com/en-gb