**Teen mental health**

Anxiety and low mood can be a normal part of teenage years. There are many pressures on teenagers today, both on line, in school, in peer groups and in families. There is lots of help and advice available but finding it can be hard. The Moatfield website has a teenager section with useful links on it. Below is a selection of resources that you may find useful.

Did you know ?

Most secondary schools have emotional wellbeing teams. You could speak to your head of year or look at your school website for emotional wellbeing resources and in school support. The school nurse can also be seen through your school or, if you are 11-19, you can contact the school nurse service by texting them on 07840635424. The school nurse can assess young people with a variety of health and mental health concerns and refer on to the appropriate service such as CAMHS if this is needed.

There are find it out centres across West Sussex, our closest in Crawley, that are open for you to go in for advice and support for lots of aspects of life including education, employment, housing, finance and mental health support: <https://www.westsussex.gov.uk/education-children-and-families/your-space/life/finditout-centres/crawley-finditout-centre/>

**Counselling.**

In west Sussex the counselling serivice is called YES it can be accessed through the Find it out centres in Crawley and Burgess Hill by visiting them in person, or through referral from your school, school nurse or GP. <https://www.westsussex.gov.uk/education-children-and-families/your-space/health/emotional-wellbeing-and-mental-health/youth-emotional-support-yes-service/#overview>

Private counselling can be found via: <https://www.counselling-directory.org.uk/> all counsellors on this website are accredited.

**Talking about mental health.**

Sometimes finding the right way to start a conversation about mental health can be difficult, this leaflet gives advice about how to talk to a teenager who you feel concerned about their mental health: <https://www.mindcharity.co.uk/wp-content/uploads/2016/02/Parents-guide-small-signed.pdf>

This leaflet gives guidance in talking about self-harm: <https://westsussex-local-offer.s3.amazonaws.com/public/system/attachments/642/original/Right_Here_Self_Harm_Mini_Guide.pdf>

The Black dog series of books and videos is a useful way to try and understand depression and low mood better. This video looks at it from the perspective of having depression: <https://www.youtube.com/watch?v=XiCrniLQGYc>

And this video is advice for those living with someone who has depression: <https://www.youtube.com/watch?v=2VRRx7Mtep8&t=30s>

This video from the Anna Freud centre written for schools describes the difference between normal feelings and overwhelming feelings and the benefits of talking: <https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/we-all-have-mental-health-animation-teacher-toolkit/>

**Websites:**

The Charlie Waller Memorial Trust has advice and resources for parents and teenagers: <https://www.cwmt.org.uk/>

This website specifically for young people has advice covering normal stressors for teenagers such as exam stress and problems and school, and mental health diagnose: <https://youngminds.org.uk/>

This Scottish website has good tips and links to online help: <http://www.moodcafe.co.uk/>

**Apps:**

This website has a comprehensive list of Apps that might be useful:

<https://www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/apps-for-wellbeing-and-mental-health/>

**These resources might be helpful when for advice on specific issues:**

**Eating disorders**:<https://www.beateatingdisorders.org.uk/types/downloadable-resources>

**Autism:** <https://www.autism.org.uk/about/what-is/asd.aspx>

**LGBTQ+:** <https://www.mindout.org.uk/> is a charity based in Brighton.

**Victims of sexual assault**: The **Saturn centre** in Crawley is for anyone 14 years and over and you can ring them directly: <https://www.saturncentre.org/> (those under 14 are seen at the SARC service at Pebble House in Brighton which can be accessed by a referral from a Social worker or the police)

There is also the **life centre** that has a base in Crawley and accepts people of all ages: <https://lifecentre.uk.com/>

**Phone lines**

**Papyrus** are a suicide prevention charity and have a “Hope line” for advice **0800 0684141** <http://www.papyrus.org.uk/>

**Young minds** : has a parent advice helpline**:**  **0808 802 5544** <https://youngminds.org.uk/>

**Child line**: is a free phone line for children for advice and support: **0800 1111**, <https://www.childline.org.uk/>

**There are a number of organisations in East Grinstead that support families going through difficulties:**

**Jigsaw**: supports children through the loss of a loved one: <https://www.jigsawsoutheast.org.uk/>

**Young carers**: support for children in caring roles, this maybe of a parent, sibling or other relative: <https://www.westsussex.gov.uk/media/2688/young_carers_leaflet.pdf>

**Aspens**: Supporting families with children and young adults on the autistic spectrum and with behavioural difficulties: <https://aspens.org.uk/>