Getting advice

Help for mild to moderate mental health and wellbeing difficulties

You can click...

To obtain advice about a child or young person showing mild to moderate emotional health and wellbeing difficulties please consider the following:

CZONE

Here you can access toolkits, resources and advice to support young people on the mental health and emotional wellbeing pages. As well as information about the Whole School Approach (WSA) to Mental Health and Emotional Wellbeing (MHEW) and MHEW in Education Team you can access toolkits and resources.

Website: Czone.eastsussex.gov.uk/health-safety-wellbeing/mental-health-emotional

E-Wellbeing

This is a digital wellbeing service run by the YMCA Downslink Group. Just complete their quick questionnaire on the home page to find help, advice and support available for specific needs i.e. Mind and CAMHS. Additionally, they have resources for schools.

Website: E-wellbeing.co.uk

You can chat...

If any of the online services above don't resolve your concerns or you require further advice please consider the following services:

The East Sussex School Health Service

Parents, carers and professionals from any school or higher education setting can contact the School Health One Point (SHOP) to discuss health and wellbeing concerns, including emotional health, for any child or young person between the ages of four and 19.

Phone number: **0300 123 4062**

Email: mailto:kentchft.esschoolhealthservice@nhs.net

Website: EastSussexChildren.nhs.uk

If you are a setting which has the targeted emotional health and wellbeing offer, you can also chat with your link nurse at your termly link nurse meeting or with the nurse working with the young person.

i-Rock

A service relevant for young people aged 14+.
Offers online chat function and face-to-face advice and support for young people and their mental health.

Website: IRockSussex.com

Mental Health Support Teams (MHST) in schools

If your school is part of the MHST programme, school staff can speak to the school EMHP or SMHP that are the linked to the school. The school senior mental health lead will have their details. Advice about mental health and emotional wellbeing can be given for any of the children attending the school as well as those being seen.

Email: MhstInfo@eastsussex.gov.uk

The Mental Health and Emotional Wellbeing (MHEW) in Education Team

Schools can contact the Mental Health and Emotional Wellbeing (MHEW) in Education Team to get advice about the Whole School Approach to MHEW and discuss MHEW issues in their setting. Contact the website below to arrange a consultation.

Email: Mhew@eastsussex.gov.uk

Sussex Mental Healthline

The Sussex Mental Healthline offers listening support, advice, information and signposting to anyone experiencing difficulties, or who is concerned about a young person experiencing a mental health crisis. Phone number: **0800 0309 500** **or** **111** **select option 2 for mental health.**
Text SUSSEX to **85258** free, 24/7, confidential mental health text messaging support service, available to all.

CAMHS Single Point of Access (SPoA)

If, after exploring the support options above, you remain concerned about a young person's emotional health and wellbeing, please contact our specialist team in SPoA for advice and consideration of referral to CAMHS.

If you are concerned that a child or young person is presenting as suicidal or has disclosed suicide ideation, plan or intent please telephone CAMHS SPoA immediately to discuss with a CAMHS clinician:

Phone number: **01323 464 222**

Monday to Thursday 8.30am-5.00pm

Friday 8.30am-4.30pm

If you have serious concerns out of hour or that cannot wait until the next working day please telephone the Sussex Mental Health Line using the NHS **111** service or calling **0800 030 9500** this service is available 24 hours a day, 7 days a week.

In the event of a mental health emergency, please consider attending a local A&E service.

Working in partnership: East Sussex School Health Service, provided by Kent Community Health NHS Foundation Trust and Sussex Partnership NHS Foundation Trust