

WORRIED ABOUT A YOUNG PERSON'S THOUGHTS, FEELINGS OR BEHAVIOUR?

1

Are they in immediate danger or have an urgent need?

If yes, call 999 or if they are in a mental health crisis, call 111

If no, ask them about it:

Have a resilience conversation. Find out how at www.kentresiliencehub.org.uk



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Speak to a Designated Mental Health Lead in the young person's school or college, Designated Safeguarding Lead or the Emotional Wellbeing Team (if operating in their school).

2

Is there a safeguarding need?

For a safeguarding need, access information and guidance on Integrated Children's Services at <https://www.kscmp.org.uk/guidance>

3

Do they need advice?

Seeking advice is good for staying happy and healthy, and can be done anytime to help young people stay on track and keep thriving!



ChatHealth is a text service for 11 to 19 year-olds. Young people can text with a member of the team about any physical or emotional health concerns they have. This service is available Monday to Friday, 9am - 5pm on 07520 618850. This service is confidential and anonymous.

For support with their emotional wellbeing visit www.MoodSpark.org.uk

If they are struggling, please don't suffer in silence. Help is available 24/7 with the Release the Pressure service. For free confidential 24hr support call 0800 107 0160 or visit kent.gov.uk/release-the-pressure

For free support and access to fully trained online counsellors 365 days a year, visit Kooth www.kooth.com

The Kent Therapeutic Alliance (KTA), and the Kent Therapeutic Support Service (TSS) bring together different mental health and emotional wellbeing services to provide support for things like bereavement, self-harm, low mood, and anxiety. The KTA also offers services that support those who have experienced domestic abuse, those who are exploring their gender identity and/or sexuality, and for young people in care or leaving care. See here: www.ktass.org.uk.

4

Do they need help?

Young people can speak to someone about anything that is troubling them and develop skills to manage stress, worry, feeling low and difficult situations.

To help young people navigate a range of life's challenges, Compass is an evidenced based approach using DBT skills, provided by Kent Family Hub
Compass courses - Kent County Council

5

Do they need further support?

Has the young person got significant ongoing or unexpected challenges impacting their day to day life?

Kent and Medway Mental Health NHS Trust provide access to clinical consultation and specialist mental health services.

Call the Single Point of Access on 0800 0113474 or visit Children & Young People's Mental Health Service (CYPMHS) - Kent and Medway Mental Health NHS Trust

! The Kent and Medway Mental Health NHS Trust consultation and advice line is available on Tuesdays and Thursdays from 10am - 2pm to support Kent professionals with mental health concerns for children and young people aged 0-18. The telephone number is 0300 300 1585



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Do they need risk support?

Risk support is keeping young people, and those around them, safe through active support from skilled organisations working together.

Young people requiring risk support are unable to access support and benefit from it. It is important to identify key people in the young person's life who they trust, whilst building their capacity for support.

Follow the Working together to safeguard children guidance on multi-agency working.