Mental Health Services

Getting Advice and Support

1) CAMHS Access Service - Wandsworth CAMHS

One stop shop - the place to contact if you are looking for advice and support about your mental health. All enquiries will be sign posted onto the right service for the young person's needs. Anyone can make a referral, including young people. 0 - 18 years old

ssg-tr.wandsworthcamhsreferral@nhs.net

2) Talking Families - Wandsworth CAMHS

Short term support programme for young people and their families, to help them work together to support and improve their child's mental health.

Young people are signposted here through the CAMHS Access Service

Harewood House, Springfield Hospital, 61 Glenburnie Road, Wandsworth, London SW17 7DJ

ssg-tr.wandsworthcamhsreferral@nhs.net 020 3513 4645

3) Youth Offending Team CAMHS - CAMHS

Support for young people who are experiencing the criminal justice system. Offering universal support for mental health, family and emotional well-being difficulties.

Referrals made by staff from the Youth Offending Team.

10 - 18 year olds who are working with one of the services within the Youth offending Team, including Early Intervention and Ending Gangs & Youth Violence.

Wandsworth Youth Offending Team, 177 Blackshaw Road, London, SW17 0DJ Osindall@wandsworth.gov.uk | 0208 871 6222

4) Peer Mentoring - Brent, Wandsworth and Westminster Mind

Training up young people at St John Bosco College to be Peer Mentors in their school.

Caius House, London, 2 Holman Road, Battersea SW11 3RL

admin@bwwmind.org.uk 020 7259 8136 | bwwmind.org.uk

5) Care Leavers Transition Project - Brent, Wandsworth and Westminster Mind

Creative therapies, 1-2-1 support and workshops about mental health for young people who are leaving care.

For all young people aged 17 - 19 years old, who are care leavers in Wandsworth Tooting Wellbeing Hub, 201-3 Tooting High Street, Tooting, SW17 0SZ.

admin@bwwmind.org.uk 020 7259 8137 | bwwmind.org.uk

6) Children's Centres & Under 5's Service - Wandsworth Schools and Community Education Psychology Service

Working with young people presenting with concerns about their development, and their families, to support and help with their development.

Referrals through professionals. Young people aged 0-5 years old and their families.

Across all Children's Centres in Wandsworth and Outreach based. edpsychs@wandsworth.gov.uk 02088718744 or contact the Children's Centres directly

7) Primary Mental Health Workers - Wandsworth Schools and Community Education Psychology Service.

A variety of interventions including: Family therapy, Art Therapy, Cognitive Behavioral Therapy. Looking at works best for the young person. Delivered in schools the young person attends, and available to all schools in Wandsworth.

edpsych@wandsworth.gov.uk 0208871 8744

8) Family Action Young Carers Service - Family Action

A range of services to help support and improve the well-being of young carers, and giving them the chance to access opportunities and positive experiences.

Young carers aged between 5-18 years. Family Action, 100 Wandsworth High Street, London SW18 4LA

wandsworthyoungcarers@familyaction.org.uk 02072882566 ww.family-action.org.uk

9) The PATHS® Programme for Schools - Barnardo's

Whole-school learning programme to help young people learn social skills, emotional understanding, resilience and problem-solving. All children aged 4 -11 years old in primary schools where the project is being delivered.

paths@barnardos.org.uk 0208 907 90133 www.pathseducation.co.uk

10) Mental Health First Aid - Putney Well-being Friends

Drop in sessions offering advice and self-help strategies for young people with anxiety, stress, depression and other common mental health illness. Wednesdays, 6-8pm Putney Library, Disraeili Road, London, SW15 2DR

rolfe.sue3@gmail.com

11) Free2Talk - Free2B Alliance

1:1 mentoring service for LGBTQ+ young people, providing a safe space to explore their situations and develop the skills and strategies to manage difficulties they may face. Self-referral or through parents/ professionals

13 - 18 years old identifying as LGBTQ+ or questioning their sexuality and/or gender.

108 Battersea High Street, London, SW11 3HP

nicki@free2b-alliance.org.uk

12) Contact

Supporting families with disabled children. A range of support is on offer including family workers, educational workshops, drop in sessions, signposting to other services and trips and events

Cygnet 7-week course for parents of children aged 6-19 years old with an ASD diagnosis

CATS 7-week course for parents of children aged 0-5 years with an ASD diagnosis

123 Magic 3-week course for parents of children with ADHD

Families can self refer or referrals through professionals Families with children aged 0-25 years

with additional needs or a disability Early Year's Centre, 1 Siward Road, SW17 OLA

wandsworth.office@contact.org.uk 0208 947 5260

13) Thrive Online

Online directory listing all services, support, activities and opportunities available to young people, across several different areas and topics. On the young people's page, there's a section all about Mental Health too. thrive.wandsworth.gov.uk

14) Primay Mental Health Workers - Intensive Intervention Team, Wandsworth Council

For young people Support for children in need or on children protection plans. Offering direct support around their well-being and therapeutic sessions for families.

For adults A discussion space for parents, social workers and other professionals to help think about how to best support their young person.

Referrals made through professionals. Any young person who is on a child protection plan, a child in need or child

looked after. Wandsworth Town Hall, Wandsworth High Street, SW18 2PU.

Getting Help

15) NHS CAMHS Under 5's Therapy Service - CAMHS

1-2-1 sessions and groups with families and children to help with their development and emotional well-being.

Referrals from GP, HV, SLT, nurseries and professionals. Children aged 0-5 years old. They must

be registered with a GP in Wandsworth or live in the borough

Children's Centers across Wandsworth and home visits. 020 3513 4644

16) Cognitive Behavioural Therapy - CAMHS

To help young people suffering from anxiety and working with them to help manage it. Young people are signposted here through the CAMHS Access Service

Harewood House, Springfield Hospital, 61 Glenburnie Road, Wandsworth, London SW17 7DJ

17) Family Consultancy - CAMHS

Family sessions, working with parents/carers and young people to identify what is impacting on their well-being and how to improve it. Young people are signposted through the CAMHS Access Service

the CAMHS Access Service Young people who are 5 - 18 years old

Harewood House, Springfield Hospital, 61 Glenburnie Road, Wandsworth, London SW17 7DJ

ssg-tr.wandsworthcamhsreferral@nhs.net 020 3513 4644

18) Wandsworth Child and Adolescent Mental Health Service (CAMHS)

The NHS service that provides assessment and treatment services for young people with ill mental health, emotional and behavioural difficulties.

0 - 18 years old and live or attend a school in Wandsworh or are registered with a local GP.

Harewood House, Springfield Hospital, 61 Glenburnie Road, Wandsworth, London SW17 7DJ

19) Spectra Counselling Services - Spectra CIC

Counselling, mentoring, group work and mindfulness training for young people identifying on the LGBTQ+ spectrum and from BME communities.

Young people can self refer or be referred by parents/professionals. For young people 13+ years old

and attending school or living in Wandsworth. Training and Resource Centre, Alma

Road, SW18 1AQ wandsworth@spectra-london.org.uk. 20) Schools: Educational Psychologists - Wandsworth Schools and Community Education Psychology Service

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21) Home Visiting

One-to-one home visits for families

and care-givers that are struggling

improve their ability to support the

well-being of the young people they

referrals also come from professionals.

Resident in Wandsworth and at least

Home Start Wandsworth, 20-22 York

* But sessions take place in the homes of

enguiries@homestartwandsworth.org.uk

22) Bump to Baby - Home Start

www.homestartwandsworth.org.uk

One to one home visits, offering

emotional and practical support for

pregnant women and families with a

new baby, under 3 months old, who

referrals also come from professionals.

* Sessions take place in the homes of the

enquiries@homestartwandsworth.org.uk

www.homestartwandsworth.org.uk

23) Wandsworth Newpin

Offering support to parents with

children under 5, who suffer from a

mental health issue. To help parents

manage their own mental health and

gain insight into the needs of their

Referrals can be made through

166 Roehampton Lane SW15 4HR

Somerset Nursery and Children's Centre,

Yvonne Carr Children's Centre, SW8 4HT

amanda.reading@family-action.org.uk

Parents/ carer's can self-refer and

Home Start Wandsworth, 20-22 York

Road, Battersea, SW11 3QA

families being supported.

Through supporting care givers, they

with their emotional well-being.

Parents/ carers can self-refer and

one child under the age of 5

Road, Battersea, SW11 3QA

the families being supported.

02079245268

are struggling.

02079245268

- Family Action

children

professionals

SW11 3ND

02087851863

- Home Start

care for.

Working with schools to suppoytrt students who are struggling with their emotional well-being. A variety of support from assessment, sign posting and direct work.

Young people older than 16 can access the service through their school. Those younger are referred by the school. Accessible by young people who attend

schools who buy in and use the service. Available to all schools in Wandsworth.

edpsychs@wandsworth.gov.uk 02088718744

★ Place2Be Therapeutic Support in Primary Schools

A whole school approach to improving young people's well-being. For Young People - Helping young

people to enhance their emotional wellbeing, through one-to-one counselling, group work and class based work. Young people can self-refer, be referred by parents, school staff or other professionals

For Teachers / Staff - Various support to help with their emotional well-being, as well as training to help teachers understand how to support young people's well-being.

For Parents - One to one therapeutic support, short term and long term, for parents and carers.

Available to young people, parents/ carers and staff within primary schools who have Place2Be

Offered in 17 primary schools. Enquire in your child's primary school about the service

Khaled.musse@place2be.org.uk 07790 604 911

Young People's Health: Counselling in Secondary Schools - Catch 22

Counselling service in secondary schools. For young people who are using drugs and/or alcohol or are having difficulties with their emotional well-being.

Young people can access the support through school, can self-refer or be referred by parents/guardians and professionals

Based in secondary schools who have taken up the service. Limited sessions are offered at their office, for young people who are NEET or

do not attend a school they are based in.

Catch 22, 201-203 Lavender Hill, SW11

yphealth.office@catch-22.org.uk

www.catch-22.org.uk

5TR



Wandsworth Clinical Commissioning Group

Getting Further Support

24) CAMHS Learning Disability service - CAMHS

Assessments of young people with learning disabilities, and providing advice on how best to support their needs to improve quality of life and access to community activities.

Referral form is available from service or referral via special schools, developmental pediatricians or GP.

Up to 18 years old, who thave moderate to profound intellectual disability and additional mental health needs or attend a special educational needs school.

Wandsworth CAMHS Learning Disability Service, First Floor, Harewood House, Springfield Hospital, 61 Glenburnie Road, Tooting, SW17 7DJ

denise.gentry@swlstg.nhs.uk 0203 513 4650

25) Children and Young People's Community Eating Disorders Service - South West London & St George's Mental Health NHS Trust

Assessment and treatment for young people that are presenting with eating disorders.

Referals made by professionals and adults, and young people can self-refer through CAMHS Access Service

Young people 0-18 years old

Children and Young Persons Community Eating Disorders Service, Newton 5, Entrance 7, Springfield Univeristy Hospital, 61 Glenburnie Road, SW17 7DJ

croydon.servicecentre@nspcc.org.uk 0208 253 1850 www.nspcc.org.uk

26) Letting the Future In - NSPCC

Supporting young people who have experienced sexual abuse and helping them to overcome this.

Young people can self-refer, or be referred by parents/professionals. 4 - 17 years old.

254 High St, Croydon CR0 1NF croydon.servicecentre@nspcc.org.uk | 0208 253 1850 www.nspcc.org.uk

27) Speech and Language Therapy - South West London & St George's Mental Health NHS Trust

Providing assessment and therapy for young people struggling with communication difficulties that impact on learning and their social, emotional and mental wellbeing. Professionals and parents/carers

Varying locations across the borough marian.williams@stgeorges.nhs.uk 0208 812 4030

28) Sound Minds - Sound Minds

Music therapy - offering music sessions to engage and support young people in hospital through music making. Self referral

CAMHS patients, under 18 years old, who are in hospital

Springfield Hospital, 61 Glenburnie Road, Wandsworth, London SW17 7DJ

paul.brewer@soundminds.co.uk 02072071786 www.soundminds.co.uk

29) Young Person's Making Music - Sound Minds

Music workshops for young people who are transitioning from CAMHS to adult Mental Health services, to help with confidence building and skills development.

Referrals through professionals Young people aged 18 - 25 years old, and previosuly known to CAMHS Sound Minds, 20-22 york road,

Sound Minds, 20-22 york road, SW11 3QA

30) CSA (Child Sexual Abuse) Hub - NSPCC

Assessment, support and referral onto additional services for young people who have experienced sexual abuse.

Referrals through parents and/or professionals.

4 – 17 years old.

Offered at convenient locations for young people

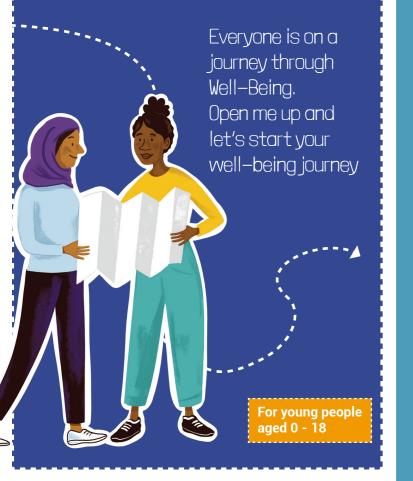


💭 The Participation People

Created and designed by Wandsworth Youth Council and Wandsworth CLICK, with support from The Participation People.

For commissioning queries please contact CAMHS Commissioner Robert Dyer robert.dyer@swlondon.nhs.uk | 020 3574 8614

YOUR WELL-BEING MAP



How we can help...

Everyone has Mental Health! We all need a little help sometimes. Let us help you out!

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?

Further support

Struggling with overwhelming thoughts and feelings and need specific help? These are some services that offer an extra level

NEED HELP RIGHT NOW?

These services can help you when you need support urgently!

Childline – Help and Advice 0800 028 8000

Samaritans Helpline Open Until 9.00pm Every Day - 116 123 **Access Service**

And Remember: It's OK, to not be OK

24 Hour Crisis Help

