

**HELP AND ADVICE:**

**EMOTIONAL WELLBEING**

**Referral Services:**

**C.A.M.H.S.** – Child and Adolescent Mental Health Services. Offer a wide range of services, including counselling and specialist support, to assess and treat young people. G.P. or self-referral. (Referral link below).

**Mental Health Support Team** – Part of CAMHS, Educational Mental Health Practitioners deliver low intensity CBT in school. Student Support can refer or self-referral: email cfhd.mhstadmin@nhs.net / 01392 386 825

**Young Devon –** Free and confidential advice and in person support for 11-25 year olds in Devon. 08082 810155. <https://www.youngdevon.org/> (Referral link below).

**Online Help and Advice:**

**Kooth –** Online advice and support for 11-18 year olds. <https://www.kooth.com/>

**The Mix** – Online / telephone counselling, information and support. 0808 808 4994. <https://www.themix.org.uk/>

**Childline** – Information and advice including online counselling. <https://www.childline.org.uk/>

**Young Minds** – Online help and advice including a free crisis messenger service on 85258 24/7. <https://www.youngminds.org.uk/>

**Mind** – Information and support. 0300 123 3393. <https://www.mind.org.uk/>

**Samaritans** – Online email support and helpline 116123: Jo@samaritans.org <https://www.samaritans.org/>

**Relate** – Online children’s counselling 03007729681. <https://www.relate.org.uk/what-we-do>

**Clear Fear** – A free mobile phone app using Cognitive Behavioural Therapy principles to help with anxiety. Via Google Play or Apple App Store.

**Beat** – Help and advice around eating disorders. <https://www.beateatingdisorders.org.uk>

**Urgent Help in a Crisis:**

**Devon Partnership NHS Trust** - 0808 196 8708 24hrs a day, 7 days a week.

**Childline –** Free helpline: 08001111 24/7.

**Samaritans** – Free helpline: 116123.

**Links**

CAMHS - <http://childrenandfamilyhealthdevon.nhs.uk/camhs/professional/professional-support/request-criteria-camhs/>

Young Devon - <https://youngdevon.counsel360.co.uk/Referral/Enquiry>

Relate - <https://www.relate.org.uk/centre/devon-and-cornwall/venues/honiton>