



Young People's Mental Health & Emotional Wellbeing Guide

For Young People in Enfield

healthwatch
Enfield



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WHO ARE WE?

Healthwatch Enfield is here to listen to you. We make sure your voice is heard by NHS leaders and other decision-makers in Enfield. We want to help improve health and social care in our community based on what you think and need.

WHAT DO WE DO?

Healthwatch Enfield works on numerous projects throughout the year to help the people of Enfield receive proper health and social care. We collect the thoughts of community members through surveys and conversations, and we inspect local health and social care services to make sure they are up to standard.

WHY DID WE MAKE THIS GUIDE?

We created this guide to help young people in Enfield find mental health and emotional wellbeing support. It's important to know where to get help, both in-person and online. We want to make sure you have the information and resources you need.

CAMHS



North London
Mental Health
Partnership

What is CAMHS?

CAMHS stands for Child and Adolescent Mental Health Services. It's a free NHS service that helps young people with emotional, behavioural, or mental health struggles. They deal with things like anxiety, depression, eating disorders, and more.

How to Get Support?

- Talk to a trusted adult like a parent, teacher, or GP. They can help you get a referral to CAMHS.
- You can sometimes refer yourself, depending on where you live. Check your local CAMHS website for details.
- You can see what services are available your area here:

What Happens Next?

- You'll have an assessment where they talk to you about your problems and what might help.
- This might involve a chat with your parent or carer too.
- A best support will be suggested, which might be therapy, medication, or something else.
- After your assessment, you may have to wait until your first therapy session. This is normal. If you like support sooner, you can speak to CAMHS. You may also find the resources listed in this guide useful.

SCAN ME



YOUNG MINDS

YOUNG MINDS

Young Minds is a UK charity dedicated to supporting the mental health of children and young people. They offer a range of resources and services:

- **Information & Advice:** They provide online guides and resources to help young people understand their feelings, cope with life challenges, and find support for specific mental health conditions.
- **Your Community:** Young Minds offers a platform for young people to share their stories, connect with others facing similar challenges, and feel less alone.
- **Crisis Support:** While they don't provide direct crisis intervention, Young Minds connects young people with resources like helplines (Childline, Samaritans) that can offer immediate assistance.

SCAN ME



ARE YOU IN A CRISIS?

Call CAMHS CRISIS - 0800 151 0023
24/7 support

SUPPORT FOR ALL

KOOTH



www.kooth.com

Instagram: @kooth_uk TikTok: @kooth_uk

A free and anonymous online wellbeing platform which along with text based counselling also includes helpful articles, forums, a mini activity hub and daily journaling.

AGE 11 - 25 years

TYPE OF SUPPORT Text Based Counselling, Peer Support & online resources

 One to One session  Group Discussion

Opening: Monday - Friday 12-10pm
Saturday - Sunday 6-10pm
App is available 24/7 (all day, every day)

HOW TO GET SUPPORT: No referral is needed.

 Webchat: <https://www.kooth.com>



THE MIX

www.themix.org.uk

Instagram: @themixuk

Supporting young people with their mental health, relationship issues, working life, school life, housing, depression and any other issues.


AGE 13 - 25 years


TYPE OF SUPPORT Counselling via Text, Phone & Webchat. Peer Support

 One to One session  Group Session

Opening: Everyday 4pm-11pm

HOW TO GET SUPPORT: No referral is needed. No parent consent needed.

 Webchat: www.themix.org.uk

 Phone Call: 0808 808 4994
Text THEMIX to 85258, open 24/7

 Email: counselling@themix.org.uk



childline

CHILDLINE

www.childline.org.uk

Instagram: @childline_official TikTok: @childline

Childline is a private and confidential service where you can talk about anything. We're here for you online, on the phone, anytime.


AGE under 19


TYPE OF SUPPORT Counselling via Webchat & Phone

 One to One session

Opening: 24/7 (all day, every day)

HOW TO GET SUPPORT: No referral is needed.

 Webchat: www.childline.org.uk/get-support/1-2-1-counsellor-chat/

 Phone Call: 0800 1111

SUPPORT FOR ALL

SHOUT

www.giveusashout.org

Instagram: @giveusashoutinsta

TikTok: @giveusashout

Shout is the UK's only free, confidential, 24/7 text messaging service for anyone who is struggling to cope.


AGE All ages

TYPE OF SUPPORT Helpline via Text

 One to One Support

Opening: 24/7 (all day, every day)

HOW TO GET SUPPORT: No referral is needed. Just text SHOUT to 85258.

 Text SHOUT to 85258

shout
85258




EVERY PARENT & CHILD

www.epandc.org.uk

Every Parent and Child (EPC) provides Play Therapy/Counselling to support the mental health and wellbeing of children/young people, with and without special educational needs/disabilities.

AGE 5-18 years


TYPE OF SUPPORT In- Person Counselling

 One to One session

Opening: Monday - Friday (morning & evening)

HOW TO GET SUPPORT: Referral by GPs, CAMHS, & parents. Child can self-refer with parents consent. Call or email to for referral form.

 Email: pauline.walker@epandc.org.uk

 Phone Call: 07944 855297 / 020 8373 6243



WELLBEING CONNECT SERVICES

www.wellbeingconnectservices.org

Instagram: @wellbeing_con

We support vulnerable young people and their families. Our services include advocacy, information & advice, group support, one-to-one and parental and family support.

AGE All ages


TYPE OF SUPPORT Counselling and Therapy face 2 face or online

 One to One Support  Group Session

Opening: Mondays - Fridays 10:00am to 5:00pm

HOW TO GET SUPPORT: Under 18 years referral Form can be completed by Professionals, Parents, School or their Carers. Over 18 years, referred by the GP.

 Email: info@wellbeingconnectservices.org

 Phone Call: 020 8803 2200 / 07711 128 997



STRESS & MOOD MANAGEMENT

JULIAN CAMPBELL FOUNDATION

<https://juliancampbellfoundation.org/w/> Instagram: @juliancampbellfoundation.org/w/



Mentoring programme that provides you with 12 x 1-hour sessions; mood management training service for those with mood disorders.

AGE 10-25 Years

TYPE OF SUPPORT Mentoring online or in-person

Opening: Organised with young person

HOW TO GET SUPPORT: Email / call to refer yourself



One to One Session



Workshops



Email: info@juliancampbellfoundation.org



Phone Call: 07915 718 425

SUBSTANCE MISUSE



INSIGHT

INSIGHT ENFIELD SORT IT!

www.insightyoungpeople.org.uk Instagram: @insightyoungpeople

Free, friendly and confidential advice and help for young people, impacted by or living with drug and alcohol issues, as well as guidance and support with sexual health and relationships.

AGE All Ages

TYPE OF SUPPORT Helpline via Phone, Webchat

Opening: Monday - Thursday 9 am-5pm

Friday 9am - 4.30pm

Chat 3pm-6pm

HOW TO GET SUPPORT: Self-refer via website



One to One Support



Webchat: www.insightyoungpeople.org.uk



Phone Call: 020 8360 9102



Email: insightenfield@humankindcharity.org.uk

SUICIDE PREVENTION

CAMPAIGN AGAINST LIVING MISERABLY



www.thecalmzone.net

Instagram: @calmzone TikTok: @calmzone

CALM is fighting to reduce the impact of suicide on young people. Their helpline is for anyone affected by suicide or suicidal thoughts.

AGE over 15 years

TYPE OF SUPPORT Helpline & Webchat



One to One Support

Opening: 5pm- midnight (every day)

HOW TO GET SUPPORT: No referral is needed.



Webchat & WhatsApp

www.thecalmzone.net/feeling-suicidal



Phone Call: 0800 58 58 58

PAPYRUS - PREVENTION OF YOUNG SUICIDE



papyrus-uk.org

Instagram: @papyrus_uk TikTok: @papyrus_charity

Advisers work with you to understand why thoughts of suicide might be present. They provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's safety.

AGE under 35 years

TYPE OF SUPPORT Helpline, Advice & Guidance



One to One Support

Opening: 24/7 (all day, every day)

HOW TO GET SUPPORT: No referral is needed.



Email: pat@papyrus-uk.org



Phone Call: 0800 068 4141

Text 88247

BSL BSL available

EATING DISORDERS

BEAT

www.beateatingdisorders.org.uk

Instagram: @beatedsupport



We provide helplines for young people and adults offering support and information about eating disorders.

AGE All ages

TYPE OF SUPPORT Helpline & Webchat

One to One session Peer Support

Opening: Monday - Friday 3pm - 8pm

HOW TO GET SUPPORT: No referral is needed.

Webchat: www.beateatingdisorders.org.uk

Helpline: 0808 801 0677

Email: help@beateatingdisorders.org.uk

YOUNG BLACK MALES

LEGACY GLOBAL FOUNDATION CIC

www.thelegacyfoundationglobal.com

Instagram: @the_legacyfoundation

We support young people with educational initiatives, personal development, and wellbeing activities to create meaningful connections.

AGE over 8 years

TYPE OF SUPPORT Counselling & Group Activities

One to One session Peer Support

Opening: Monday - Friday 9am - 5:00pm

HOW TO GET SUPPORT: No referral is needed.

Call to get support.

Phone: 07956041746

LGBTQIA+ SUPPORT

ENFIELD LGBT NETWORK

www.lgbtenfield.org

Instagram: @proudnorthlondon



Counselling service offers support for issues like relationship, anxiety or sexual/social difficulties.

AGE 11-25 years

TYPE OF SUPPORT Helpline & mentoring, in person & online

One to One session Group Discussion

Opening: Monday - Friday 10am - 6pm

HOW TO GET SUPPORT: No referral is needed.

Referral Form:
<https://forms.office.com/r/WVWEHb8zaF>

Helpline: 07706 453845

SWITCHBOARD

www.switchboard.lgbt

Instagram: @switchboardlgbt



Switchboard is for all. Figuring out your gender expression? Questioning your sexuality? Whatever questions you have, they are here to listen.

AGE All Ages

TYPE OF SUPPORT Helpline via Phone, Webchat

One to One Support

Opening: Phone 10am-10pm, Chat 10am-10pm

HOW TO GET SUPPORT: No referral is needed.

Webchat:
www.switchboard.lgbt/get-support

Phone Call: 0800 0119 100

Email: hello@switchboard.lgbt

SEXUAL ASSAULT



RAPE CRISIS

www.rapecrisis.org.uk
Instagram: @rapecrisisew

Did something sexual happen to you without your consent? Or you're not sure? **Rape Crisis supports all genders!**

AGE over 16
TYPE OF SUPPORT Helpline & Webchat

Opening: 24/7 (all day, every day)

HOW TO GET SUPPORT: No referral is needed.



One to One session

Webchat:

www.rapecrisis.org.uk/get-help/want-to-talk/

Phone Call: 0808 500 2222

GRIEF SUPPORT

WINSTONS WISH

www.winstonswish.org Instagram: @winstonswish TikTok: @talkgriefuk

If you're 25 or under and grieving after the death of someone important to you, Winstons Wish offers support

AGE under 25
TYPE OF SUPPORT ONLINE: Helpline, Webchat

Opening: Everyday, 8am - 8pm

HOW TO GET SUPPORT: No referral is needed.



One to One session

Webchat: www.winstonswish.org/supporting-you/grief-support-young-people/

Support Line: 08088 020 021

Text WW to 85258

Email: ask@winstonswish.org



HONOUR BASED ABUSE

KARMA NIRVANA

www.karmanirvana.org.uk
Instagram: @knfmhbv

Honour Based Abuse and Forced Marriage is a form of domestic abuse. If you are at risk, or if you are concerned for someone who is, Karma Nirvana are here for you.

AGE All ages
TYPE OF SUPPORT Helpline & Email Support

Opening: Monday - Friday 9am-5pm

HOW TO GET SUPPORT: No referral is needed.



One to One session

Phone Call: 0800 5999 247

Email: support@karmanirvana.org.uk



VIOLENCE & ABUSE

WOMEN & GIRLS NETWORK

www.karmanirvana.org.uk
Instagram: @knfmhbv

Women & Girls Network are run by women, for women in London who have been affected by all forms of violence and abuse.

AGE All ages
TYPE OF SUPPORT Helpline

Opening: Monday - Friday 9:30am - 5:30pm

HOW TO GET SUPPORT: No referral is needed.



One to One session

Phone Call: 0808 801 0660

Email: advice@wgn.org.uk



HOW CAN YOU FEEL BETTER?

Sometimes we might need a little boost. We asked young people in Enfield to share their top tips on what helps them feel better.

- “When I feel sad, I listen to music, read a book or watch stand-up comedy. This always cheers me up.”
- “When feel sad or anxious, I usually speak to a person I trust. My friends are particularly great at listening to me. I also go to my parents or youth worker, they usually give me good advice.”
- “Once, when I felt sad was given some great advice: ‘Is it going to matter in 6 months time?’. This really helped me to get some perspective.”

Where Young People in Enfield go to feel calmer:



Walk in the Park

Young people in Enfield highly recommend to have a walk in a park when feeling down. Here is a list of all parks in Enfield:



Go to a Library

Sometimes all we need to do is to immerse ourselves into a different story. Young people recommended visiting a library near you. They are usually calm & safe spaces, full of stories ready to be discovered.



Pop by a Youth Centre & Free Sport Groups

Youth centres and sport groups offer a safe and supportive space where you can connect with peers and feel part of a group. Trained youth workers provide guidance and support.

SCAN ME



Courses & Resources:

Super Tip!

Waiting Room

NCL Waiting Room is a website that provides information and resources for young people, parents, carers and professionals on wellbeing support. They also have a library of resources including apps, podcasts, workbooks and videos. You can even make a personalised wellbeing plan.

For Carers

Young Carers

Young people from 5 to 18 years caring for a family member with an illness, disability or substance misuse are supported with their mental health. You will get dedicated support, advice, information and activities in a safe space.

Waiting Room



PRACTICAL TOOLS TO FEEL BETTER NOW:

Stress and anxiety are part of everyday life for many of us. Between work, school and social pressures, it's easy to feel overwhelmed. Learning how to calm down when things get tough is essential for your mental health. Grounding techniques can help you do just that. By focusing on your senses, you can pull yourself back to the present moment and reduce feelings of anxiety.

5, 4, 3, 2, 1



- Name **5 things** you can **see**
- Name **4 things** you can **hear**
- Name **3 things** you can **feel**
- Name **2 things** you can **smell**
- Name **1 thing** you can **taste**

SHAKE IT ALL OUT



- **Turn up the music:** Put on some tunes you love.
- **Start shaking:** Begin by shaking your whole body. Start slow and go faster with time. Imagine all the tension leaving through your fingertips and toes.
- **Focus on different parts:** Shake your head, shoulders, arms, and legs. Let your body move however it wants to.
- **Let go:** Don't think too much, just let your body do the work.
- **Finish strong:** End with a big jump, smile and hug.

TAKE DEEP BREATHS



- **Find a quiet spot & get comfy**
- **Focus on your breath:** Put one hand on your belly and the other on your chest.
- **Breathe in slowly:** Take a slow, deep breath in through your nose. Imagine filling up your belly like a balloon.
- **Breathe out slowly:** Breathe out slowly - first through your mouth and when you feel calmer through your nose. Imagine the balloon deflating.
- **Repeat:** Do this 5-10 times.

APPS YOU CAN USE:



Calm is a popular app that helps people relax and improve their sleep. It offers guided meditations, sleep stories, breathing exercises, and other tools to reduce stress and anxiety.



Forest is an app that helps you stay focused and productive. The app also helps plant real trees on Earth through a partnership with Trees for the Future.

More Support for...

Mental health & wellbeing services Enfield



Children, Young People & Family Support – Enfield Council



5 Steps to Mental Wellbeing



Free Activities by Enfield Council



Are you 16+ and like to speak to a therapist?

Enfield Talking Therapies can support you with your mental health and emotional wellbeing.



Got questions? Reach out to us!

✉ admin@healthwatchenfield.co.uk

🌐 www.healthwatch.co.uk

📞 0208 373 6283

In collaboration with



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