

Mental Health and Young Persons

What is Children & Young People's Social Prescribing?

West Sussex Mind is working in partnership with GP surgeries across West Sussex, to offer support to children and young people. We are offering free mental health support to children and young people, aged 12 to 17, through our social prescribers based in Henfield, Steyning, Storrington or Billingshurst GP surgeries. We offer appointments face-to-face in your GP surgery, in other discreet community location (leisure centres etc), over the phone or online (Zoom, Teams etc)

We recognise that children and young people can face many issues and challenges and having these sessions can help offer you a range of resources and techniques to look after your wellbeing and mental health. We can help you find positive steps towards improved emotional, mental health and to look at what's needed once our support comes to an end – if anything.

If you are worried about your emotional well-being, are looking for advice or would like to understand ways to cope, then do complete the referral form below or speak to your GP, who could refer you to the team.

What kind of support do we offer?

- 1-1 Support (6-8 sessions).
- A goal focussed approach, using support planning and breaking goals into small more manageable steps.
- Exploring positive mental health and how to look after this.
- Aim to improve mental, emotional and general physical health.
- Signposting into other community services or more specialised services.

Questions to consider before making your referral:

1. Are you completing this form for yourself or alongside your parent/carer?

You cannot fill in this form on behalf of someone else and without consent. If you are wanting to make a referral on behalf on someone else, please reach out to their GP and they'll be able to assist you further.

2. Are you aged between 12-17 years old?

Yes – perfect, this service is young people between the ages of 12-17 year's old.

3. Are you in a crisis or in need or urgent support?

Children & Young People's Social Prescribing service does not able to offer crisis/urgent support.

If you are in need more immediate support please consider the following:

- Request an urgent appointment with your GP
- Attend your local A&E department or call 999 in an emergency
- **Childline: 08001111** – a free, private and confidential service where you can talk about ANYTHING. Childline is available 24/7 and also have online services at [childline.org.uk](https://www.childline.org.uk)
- **Sussex Mental Health Line: 0300 500 0101** Available 24 hours day, seven days a week for individuals living in West Sussex.

- **Shout:** a free, confidential, anonymous TEXT service for anyone in the UK. It won't appear on your phone bill. To start a conversation, text the word "SHOUT" to 85258
- **Samaritans:** call **116123** or email jo@samaritans.org – Samaritans are available to talk to or email 24/7 and will offer you an opportunity to talk to someone, who'll listen in a non-judgmental way or won't tell you what to do.
- **Hopeline:** Hopeline is a suicide prevention line and open 9am-midnight, everyday of the year, by calling 080006841412. Hopeline advisors want to work with you to understand why there thoughts of suicide might be present. They offer a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe. This service is part of Papyrus and more details can on Papyrus can be found here: www.papyrus-uk.org
- **Saneline: 0300 3047000:** a helpline offering emotional support, guidance and information to anyone affected by mental illness. Open everyday of the year from 4:30pm-10:30pm
- **NHS 111** is a non-emergency number, available 24/7 simply by calling 111. Call regarding any healthcare issues or to speak with a highly trained advisor.

Click [here](#) to download our referral form

If you'd like to find out more about the service, before completed this form, please email the service directly on: wsxccg.chanctonbury.mind@nhs.net

More details on services available through West Sussex Mind, can be found here: www.westsussexmind.org