

## Parents & Carers – Mental Health and Well-being support

If you are 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 three days a week. Students can self-refer by speaking to their Head of Year or Mr Howarth.
4. You can speak to your child's Head of Year or to Mr Howarth 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](http://childline.org.uk)): 0800 1111

Samaritans ([Samaritans.org](http://Samaritans.org)): 116 123

Young minds ([youngminds.org.uk](http://youngminds.org.uk))

If you live in Barking and Dagenham, Havering, Redbridge, Waltham Forest, Essex, Kent & Medway, you can call for mental health help and advice anytime of the day or night.

**Mental Health Direct: 0800 995 1000**

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

The Forest Academy: 020 8500 4266 or email [admin@theforestacademy.co.uk](mailto:admin@theforestacademy.co.uk)