

Parents & Carers – Mental Health and Well-being supports

If you concerned about the mental health of your child there are services and supports available in school and locally.

- 1. In an emergency there is a mental health support team at King George hospital in Ilford that can be accessed through Accident & Emergency.**
- 2. EWMHS (Emotional Well-being mental health service – formerly CAMHs) can be contacted directly and referrals can be made by parents. Call 0300 300 161.**
- 3. There is a school based counsellor available to support students every Monday, students can self-refer by dropping into the Inclusion Centre at lunch time on Mondays or speak to a member of staff who can arrange this through Mr O’Neill.**
- 4. You can speak to your child’s Head of Year or to Mr O’Neill who is the school’s designated lead for mental health.**
- 5. Kooth.com is a free on line counselling service available to all young people in Redbridge.**
- 6. National support services for young people that you can call or contact on line are also available:**



Childline (childline.org.uk): 0800 1111

Samaritans (Samaritans.org): 116 123

Young minds (youngminds.org.uk)

Speak to Mr O'Neill or your child's Head of Year for more information.

The Forest Academy: 020 8500 4266 or email

C.O'Neill@theforestacademy.co.uk