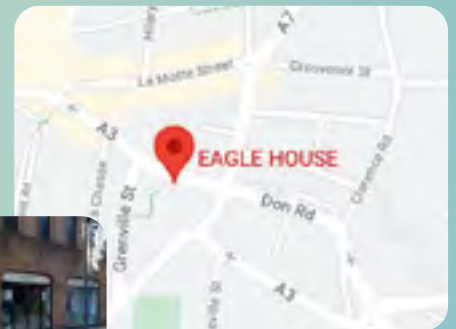


Drop-in support service for children and young people's mental health and wellbeing

Children, young people, parents & carers can drop in to speak to a mental health practitioner or counsellor for a free, informal, confidential chat

Youth Wellbeing Drop-In
Every Saturday, 10am - 6pm
The Link, Eagle House

For a list of other services, please see reverse.



Support Services for Children, Young People and Families



Children and Families Hub

Information, advice and support for families and young people

Call: 519000 or email childrenandfamilieshub@gov.je
Monday to Friday 9-5pm

Child and Adolescent Mental Health Service (CAMHS)

CAMHS is a mental health assessment and therapeutic service for children and young people, aged 5-18, and their families.

Referrals to CAMHS are via the **Children and Families Hub** – you can also contact the hub to speak with a mental health practitioner

The YES project (Youth Enquiry Service)



Counselling for ages 13-25
Freephone: 0800 7350 010
or visit yes.je

Mind Jersey

Mental Health Charity
Freephone: 0800 7359 404
or visit mindjersey.org

Kooth Jersey



Online counselling and support for ages 10-25
Visit kooth.com and "choose Jersey"



NSPCC: Seeking Solutions

The NSPCC provide a service called Seeking Solutions at the Gower Centre in town for children and young people aged 7 to 18. This helps with problems such as: relationships, bullying and managing anxiety.

Young people can self-refer.

Telephone: +44 (0) 1534 760800
Located at **The Gower Centre in Stopford Road, St Helier**



Childline

An out of hours resource that children and young people can access

Freephone: 0800 1111
or visit childline.org.uk



Samaritans Jersey

116 123 or email jo@samaritans.org

School-Based Counsellors

Available in most secondary schools
Visit gov.je/cypmentalhealth

For a full list of support available scan here:



Out of Hours Mental Health Support

For urgent help call the Emergency Department on 442264 or 999 in an emergency