WHERE CAN I GO TO FOR SUPPORT WHEN I’M CONCERNED ABOUT MY MENTAL HEALTH?

I DON’T KNOW WHO TO SPEAK TO WHEN I FEEL DOWN...

INFORMATION ABOUT EMOTIONAL WELL-BEING & MENTAL HEALTH SUPPORT SERVICES IN SURREY FOR CHILDREN AND YOUNG PEOPLE
If so, become a CYA member today!

How Can YOU get involved?

You can get in touch with the Rights and Participation Team for CAMHS and SEND, who facilitate the CYA Groups. The groups are held in Woking, Epsom, Redhill and Knaphill.

Email — rap.team@surreycc.gov.uk
Call — 01483 519 571
Facebook — Just CYA
Instagram — Ourvoicesurrey

What is CYA?

CYA stands for CAMHS Youth Advisors. We run consultation groups with children and young people who access or have accessed emotional well-being or Children and Adolescent Mental Health Services (CAMHS) in Surrey. We aim to shape and influence services and create mental health opportunities that improve people’s experiences accessing services. CYA is also an opportunity to meet other young people who have accessed similar services.

Some of our other projects young people can get involved in…

- **Recruit Crew** — Children and young people are trained to take part in the recruitment and induction of staff across emotional well-being and SEND related roles and services in Surrey.
- **Our Perspective** — Young people are trained to facilitate service user perspective training and service user involvement training. These training courses are mandatory for all CAMHS staff.
- **Raise (Raising Awareness in Schools Through Experience)** — This is a project where young people in CYA run structured presentations, workshops and focus groups in schools, centres and around increasing awareness of mental health and reducing the stigma.
- **SSAFAW (Safeguarding and self-harm Awareness Workshop)** — Young people deliver 3 hour safeguarding and self-harm awareness workshops to the 5 acute hospitals in Surrey. This is to nurses, paediatricians, and ward staff.

CYA Awards — The team support children and young people in CYA to facilitate a large scale annual award ceremony. Children and young people across CAMHS nominate professionals, and professionals nominate children and young people.
MENTAL HEALTH SERVICES AVAILABLE IN SURREY

**Children and Young People’s Haven**
The CYP Haven is a safe space for children and young people aged 10-18 where you can talk about worries and mental health concerns in a confidential, friendly and supportive environment. There is a CYP Haven in Guildford, Epsom, Staines and Redhill. Check the website for the exact location and opening times. You don’t have to call first or book an appointment, you can simply drop in during our opening times.

[www.cyphaven.net](http://www.cyphaven.net)

**Mindful service**
This NHS Service is for young people aged 16-25 who have emerging to moderate mental health difficulties that are causing problems in their lives and making it difficult to cope in areas such as relationships, education or employment. The service covers the whole of Surrey and works across agencies to engage with and facilitate mental health care for young people who are hard to reach. Young people who come into contact with Mindful are homeless, at risk of homelessness, and/or using drugs and alcohol. Young people can refer themselves by calling **07771 976 770**.

**Step-by-Step**
This is a young people’s charity that offers young people, aged between 11 and 25, living in North Hampshire/South West Surrey, counselling service. They support young people who are having a hard time, struggling to cope, feeling stressed, anxious, or down and could benefit from counselling support. If you are between 11 and 17 years old, you GP can refer you. If you are between 18 and 25 years you can refer yourself by filling out a document on their website

[www.stepbystep.org.uk/services/support/counselling/](http://www.stepbystep.org.uk/services/support/counselling/)

**Kooth**
An free online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop. You can access it 365 days a year on Monday to Friday from 12pm–10pm and Saturday and Sunday from 6pm until 10pm. You can also join live discussions forum on Monday, Wednesday and Friday at 7:30-9pm.

[www.kooth.com](http://www.kooth.com)
## OTHER USEFUL SERVICES

### EMOTIONAL & WELL-BEING SUPPORT

- **Samaritans**: A 24-hour service offering confidential emotional support to anyone who is in crisis  
  Call: 116 123 or www.samaritans.org  

- **Child line**: A free and confidential support service for under 19 year olds. Child line also offers email and online chat services and calling will not show up on any phone bill.  
  Call: 0800 1111 or www.childline.org.uk  

- **Papyrus**: Papyrus offers help and advice around young people’s suicide prevention. They have a helpline available Mon-Fri: 10am-10pm, Sat, Sun and Bank Holidays: 2pm-10pm.  
  Call: 0800 068 4141 or Text: 07786 209697 or Email: pat@papyrus-uk.org or www.papyrus-uk.org

### Drugs & Alcohol Support

- **Catch 22**: Surrey Young people’s Substance Misuse Service (SYPSMS) is a county-wide specialist treatment service, offering; one-to-one support to young people and their families, a 24 hour help line, counselling and pharmacological support, as part of a tailored recovery approach for young people aged 11 to 21-years-old successfully delivering positive outcome for the young people they work with.  
  Call: 0800 6226 662 or www.catch-22.org.uk/  

- **Talk to Frank**: Focusing on drugs, and commissioned by the Department of Health, Talk to Frank offers confidential and accurate advice to young people and adults worried about illicit substances.  
  Call: 0300 123 6600 or www.talktofrank.com/contact-frank

### Eating Disorder Support

- **B-eat**: A specialist eating disorder service that run a helpline and have a website with helpful information.  
  Call: Under-18: 0808 801 0711/ Students: 0808 801 0811 or www.b-eat.co.uk  

- **Eating Disorder Support**: A 24/7 helpline offering emotional support around eating disorders and confidential listening  
  Call: 01494 793 223
USEFUL FREE MOBILE APPS

PACIFICA
WHAT DO I DO? Tracks mood and health behaviours.

REACHOUT WORRYTIME
WHAT DO I DO? Schedules “worry time” each day.

HEADSPACE
WHAT DO I DO? Mindfulness sessions—10 are free, but you can subscribe for more sessions.

FIVE WAYS TO WELL-BEING (android)
WHAT DO I DO? Offers a practical way to help you feel good and function well in the world.

WELLMIND
WHAT DO I DO? Support for anxiety & Depression

Calm Harm
WHAT DO I DO? An app to manage the urges to self-harm. It has activities to comfort you, distract you and calm you down.

ELEFRIENDS
WHAT DO I DO? Supportive online community from the mental health charity mind.

HAPPIER
WHAT DO I DO? Helps you stay more present and positive throughout the day.

STAYALIVE
WHAT DO I DO? Suicide prevention app
“It’s not about waiting for the storm to pass, it’s about learning to dance in the rain”
“Don’t be ashamed of your story, it will inspire others”
“Sometimes people around you won’t understand your journey. They don’t need to, it’s not for them”
“Do not give your past the power to define your future”

1. Practice “7/11 breathing”: breathe in for 7 seconds and out for 11. Repeat this 5 or 6 times, making sure to push your stomach out when you breathe in
2. Listen to (calming or uplifting) music
3. Talk to someone you trust
4. Read a novel, new newspaper, or magazine
5. De-clutter your room, or part of your room
6. Make an ‘emergency’ box for distressing times – put in any small reminder of what helps and pictures of positive times
7. Try baking (you can buy cake mix from your local store)
8. Write a letter to yourself
9. Start a new Netflix series
10. Clench and release each of your muscles in turn, working up from your feet to your head
11. It’s important to get a full 8 hours of sleep a night, try downloading a sleep monitor app
12. Create a crisis plan so that you are prepared for moments where you feel in crisis
13. Get some fresh air, go for a walk
14. Do some art or sketches, even if it’s just scribbling
15. Try meditating, or using a meditation app