

An adult I would talk to at my school, if I need to, is...

The Child Protection Officer at my school is...

Don't forget – if you're worried about yourself or someone you know then talk to an adult you trust.

Healthy Minds



**A young person's guide to
mental health and well being
services in Islington**

This booklet gives you information about organisations and websites for young people that provide accurate and reliable information, help and support on a range of emotional and wellbeing issues. Most of the local services listed are available for young people aged 13-21.



Be aware that details sometimes change.

Check with the individual organisations to make sure their details are correct and let us know any errors.

Don't forget – if you're worried about yourself or someone you know then talk to an adult you trust.



How to stay well...

Studies have shown that these 7 Steps to Wellbeing are good for your emotional health, so long as you keep on doing them.



steps

What do you do every week which helps you feel good?

What more can you do?



EMOTIONS

The 7 steps to

Connect with others; talk, socialise, spend time with your friends and family.

Be active Do things you enjoy, try something new – run, dance, get on your bike, roller blade...

Give your time, talents, smiles and friendly words. You could even try volunteering.

Take notice of your world. Explore your neighbourhood, discover new places. How are you feeling right now? Be mindful of your feelings and the world around you.



Wellbeing

Learning isn't just for school!

Teach yourself something new, like cooking your favourite food or making computer sound effects. Grab a friend and join a photography, drama or music group.

Eat a balanced diet with a range of healthy foods to make sure you have the right nutrients and energy to help you feel good.

Sleep well getting 8½-10 hours sleep a night can really help you stay mentally healthy, alert and feel alive!

Don't forget – if you're worried about yourself or someone you know then talk to an adult you trust.



What to do if you're worried about yourself or a friend



You It's a really good idea to talk to someone about how you are feeling, especially if you're really stressed, angry, unhappy or feeling low. There are people you can talk to. Your parents or carer, a teacher or a friend may be the easiest place to start, but if that seems difficult then why not contact one of Islington's youth counselling services, or one of the websites listed in this booklet.

It's important to be there for a friend who is going through a bad time and needs support. But it is too much (and not your responsibility) to help them on your own. Hopefully your friend will also talk to an adult they trust – try to encourage them to do this. It might really help you to talk to an adult you trust as well.

Friends



Ways to support a friend you are worried about

L

Listen to them

– ask questions but try not to criticise or judge

E

Encourage

them to talk to an adult who they trust

G

Give

them information about support services

S

Suggest

doing things together that they enjoy

Don't forget – if you're worried about yourself or someone you know then talk to an adult you trust.

Where to go if you're worried or want some advice



Childline

Are you at risk or in a crisis? Phone Childline at any time. For teenagers too! Phone and email counselling and message board support. Also tips and advice on a wide range of issues, including exam stress and bullying.

0800 1111 (24 hours a day)

www.childline.org.uk

Your GP

GPs can help you with any concerns about your emotional or mental health. They may refer you to other specialists such as youth counselling services or CAMHS. Alternatively they may refer you to a service specialising in treating a particular problem you may be experiencing.

Child and Adolescent Mental Health Service (CAMHS)

CAMHS is for young people (up to 18 years) who are worried about their emotional or mental health. You can call or email CAMHS yourself or you may be referred by other professionals.

020 3316 1824 (9am-5pm)

icamhs@nhs.net

www.islingtoncamhs.wordpress.com

TYS Youth Counselling Service

Islington Council's free youth counselling service for young people aged 12 – 21 years, who live, work or study in Islington. They can refer on to other services, such as drug & alcohol or support workers, if needed. Based at the Canonbury Project & Pulse.

020 7527 5013 / 07825 098 200

afra.bell@islington.gov.uk

Don't forget – if you're worried about yourself or someone you know then talk to an adult you trust.

Pulse, N1

Free counselling (from TYS Youth Counselling Service and Brook), sexual health advice (from Brook and NHS) and a range of other services for young people aged 13-21 who live, work or study in Islington.

020 7527 1300

badlur.rahman@nhs.net

www.directory.islington.gov.uk

(search 'Pulse')

The Drum, EC1

The Drum is part of City YMCA. Free counselling (from The Brandon Centre), sexual health advice and other services for young people aged 14-21 who live, work or study in Islington.

020 7336 0022

drum@brandoncentre.org.uk /

counselling@brandoncentre.org.uk

www.directory.islington.gov.uk

(search The Drum)

Platform, N7 and Lift, N1

Youth hubs are safe spaces for 13-21 year olds to go for information, advice and guidance on a range of issues. They also have counselling services.

020 7527 4468 (Platform)

020 7527 7030 (Lift)

www.platformislington.org.uk

www.liftislington.org.uk



Don't forget – if you're worried about yourself or someone you know then talk to an adult you trust.

Where to go if you're worried about...



Eating disorders

B-eat

Help lines, online support and self-help groups for adults and young people to beat eating disorders. Young people's live chat Tuesday and Thursday, 5 - 6pm.

0845 634 7650 or text **07786 20 18 20**

fyp@b-eat.co.uk

www.b-eat.co.uk

MGEDT

(Men Get Eating Disorders Too)

Helps men recognise symptoms of eating disorders and access support when needed.

www.mengetedstoo.co.uk

Don't forget – if you're worried about yourself or someone you know then talk to an adult you trust.

Self harm or suicide

Are you at risk or in a crisis?

- If you need urgent medical attention call 999 or go to your nearest Accident and Emergency (A&E) department
- Phone Childline at any time **0800 1111** (24 hours a day) **www.childline.org.uk**

New Horizon

Group for young people who self harm (16 to 25 years)

020 7561 5289

admin@islingtonmind.org.uk

www.islingtonmind.org.uk/newhorizons

Papyrus

Information and support around the prevention of young suicide.

0800 068 4141

(Monday - Friday 10am-5pm and 7-10pm / weekends 2-5pm)

www.papyrus-uk.org

Other good websites

Izzy: Young People's Islington

Islington Council's directory of services for young people including advice on a range of issues from relationships to mental health.

www.izzy-info.com

MindFull

Online support, information and advice around mental health and emotional wellbeing, including email counselling, for 11-17 year olds. Live chat with mentors and counsellors daily (10am - midnight).

hello@mindfull.org

www.mindfull.org (with 2 Ls!)

The Site

Online guide for 16-25 year-olds. Support and information on a huge range of topics including sex, exam stress, eating disorders, self harm, debt and drugs.

www.thesite.org

Find out more about mental health

Learn more, find out how to get help for someone you know and fight the stigma.

Time to Change fight mental health stigma
www.time-to-change.org.uk

Rethink Mental Illness challenges attitudes and changes lives. www.rethink.org

Mind for advice and support for anyone with a mental health problem. www.mind.org.uk

Young Minds champion young people's mental health and wellbeing.
www.youngminds.org.uk

We would love to hear what you think about this booklet or any of the services that you've used; we'll use your comments to help us improve the next edition.

Contact: **Emma Charlton**
Direct Action Project @ The Peel Centre
020 7838 6082 / admin@peelinstitute.org.uk