

# Social Emotional and Mental Health Support



We aim to:

- provide appropriate support for all students who have Additional Educational Needs;
- to promote an ethos of inclusion
- to enable all students to access the curriculum and achieve their full potential

There are a small number of students whose needs necessitate additional support from specialist external agencies, many of which can be accessed through referral by a GP. In addition, there is a raft of support available to students and parents on the internet. I have listed a number of support agencies below under these headings:

- Self-harm
- Disordered patterns around eating habits
- Mental Health
- Counselling
- See Anxiety & panic attacks in main listing



Confidence  
Achievement  
Resilience  
Empathy

Inclusion Faculty Sydenham School

## Self-harm

Self-harm does not always just affect the individuals carrying it out, but their friends, family and other people around them too. Self-harm can be lonely and isolating and caring for someone who self-harms can be emotionally exhausting.

There is no single cause or event that leads directly to self-harm, but rather a series of risk factors combine to increase the likelihood that a vulnerable individual will start.

Self-harm is a coping mechanism, therefore it is necessary for the individual to learn about safer alternatives. Students have told us that they find [www.kooth.com](http://www.kooth.com) useful as it is a confidential way of accessing counselling for young people.

Our policy is that it is unacceptable for students to self-harm in school; we have a rule that any self-harm marks on arms should be covered by long-sleeved tops for P.E./Dance and that students must not show their cuts to their peers.

We are happy to support in any way we can, but we always advise parents and their daughter to see their GP so that they can offer the appropriate advice and referral to meet needs.

## Alternatives to self-harm

### Soothing/Stress Relief/Distraction:

- Going for a walk, looking at things and listening to sounds
- Create something: drawing, writing, music or sculpture
- Going to a public place, away from the house
- Keeping a diary or weblog
- Stroking or caring for a pet
- Watching TV or a movie
- Getting in touch with a friend
- Listening to soothing music
- Having a relaxing bath

### Releasing emotions:

- Clenching an ice cube in the hand until it melts
- Snapping an elastic band against the wrist
- Drawing on the skin with a red pen or red paint instead of cutting
- Sports or physical exercise
- Using a punch-bag
- Hitting a pillow or other soft object
- Listening to or creating loud music

## Help for parents and carers

### Professional Help:

GPs  
School Nurses  
Counsellors/Therapists

### Helplines and Online Information/ Support:

Young Minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Young Minds Parent Helpline:

0808 802 5544

(Mon-Fri 9.30am-4pm)

Samaritans

116 123

[www.samaritans.org](http://www.samaritans.org)

Mind (over 18s only)

[www.mind.org.uk](http://www.mind.org.uk)

Rethink

[www.rethink.org](http://www.rethink.org)

Harmless

[www.harmless.org.uk](http://www.harmless.org.uk)

Royal College of Psychiatrists

[www.rcpsych.ac.uk/healthadvice/parentsandyounginfo/parentscarers/self-harm.aspx](http://www.rcpsych.ac.uk/healthadvice/parentsandyounginfo/parentscarers/self-harm.aspx)

The Maudsley Hospital

[www.slam.nhs.uk](http://www.slam.nhs.uk)

## Help for young people

### Professional Help:

GPs  
Counselling (see list below in S. London)  
School Nurses  
Child and Adolescent Mental Health Services\* - CAMHS  
\*Usually through referral by GP or other professional

### Helplines and Online Information/ Support:

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Childline - 0800 1111

[www.childline.org](http://www.childline.org)

Samaritans - 116 123

[www.samaritans.org](http://www.samaritans.org)

[www.harmless.org.uk](http://www.harmless.org.uk)

[www.kooth.com](http://www.kooth.com)

National Self Harm Network - NSHN

[www.nshn.co.uk/](http://www.nshn.co.uk/)

The Site

[www.selfharm.org.uk/default.aspx](http://www.selfharm.org.uk/default.aspx)

## Disordered patterns around eating habits

The sentences below aimed at parents, are taken from a letter from 'Beat'.

*Eating disorders don't just affect the individuals battling them, but their friends, family and other people around them too. Eating disorders are lonely and isolating illnesses and caring for someone with an eating disorder can be exhausting.*

*One really important thing to remember is that you are not the cause of the eating disorder. No single cause or event leads directly to an eating disorder, but rather a series of risk factors combine to increase the likelihood that a vulnerable individual will develop the condition.*

*Eating disorders are treatable and full recovery is possible. You can play a vital role in supporting your loved one through their recovery journey.*

***"It is a long and sometimes difficult journey but you can get through it, and you will be stronger for it. Accept any help offered".***

*Beat's support services are open to those looking after someone with an eating disorder as well as the individuals themselves. Beat offers resources, support and training for parents and carers.*

***For more information, advice or support visit [www.b-eat.co.uk](http://www.b-eat.co.uk)***

We are happy to support parents and their daughters in any way we can, but we strongly advise parents to take their daughter to see their GP so that they can offer the appropriate advice and referral to meet needs. Some students have told us that they find [www.kooth.com](http://www.kooth.com) useful as it is a confidential way of accessing counselling for young people.

### Who can help?

#### For young people

Beat Youthline 0845 634 7650

fyp@b-eat.co.uk

txt 07786 20 18 20

Open Monday to Friday 4:30pm - 8:30pm and Saturdays 1:00pm- 4:30pm

#### For adults, parents and carers

Beat Helpline 0845 634 1414

Open Monday to Friday 10:30am - 8:30pm and Saturdays 1:00pm - 4:30pm

Beat's office number 0300 123 3355

Visit the website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

#### National Centre for Eating Disorders

<http://eating-disorders.org.uk/>

### ChildLine

Helpline: .....0800 1111  
Textphone: .....0800 400 222  
Mon-Fri 9.30am-9.30pm & 11am-8pm Weekends  
Website: [www.childline.org.uk](http://www.childline.org.uk)

ChildLine is the UK's free helpline for children and young people. It provides a confidential telephone counselling service for any child with any problem.

### Youth Access

1-2 Taylors Yard, 67 Alderbrook Road, London SW12 8AD  
Tel: .....020 8772 9900  
Fax: .....020 8772 9746  
Email: .....[admin@youthaccess.org.uk](mailto:admin@youthaccess.org.uk)  
Website: .....[www.youthaccess.org.uk](http://www.youthaccess.org.uk)

Provides information advice about counselling services throughout the UK for young people aged 12-25 years. Can give details of appropriate local agencies for young people. Can contact by letter, telephone, fax or email

### Get Connected

Tel: .....0808 808 4994  
7 days a week 1-11pm; Web chat 7pm-10pm  
Email: .....[help@getconnected.org.uk](mailto:help@getconnected.org.uk)  
Website: .....[www.getconnected.org.uk](http://www.getconnected.org.uk)

This service provides a unique, free and confidential helpline for young people, acting as a signpost to relevant sources of help.

### There4Me

Website: .....[www.achance2talk.com](http://www.achance2talk.com)  
Email support service for young people between 12-16 years.

There's on-screen advice about all sorts of things e.g. bullying, relationship, exams, drugs, difficulties at home, to name just a few. Or you can send an e-letter to Sam their agony aunt. If you would prefer a confidential private session you can talk 1-2-1 in 'real time' with an NSPCC adviser or email for a reply within 24 hours. You don't have to say who you are— you stay in control.

### Youth2Youth

Helpline: .....020 8896 3675  
Email & Online chat via website Mon & Thurs 6.30pm-9.30pm  
Website: .....[www.youth2youth.co.uk](http://www.youth2youth.co.uk)

For people under 19 years. Confidential and anonymous email and telephone helpline support run by young volunteers. Offers sympathetic listening and information about practical help.

### NSPCC

NSPCC Helpline, 42 Curtain Road, London EC2A 3NH  
Helpline for children and young people: 0800 1111  
Helpline for adults: .....0808 800 5000  
Textphone: .....0800 056 0566  
Email: .....[help@nspcc.org.uk](mailto:help@nspcc.org.uk)  
Website: .....[www.nspcc.org.uk](http://www.nspcc.org.uk)

Has a child protection helpline for any child or adult concerned about a child at risk of abuse. The NSPCC also provides services to help families overcome abuse, and produces publications on general parenting.

### NHS Direct

Helpline: .....0845 46 47

Website: .....[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Gives confidential advice and information on any health issue, medication, self-help groups and information about the NHS.

### YoungMinds

48-50 St John Street

London EC1M 4DG

Tel: 020 7336 8445

Fax: 020 7336 8446

Email: [ymentquiries@youngminds.org.uk](mailto:ymentquiries@youngminds.org.uk)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

### YoungMinds

Parents Helpline:

0808 802 5544

### YoungMinds

Parents Forum:

[www.shareyourstory.org.uk](http://www.shareyourstory.org.uk)

### YoungMinds

Lewisham's parent peer support group

For information about joining or leading a group, please visit:

<http://bit.ly/1XazQZB>.

Or contact:

Julia Garden, Parent Peer Support

Project Coordinator

E: [julia.garden@youngminds.org.uk](mailto:julia.garden@youngminds.org.uk) T:

07896 532690

### Kooth

[www.kooth.com](http://www.kooth.com)

## Mental Health

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

Free online information, advice and support for all 11-18 year olds who live within Lewisham borough or attend a Lewisham borough school. This service is anonymous and confidential and they will not share information unless given permission by the young person. All Counsellors/Psychotherapists are UKCP/BACP accredited as well as KOOTH itself and all content is pre-moderated by staff before going live on the site when posting to forums and magazines to ensure the safety of users. You can signpost your child to our site. There is no referral or waiting lists. This service has been funded by The Big Lottery as part of their HeadStart initiative.

### [http://www.youngminds.org.uk/for\\_parents](http://www.youngminds.org.uk/for_parents)

This is a place for you, as a parent to gain information around your child's mental health/well-being. There are lots of different resources available to you via Young Minds as well as a parent's helpline. They offer free, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. **The YoungMinds Parents Helpline is open from 9.30 to 4.00pm, Mon- Fri.** You can call them on **0808 802 5544**

### <http://mindkit.org.uk/>

MindKit is aimed at improving the emotional and mental wellbeing of 14-25 year olds in and across Lewisham and Bromley. They have lots of information and resources available on their website that may be helpful to you as a parent.

### <http://workitoutlewisham.co.uk/>

Visit Work It Out Lewisham and go to I am a Parent/Carer in the navigation bar and you will find different services available to you/your child that can help with mental health/well-being as well as e-learning resources that you may find beneficial.

### <http://www.mind.org.uk/>

When you're living with a mental health problem, or supporting someone who is, having access to the right information - about a condition, treatment options, or practical issues - is vital. This site provides information on a lot of mental health issues.

### **CAMHS - Child and Adolescent Mental Health Service**

CAMHS are specialist NHS children and young people's mental health services. If you think your child might need more help than friends, family, school and GPs can give, you can find a CAMHS in all boroughs, but a referral needs to be made by your GP or school.

## Counselling Services For Young People

There are many private counsellors/therapists that work with young people.

This is a website that can be used to find a local counsellor. Counsellors state their qualifications and style. We recommend that the counsellor is an accredited member of the BACP or UKCP.

<http://www.counselling-directory.org.uk/>

BACP – British Association for Counselling & Psychotherapy

<https://www.bacp.co.uk>

UK Council for Psychotherapy

<https://www.psychotherapy.org.uk>

The following is a list of [London-based counselling organisations](#) that offer free or low cost counselling for young people and their families. It is not comprehensive - there are other options to be found. Many organisations operate a means-related sliding scale of fees or ask for a donation. Some of these services might be helpful but not as a school referral more as a sign posted service. Your doctor may also be able to put you in touch with a qualified counsellor or refer your daughter to Child & Adolescent Mental Health services, if necessary.

### **Athena**

Domestic violence support

02073957700

[www.refuge.org.uk](http://www.refuge.org.uk)

### **One In Four Counselling**

219 Bromley Road,

London,

SE6 2PG

07956 428671

Specialists in supporting girls & women that have been abused/experienced trauma. Fees on sliding scale, dependent on Parents income.

### **Candle Child Bereavement Service**

St. Christopher's Hospice

02087684533

### **Balham Low Cost Centre**

Wandsworth Association of Therapists

293 Balham Rd. SW17

t: 020 8767 2828

e: [info@wandsworthap.co.uk](mailto:info@wandsworthap.co.uk)

w: [www.wandsworthap.co.uk](http://www.wandsworthap.co.uk)

### **Bereavement Services for London**

w: [www.bereavement.org](http://www.bereavement.org)

**Cassel Centre**

4 Waldram Park Rd. SE23 2PN

t: 020 8291 3436

e: [graham@casselcentre.org](mailto:graham@casselcentre.org)

[www.casselcentre.org](http://www.casselcentre.org)

For those living or working in Lewisham; sliding scale, free for unemployed.

**Faces in Focus**

102 Harper Rd. SE

t: 020 7403 2444

[www.facesinfocus.org.uk](http://www.facesinfocus.org.uk)

Free service for young people

**Inner City Centre**

t: 020 7247 1589

e: [referrals@icclondon.org.uk](mailto:referrals@icclondon.org.uk)

w: [www.icclondon.org.uk/](http://www.icclondon.org.uk/)

Low cost Counselling/Psychotherapy in the City and throughout London.

**MIND**

Ormiston Road Centre, Greenwich

t: 020 8853 1735/020 8854 8005

w: [www.greenwichmind.co.uk](http://www.greenwichmind.co.uk)

Free counselling for men and women within catchment area

**Compass**

38-39 Winslade Way, Catford, London, SE6 4JU.

0208 690 3020

[LHWS@compass-uk.org](mailto:LHWS@compass-uk.org)

**Croydon Pastoral Foundation**

4 Frith Road, Croydon, Surrey, CR0 1TA

t: 020 8760 0665

**The Albany Trust Centre**

293 Balham High Rd. SW17

t: 020 8767 1827

e: [albanytrust@hotmail.co.uk](mailto:albanytrust@hotmail.co.uk)

w: [www.albanytrust.org.uk](http://www.albanytrust.org.uk)

Fees on a sliding scale, some low cost places.

**Faye West**

Specialised Adolescent & Child Psychotherapist

[Fayewestpsychotherapy@gmail.com](mailto:Fayewestpsychotherapy@gmail.com)

**The Awareness Centre**

41 Abbeville Rd, SW4 9JX

t: 020 8673 4545

e: [info@theawarenesscentre.com](mailto:info@theawarenesscentre.com)

w: [www.theawarenesscentre.com](http://www.theawarenesscentre.com)

Counselling Contribution Scheme for individuals on state benefits, students over 18, living on state pension in receipt of working tax credit and clients registered as disabled.

Counselling available on a long or short term basis to suit your needs.

**Relate**

t: 0845 456 1310

w: [www.relate.org.uk](http://www.relate.org.uk)

Relationship Counselling from local centres. eg. Bromley, Croydon, Dartford etc.

**Southwark Carers**

Cambridge House, 131 Camberwell Rd. SE5 OHF

t: 020 7708 4497

e: [info@southwarkcarers.org.uk](mailto:info@southwarkcarers.org.uk)

w: [www.southwarkcarers.org.uk](http://www.southwarkcarers.org.uk)

**Kooth**

Free online support for young people

[www.KOOTH.com](http://www.KOOTH.com)

Training Centres that may be able to provide low cost counselling and psychotherapy by students under supervision:

**Westminster Pastoral Foundation**

WPF Therapy, 23 Magdalen Street, SE1 2EN

t: 020 7378 2000

e: [counselling@wpf.org.uk](mailto:counselling@wpf.org.uk)

w: [www.wpf.org.uk](http://www.wpf.org.uk)

Fees on a sliding scale.

**Guild of Psychotherapists**

47 Nelson Square SE1 0QA

t: 020 7401 3266 (The administrator is available to answer the phone Tuesday to Friday)

e: [admin@guildofpsychotherapists.org.uk](mailto:admin@guildofpsychotherapists.org.uk)

w: [www.guildofpsychotherapists.org.uk](http://www.guildofpsychotherapists.org.uk)

There is a sliding scale of charges ranging from £4 - £20 per session, with an initial consultation costing £7 - £25.

**Psychosynthesis & Education Trust**

92/94 Tooley Street, SE1 2TH

t: 020 7403 7814

e: [cservice@petrust.org.uk](mailto:cservice@petrust.org.uk)

w: [www.counsellingservice.org.uk/](http://www.counsellingservice.org.uk/)

Counselling can be offered to those who cannot pay the full session fee and who are considered suitable to work with 2nd and 3rd year training counsellors supervised by the Trust. If you are interested in this scheme, please say so when making contact.



**Institute of Family Therapy**

24/32 Stephenson Way, London, NW1 2HX

t: 020 8579 2505

e: [clinical@instituteoffamilytherapy.org.uk](mailto:clinical@instituteoffamilytherapy.org.uk)

w: [www.instituteoffamilytherapy.org.uk](http://www.instituteoffamilytherapy.org.uk)

**General Lists of Counsellors and Psychotherapists by Area:**

British Association for Counselling and Psychotherapy (BACP)

[www.itsgoodtotalk.org.uk/therapists](http://www.itsgoodtotalk.org.uk/therapists)

South London Counselling Directory, your local guide to confidential support

United Kingdom Council for Psychotherapy (UKCP)

w: [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

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e: [cservice@petrust.org.uk](mailto:cservice@petrust.org.uk)

w: [www.counsellingservice.org.uk/](http://www.counsellingservice.org.uk/)

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24/32 Stephenson Way, London, NW1 2HX

t: 020 8579 2505

e: [clinical@instituteoffamilytherapy.org.uk](mailto:clinical@instituteoffamilytherapy.org.uk)

w: [www.instituteoffamilytherapy.org.uk](http://www.instituteoffamilytherapy.org.uk)

## Counselling for parents

Counselling for parents can help support with relationship issues, where children are starting to take risks, there is tension in the home, divorce or anything that influences a parent's ability to effectively parent. Counselling can unpick parenting issues and support can range from setting boundaries to looking at the dynamics of the parent and child relationship.

**If you search counselling in South London, counselling in Forest Hill, counselling in East Dulwich etc, you will find a directory of counsellors in your area.**

### **Bellenden Therapies**

Sarah Cavaliere  
147a Bellenden Road, SE15 4DH  
t: 07721 591 636  
e: [s.tcavaliere@gmail.com](mailto:s.tcavaliere@gmail.com)  
w: [www.bellendetherapies.co.uk](http://www.bellendetherapies.co.uk)

### **Betterhelp**

Affordable, private online counselling

w: [www.betterhelp.com](http://www.betterhelp.com)