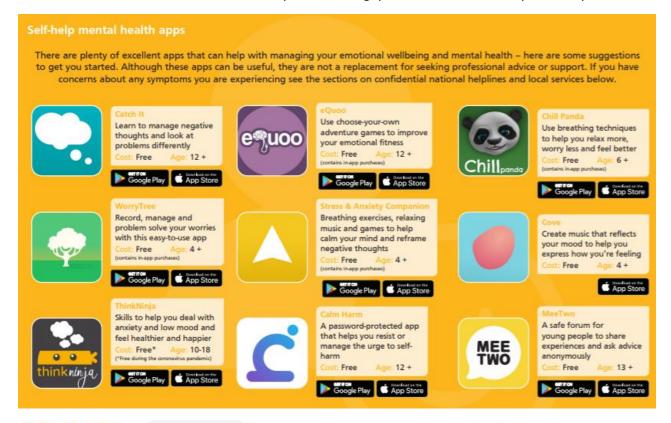
Guides for Students

Below are some guides and useful contact details for various organisations.

There are resources available for your wellbeing, your mental health and your safety.



National helplines

Here is a list of national helplines where you can go if you're looking for additional support or information.

You can talk to someone who is trained to listen and support you over the phone or by text, webchat or email.

All these services are free and confidential and won't show on your phone bill.



Local services

Across East Berkshire a range of organisations offer support and treatment for children and young people experiencing mental health difficulties.

During the coronavirus (COVID-19) crisis, our providers are doing everything they can to keep services running while also keeping everyone safe.

You can still get help if you need it, even though some services may be delivered differently, for example by phone or video link.



Berkshire Healthcare Children and Adolescent Mental Health Services (CAMHS)

click here

CAMHS provide support for children and young people whose difficulties are very distressing and who are registered with a GP in East Berkshire. You can be referred to CAMHS by your parents, teacher, social worker or GP. If you are over the age of 16, you can refer yourself.

For all new referrals, please complete the <u>online referral</u> form for our Children, Young People and Families (CYPF) HealthHub.

If you want to talk to someone about whether CAMHS is the right service to help, or if you are having extreme mental health difficulties and need support urgently, call the team on 0300 365 1234.

If you are already receiving treatment from CAMHS, someone from the relevant team will let you know if your treatment needs to continue in a different form at the moment, for example by phone or video link. If you are waiting to hear about your first appointment and things are getting worse or you are worried that you haven't heard, please phone 0300 365 1234.









This document has been compiled by Frimley CCG.
For further information please contact <u>eastberksccg.enquiries@nhs.net</u>

Youth counselling services - Counselling is about sharing your thoughts and feelings with a trained counsellor in a safe and confidential setting.

Number 22

call: 01628 636661 visit: www.number22.org enquiries: click here

For young people aged 11+

Available if you live and/or go to school in Slough or the Royal Borough of Windsor and Maidenhead

Youthline

call: 01344 311200 visit: www.youthlineuk.com email: click here

For young people aged 11+

Available if you live and/or go to school in Bracknell Forest

Kooth

visit: www.kooth.com
For young people aged 11-18*

Available if you live and/or go to school in Slough, Royal Borough of Windsor and Maidenhead or Bracknell Forest. Free, safe and anonymous online support. Live webchats with a qualified counsellor are available 12 noon–10pm on Monday to Friday and 6pm–10pm at the weekend. Kooth also has live forums, information and advice.

*Up to age 25 if you have special educational needs and/or are a care leaver



If you have urgent concerns about a mental health problem, use the NHS 111 online service or call 111. If you've injured yourself, taken an overdose or are in an emergency and believe that your life is at risk, please dial 999.