

Single Point of Access (SPoA) TRI BOROUGH SIGNPOSTING DOCUMENT

Version 4

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ANGER

Anger is a normal, healthy emotion, which we all feel sometimes. We often feel angry when we're frustrated, we don't like a situation, or we have been treated badly. But we may also feel angry without knowing why, and that's ok too – as long as we find a way to express our feelings safely.

Anger only becomes a problem when we can't manage it well and it gets out of control. Here are some signs that this might be happening:

- You express your anger through unhealthy or unsafe ways
- Your anger is affecting your everyday life
- Your anger is affecting your relationships and the people around you
- Anger is your go-to emotion and it's all you can think about

Angry behaviour may be *externalised*, which means you express it out loud or at others. Some examples of unhealthy externalised angry behaviours include:

- Shouting or swearing
- Losing control
- Breaking or throwing things
- Emotionally or physically hurting others
- Being rude to others or getting into fights
- Trying to make others angry on purpose

Angry behaviour can also be *internalised*, which means you take your anger out on yourself. Some examples of unhealthy internalised angry behaviours include:

- Not dealing with your anger and blaming yourself
- Stopping yourself from getting the things you need, like food or sleep
- Stopping yourself from doing things you enjoy, like seeing your friends
- Drinking alcohol or taking drugs
- Self-harming

(Mind, 2024)

Chance UK (Online & F2F)

URL: <https://www.chanceuk.com/>
Location: 89 – 93 Fonthill Rd, London, N4 3JH
Ph: 020 7281 5858
Email: admin@chanceuk.com
Referral link: <https://www.chanceuk.com/make-a-referral/>
Referral email: referrals@chanceuk.com
Age: 5 – 13

Useful for patients in:

☒Barnet

☒Enfield

☒Haringey

Focus: Emotion regulation, self-esteem, resilience, pro-social behaviour, parent/carer support, family support, domestic abuse, domestic violence, healthy relationships, consent, self-confidents, SEN

Notes:
Chance UK is a charity that provides mentoring and group interventions to support children and young people’s mental health needs. Their approach to intervention is child-centred, inclusive, and aims to support children and young people to build resilience, improve self-esteem, and increase pro-social behaviour.

Their mentoring service supports the exploration and management of big emotions and creation and maintenance of healthy relationships. Children and young people who engage in the mentoring programs are matched with qualified youth workers and meet with them weekly for 6 – 9 months. These weekly sessions focus on identifying strengths, setting goals, and working toward achieving them with the hopes of building resilience and self-esteem. The mentoring support is available through several programs for which referrals are required and can be made by family members, schoolteachers, or social workers.

[Insert sentence: clinicians to pick which of the programs (see sentences below) is most appropriate/relevant to your CYP].

We recommend the **LIFT Program** which is suitable for your girls aged 9 – 13 who are vulnerable to or affected by domestic abuse. This program focuses on peer-to-peer support, health relationships, consent, and building self-confidence.

We recommend the **Westminster Program** which is suitable for children aged 8 – 13 (including children with special educational needs) who are struggling to manage their emotions or general mental health. This program focuses on building resilience and reducing risk-taking behaviour.

We recommend the **My Future Program** which is suitable for children aged 5 – 13 who are struggling to manage their emotions and behaviour. This program focuses on building self-esteem and learning skills to self-regulate.

We recommend the **Safer Space Plus Program** which is suitable for children aged 8 – 11. This program supports children to build self-esteem and raise awareness of domestic abuse.

We recommend the **STEP Program** which is suitable for children in Year 6 and 7 at school and preparing to move into secondary school. This program focuses on emotional wellbeing and strengthening resilience.

Child Mind Institute (Online)

URL: <https://childmind.org/article/angry-kids-dealing-with-explosive-behaviour/>

Focus: Responding to children’s anger, explosive behaviour, parent/carer advice

Notes:
This article provides information on the common causes of anger in children, how children can learn to control their anger and explosive behaviour, and what parents can do to help their children handle angry emotions. The focus of this article is the idea that children with trouble controlling their anger have yet to learn the problem-solving skills to address and overcome challenges without getting upset. Advice is provided about how to react in situations where your child is angry and understanding types of tantrums, for instance, the difference between violent and non-violent tantrums and how to respond to each.

Additional information can be found in the NHS article, Anger Advice for Parents: <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-with-anger-issues/>

Useful for patients in:

☒Barnet

☒Enfield

☒Haringey

JAMI (Online & F2F)

Location: Amelie House, The Maurice and Vivienne Wohl Campus, 221 Golders Green Rd, NW11 9DQ
URL: <https://jamiuk.org/>
Online contact form: <https://jamiuk.org/contact-us/>
Ph: 020 8458 2223
Referral links: <https://jamiuk.org/get-support/referral/>

Focus: Anxiety, depression, self-harm, low self-esteem, bullying, school stress, parent support

Notes:

JAMI is an organisation that supports young people from Jewish communities with mental health needs and their families and carers. Through education and training, JAMI works to encourage inclusivity and mental health support, reduce stigma, and build mutually supportive relationships across the Jewish community.

Some of the services JAMI provides include 1-1 support to help children/young people manage symptoms, develop coping strategies, boost self-esteem, and establish routine and structure. JAMI also can assist children/young people access further support in their communities including liaising with their school and other professionals involved in their lives and wellbeing.

JAMI offers carer and family support for unpaid carers of individuals with a mental health problem. This service is carer-led and supported by a team of staff and volunteers who provide 1-1 and group support, offering information, advice, support, signposting to further services, and connecting carers with each other to reduce feelings of isolation.

Referrals are required to access JAMI. Self-referrals are accepted, although parents/carers and other professionals can refer on behalf of a child/young person as well. Parents/carers can self-refer.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Place2Be (Online & F2F)

Location: 175 St John St, Clerkenwell, EC1V 4LW
URL: <https://www.place2be.org.uk/>
Ph: 020 7923 5500
Email: enquiries@place2be.org.uk
Age group: 3 - 16

Focus: Anxiety, depression, low mood, low self-confidence, emotion regulation, low-level trauma, parent/child relationships, improving prosocial behaviour, parent support, resilience

Notes:

Place2Be exclusively provides mental health support services in partner schools across England. They offer advice and support to young people, families, and school staff and aim to increase awareness of mental health, the importance of resilience, and how to identify mental health problems in young people.

The targeted mental health services they provide include group work to improve self-confidence and resilience, CBT-informed therapy (available to secondary and high schools only), parent-child training sessions (available to primary schools only to promote positive child/parent relationships, improve prosocial behaviours, and reduce undesirable behaviours). 1-1 counselling is also available and can support young people in addressing social needs, self-understanding, emotion dysregulation, and trauma.

Every parent/carer at a Place2Be partner school has access to their online parenting course and advice site. Target mental health services for parents/carers include parent-child training sessions run by a trained therapist, and an advice service that offers guidance following a consultation. For parents/carers who do not have a child/young person in a Place2Be partner school, free resources can be accessed at <https://www.place2be.org.uk/our-services/parents-and-carers/>.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Young people can be referred for individual counselling if they score highly on the emotional or peer difficulties sections of the Strengths and Difficulties Questionnaire (SDQ). The SDQ is available on the online shared SPOA drive.

Precious Counselling & Mentoring (Online & F2F)

URL: <https://preciouscounsellingandmentoring.co.uk/>
Ph: 07765 722 429
Email: info@preciouscounsellingandmentoring.co.uk
Online referral form: <https://airtable.com/app0orZWQFbFQaOce/shregS7AsoQljPjYM>
Age group: All ages

Focus: Anxiety, family relationships, attachment, bereavement, adoption, self-harm, depression, low self-esteem, stress

Notes:

Precious Counselling & Mentoring is a community interest company that supports children and young people with mild mental health needs, and their families. Their team of highly committed and enthusiastic counsellors and mentors facilitate activities that encourage positive choices, avoiding/reducing risky behaviour (including criminality), and improve social skills and self-esteem.

Mentoring support is available during the week and on the weekends and may involve a private conversation between a mentor and mentee, or they may engage in activities within the community (bowling, museums, the Zoo). **NOTE: concessionary fees are available for low income families on benefits, and single parents.**

Free advocacy support is also available for Black and Ethnic Communities. Precious Counselling & Mentoring can offer advice, information, and relevant access to services to help with issues relating to housing, welfare, mental and physical health, parental support, and social care. Support is also offered to foster carers and adoptive parents, addressing their needs by providing Integrative Counselling & Mentoring for children and young people, which can lead to a reduction in placement breakdowns.

Information leaflet for the Black and Ethnic Community advocacy program is available on the online shared SPOA drive.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☐ Haringey

SAYes (Online)

URL: <https://sayesmentoring.org/sayes-mentoring-uk-get-involved/>
Email: mentee@sayesmentoring.org
Age group: 16 – 24

Focus: Mentoring, resilience, self-confidence, support during life transitions

Notes:

SAYes is an organisation that works to end social poverty through global mentoring programs for disadvantaged youth. Applications are accepted for young people who fall into one or more of the following demographics:

- Living in poverty/low-income family
- Has a social worker
- Refugee/asylum seeker
- Not in Education, Employment, or Training (NEET)
- Have a physical disability
- Has special educational needs (SEN)
- Has been excluded from school or college
- Is associated with gangs
- Is vulnerable to exploitation
- Is in a moment of key transition
- Has been exposed to or is a victim of DVA
- Is a young carer or young parent
- Is a member of Gypsy/Romany/Traveller community

Eligible young people choose one of three specifically matched prospective mentors and continue a 1:1 mentoring program with them whereby mentors and mentees meet online once per week for 9 months. These sessions are a space for young people to ask questions and discuss some of the difficult emotions and challenges they are facing, and gain advice and encouragement to confront and overcome them.

Referrals are accepted from anyone and submitted via email.

Referrers, if you have questions about the service, you can contact the Executive Director: Michelle Potter, michelle.potter@sayesmentoring.org.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

YoungMinds (Online)

URL: <https://www.youngminds.org.uk/>

Ph: 020 7089 5050

Age group: Up to 25, parents

Focus: Information and advice about disorders/presenting difficulties and needs, ADHD, anorexia, anxiety, autism, bipolar disorder, borderline personality disorder, bulimia, depression, mania, hypomania, OCD, phobia, psychosis, PTSD, schizophrenia

Notes:

The YoungMinds website provides psychoeducation about several mental health disorders and presentations and includes a section with links to services you can engage with to access help and support including definitions of disorders and mental health presentations are provided, alongside advice on how parents/carers can respond to children's needs and/or symptoms in their moment of presentation.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Zones of Regulation (Online)

URL: <https://zonesofregulation.com/how-it-works/>

Focus: Emotion regulation

Notes:

Feelings are complicated and can come in different sizes, intensities, and levels of energy that are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones of Regulation organise our feelings, states of alertness, and energy levels into four coloured Zones: Blue, Green, Yellow, and Red. These colours provide a simple, common language to understand, talk about, and teach emotion regulation.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Referrers, please see Zones of Regulation document on the online shared SPOA drive.

100 Black Men of London (F2F)

Location: Can Mezzanine, 7 – 14 Great Dover St, SE1 4YR

URL: <https://100bmol.org.uk/mentoring/>

Ph: 020 7754 3550

Email: info@100bmol.org.uk

Focus: Mentoring, peer support, community support, parent/carer support, CPD

Notes:

100 Black Men of London is a community-based charity led by Black men delivering programs and activities to support 100 Black Men of London is a community-based charity led by Black that facilitates a Community Mentoring Program (CMP) that instils life skills targeted at the Black community and for the benefit of both children and their parents/carers. CMP takes a stepped approach, whereby children/young people can progress through different programs, each covering more 'advanced' and age-appropriate topics than the one prior.

- **Me I Can Be (10 – 15yo):** 13-module life skills program that focuses on topics including Black history, self-identity, self-esteem, peer relations, effective communication, planning and forecasting, drugs and substance misuse, and health and wellness.
- **Young Leadership Academy (14 – 17yo):** This program builds on the modules from the *Me I Can Be* program and aims to help young people develop the leader within each of them and encouraging positive community contribution and participation. Some of the topics discussed include home life, money management and cash flow, and street life.
- **Peer Mentoring Program:** This program aims to encourage positive peer mentorship and support. After young people have passed the *Me I Can Be* and *Young Leadership Academy* programs, they are trained to mentor others within their community, specifically, their peers. This program teaches public speaking, researching, project management, team building, and leadership, and provides these new mentors with an opportunity to deliver sessions in the *Me I Can Be* program.
- **Parents in Partnership Program:** This program is a community support and discussion forum for parents and carers of children and young people, that provides a conducive environment for discussion about pressing issues of child upbringing. Topics often discussed include social networking, positive approaches to schools, centring on self, sex, and proactive parenting. The aim of this program is to empower parents to take charge of the lives and upbringing of their children.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

ANXIETY & STRESS

Anxiety disorders include disorders that share features of excessive fear and anxiety and related behavioural disturbances. They differ from developmentally normative fear or anxiety by being excessive or persisting beyond developmentally appropriate periods.

Fear: the emotional response to real or perceived imminent threat and is associated with surges of autonomic arousal necessary for fight or flight, thoughts of immediate danger, and escape behaviours.

Anxiety: anticipation of future threat and is associated with muscle tension and vigilance in preparation for future danger and cautious or avoidant behaviours.

Panic attacks are an avoidance behaviour that feature prominently (though are not limited) within the anxiety disorders as a particular type of fear response. However, persistent fear or anxiety can also lead to a loss of, or separation from, attachment figures, intense reluctance to separate from attachment figures, nightmares, or physical symptoms of distress.

- **Separation anxiety disorder**
- **Selective mutism**
- **Specific phobia**
- **Social anxiety disorder (Social phobia)**
- **Panic disorder**
- **Panic attach specifier**
- **Agoraphobia**
- **General anxiety disorder (GAD)**
- **Substance/Medication-induced anxiety disorder**
- **Anxiety disorder due to another medical condition**
- **Other specified anxiety disorder**
- **Unspecified anxiety disorder**

Anxiety disorders differ from one another in the types of objects (triggers) that induce fear, anxiety, or avoidance behaviour, and the associated cognitive ideation.

(American Psychiatric Association, 2013)

NOTE: If a CYP is undergoing an acute mental health crisis, presenting with high risks, and may benefit from an intensive intervention period, please email the relevant team and request them to triage the referral.

Barnet:

Barnet Enhanced Support Team (BEST).

Email: beh-tr.barnetcamhsaot@nhs.net

Enfield: (13 – 18yo)

Service for Adolescents and Families (SAFE) team.

Email: beh-tr.enfieldcamhssafe@nhs.net

Haringey: (12 – 18yo)

Refer to the Adolescent Outreach Team (AOT).

Email: beh-tr.camhsreferral@nhs.net

Adolescent and Young Adult Service (AYAS (F2F))

Location: Tavistock Centre, 120 Belsize Lane, NW3 5BA

URL: <https://tavistockandportman.nhs.uk/services/adolescent-and-young-adult-service-ayas/>

Ph: 020 8938 2326

Email: atyps@taviport.nhs.uk

Age group: 14 – 25

Focus: Relationship needs, trouble with school/work life, depression, anxiety, self-harm, suicidal ideation, low self-esteem, eating difficulties and disorders, PTSD, domestic violence, parental separation, bereavement, drug/alcohol misuse, OCD, sexuality, stress

Notes:

AYAS supports individuals with emotional, behavioural, or mental health needs that relate to being an adolescent or young adult. Their service offers an initial consultation that provides an opportunity for raising concerns, highlighting needs, and deducing therapeutic goals. AYAS practitioners will discuss different types of interventions and work collaboratively with service users to choose the most appropriate therapeutic pathway.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☒ Haringey

Alumina (Online)

URL: <https://selfharm.co.uk/>

YouTube channel: @beheadstronguk, <https://www.youtube.com/channel/UCVXvfl7uKD52AKkwjzcllNQ>

Email: helloAlumina@youthscape.co.uk

Online sign up form: <https://www.selfharm.co.uk/#signup>

Age group: 10 - 17

Focus: Self-harm

Notes:

Alumina is a free online service that supports children and young people manage the overwhelming and challenging experiences that lead to thoughts of, or deliberate non-suicidal self-harm behaviours. They offer a free, online 7-week course for young people that includes weekly sessions hosted by trained counsellors and volunteer youth workers. These sessions are entirely confidential (no one will see or hear you) as service users engage exclusively via a chat box. Additional information about these groups is available on the Alumina website. You can explore group commitment requirements, view an outline of how the sessions are run, and read more about their privacy and confidentiality policies. Sign up via the link above.

Recently, Alumina have begun live webinars on YouTube covering issues related to self-harm and emotional wellbeing including *Why does self-harm make me feel better?*, *Can you ever fully recover from self-harm?*, and *Why do I feel emotions so powerfully?*. If you aren't quite ready to actively participate in a group, this could be a really great place to start. See the YouTube details above.

Leaflet and info sheet available on the shared online SPOA drive.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Barnet Wellbeing Hub

URL: <https://www.barnetwellbeing.org.uk/wellbeing-hub>

Ph: 033 3344 9088

Email: info@barnetwellbeing.org.uk

Focus: Mental health needs, wellbeing, anxiety, depression, self-harm, bullying stress

Notes:

The Barnet Wellbeing Hub is an information hub that provides access to local services and activities that focus on improving the wellbeing of children and young people. These services include employment support, financial and welfare advice, general mental health information and advice, and talking therapies.

Upon receiving a referral, a navigator (hub representative) will conduct an Emotional Health Check. This is just a brief conversation to help them understand you a little better, your presenting concerns, and goals for intervention. This information will help them direct you to the right service to meet your needs. The hub can provide direct support to children/young people in some cases but will often support by completing a referral to a more appropriate or acute external local services on behalf of a child/young person.

Referrals are required and can be submitted by an agency or health care professional. Self-referrals are also accepted.

Referral documents for agency and self-referrals are available on the online SPOA shared drive.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

Barnet Integrated Clinical Service (Online & F2F)

URL: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples>

Ph: 020 8359 3130 (Monday – Friday, 9am – 5pm)

Email: bics@barnet.gov.uk

Referral link: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-3> (scroll down to the section that says “Make a referral” and click the link to the “Universal Plus form”).

Link to video resources: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-0>

Link to podcasts: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-4>

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

Focus: Relationship difficulties, generalised anxiety, social anxiety, panic, phobia, isolation, attachment needs, emotion regulation needs, challenging behaviour, incontinence, mild eating concerns, unexplained (psychosomatic) physical symptoms, poor sleep, school refusal, self-care, low mood, mild OCD, trauma, mild self-harm behaviours

Notes:

The Barnet Integrated Clinical Service (BICS) provides mild-moderate mental health services to children/young people with mental health needs and their families. The clinical team at BICS work with schools, GPs, social care, and youth offending services to provide support to children/young people who live, attend school, and/or are registered to a GP in the borough of Barnet. BICS offer individual and family interventions including:

- Individual therapy or counselling
- Family therapy clinics – these are run by Systemic and Family Psychotherapists.
- Unaccompanied Asylum Seeking Children (UASC) and refugee pathway – a service that aims to listen, learn, and understand, then promote the wellbeing and reduce the emotional distress of children/young people in this community. This service draws on trauma- and attachment-informed therapeutic approaches and encourages cultural integration and social identity.
- Youth justice liaison and diversion – a service to support young people under 18-years-old who are currently detained by the police or in police custody, at the police station, or in the community.

A leaflet for clients and an information document for professionals about the Family Therapy Clinics are both available on the online SPOA shared drive.

Chance UK (Online & F2F)

URL: <https://www.chanceuk.com/>

Location: 89 – 93 Fonthill Rd, London, N4 3JH

Ph: 020 7281 5858

Email: admin@chanceuk.com

Referral link: <https://www.chanceuk.com/make-a-referral/>

Referral email: referrals@chanceuk.com

Age: 5 – 13

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Focus: Emotion regulation, self-esteem, resilience, pro-social behaviour, parent/carer support, family support, domestic abuse, domestic violence, healthy relationships, consent, self-confidence, SEN

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We recommend the **My Future Program** which is suitable for children aged 5 – 13 who are struggling to manage their emotions and behaviour. This program focuses on building self-esteem and learning skills to self-regulate.

We recommend the **Safer Space Plus Program** which is suitable for children aged 8 – 11. This program supports children to build self-esteem and raise awareness of domestic abuse.

We recommend the **STEP Program** which is suitable for children in Year 6 and 7 at school and preparing to move into secondary school. This program focuses on emotional wellbeing and strengthening resilience.

Clear Fear (Online - App)

URL: <https://www.clearfear.co.uk/>

Age group: 12 - 18

Focus: Anxiety

Notes:

The Clear Fear app is designed to support young people manage the symptoms of anxiety using cognitive behaviour therapy (CBT) approaches to intervention. App users learn to reduce their physical responses to threats by practicing breathing and relaxation techniques including mindfulness and distraction.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Early Help (Online & F2F)

URL: <https://enfielddirectory4all.co.uk/families-communities/early-help-family-hub-offer-2/>

Ph: 0208 379 2002

Email: earlyhelp@enfield.gov.uk

Referral link: <https://eh.childrensportal.enfield.gov.uk/web/portal/pages/ehmref#h1>

Focus: Early intervention, family support, resilience, relationship needs, communication needs, social care

Notes:

Enfield’s Early Help service recognises the important role that families have in improving outcomes for children/young people so take a preventative approach to enable families to work collaboratively to boost resilience, repair relationships, address challenging behaviours and poor communication. Early Help offer an intensive period of intervention with families that encourages engagement in programs and workshops and implements parenting and family-wide strategies to improve overall wellbeing and family functioning.

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

Every Parent & Child: My Time Counselling Service (F2F)

Location: Community House, 311 Fore St, London, N9 0PZ

URL: <https://epandc.org.uk/services/my-time-young-peoples-counselling/>

Ph: 020 8373 6243

Email: enquiries@epandc.org.uk

Age group: 5 – 18

Focus: Low self-esteem, anxiety, friendship difficulties, communication difficulties, low mood

Notes:

The Every Parent and Child (EPC) organisation has been awarded funding to support the mental health and wellbeing of children/young people with/without special educational needs and disabilities (SEND) who live or attend school in Enfield, Waltham Forest, or Haringey. Their services include individual counselling, school drop-in support, family support, and workshops and groups. Parent/carer and family support and advice are also available through EPC.

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☒ Haringey

Referrals are required to access EPC services.

NOTE: Referral documents available on the online shared SPOA drive. All 4 are required (referral, consent, SDQ parent, SDQ teacher).

Feeling Good / Feeling Good Teens (Online - App)

URL: <https://www.feelinggood.app/>

Age group: Feeling Good (16+), Feeling Good Teens (10 – 15)

Focus: Increase wellbeing and resilience to stress

Notes:

The Feeling Good app hosts several audio programs that encourage positive mental health. They focus on building resilience and reducing stress, anxiety, and depression using techniques based on sports psychology and positive mental training including breathing skills, positive reappraisal, and visualisation techniques.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Great Ormond Street Hospital for Children (GOSH): Tic Service (F2F)

URL: <https://www.gosh.nhs.uk/wards-and-departments/departments/clinical-specialties/department-child-and-adolescent-mental-health-dcamh/the-tic-disorder-service/>

Location: Great Ormond Street Hospital, Great Ormond St, London, WC1N 3JN

Email: camhssecretaries@gosh.nhs.net

Ph: 020 7405 9200

Age group: 3 - 17

Focus: Tourette syndrome, tics

Notes:

The GOSH Tic service specialises in the assessment, diagnosis, and treatment of children and young people with tic disorders. Their team includes psychologists and psychiatrists who work to understand individual presentations and clinical needs. Tics can be a prominent difficulty however, it is often not the tics themselves that present as the main need but rather co-occurring issues such as unmet attention or anxiety needs.

Following a comprehensive assessment, the GOSH team provide a range of interventions including:

- **Group psychoeducation** to learn more about tics and how to cope with them.
- **Behavioural therapies** such as Exposure and Response Prevention (ERP) or Habit Reversal Therapy (HRT)
- **Medication** recommendations and review.
- **Cognitive assessments** to understand a child's learning strengths and challenges and whether they might have a diagnosable learning disorder or intellectual disability.
- **Specialist follow-on assessments** including Autism Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.
- **School consultations** to discuss strategies to best support children/young people with tics in the classroom.

GOSH will accept young people who are already under the care of their local CAMHS or Emotional Wellbeing and Mental Health Service (EWMHS). They will also consider referrals from other professional consultants such as Consultant Community Paediatricians.

Referral criteria, documents, information packs, and resources available on the online shared SPOA drive.

HappyMaps (Online)

URL: <https://www.happymaps.co.uk/>

Age group: 4 - 25

Focus: Behavioural needs, anxiety, food and eating difficulties, incontinence, ADHD, ASD, poor sleep, interfamilial discord, bereavement, illness, low self-esteem, self-harm, school refusal, gender, identity, puberty, sex, drugs and alcohol

Notes:

HappyMaps acts as a platform where young people and parents/carers can quickly find the help they require to support mental health needs. The website provides easily accessible information for helplines, what to do in crises situations (such as self-harm or suicidal concerns), lists of free mental health apps, and games/ideas to boost mood.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Headspace (Online - App)

URL: <https://www.headspace.com/>

Age group: 12 - 25

Focus: Anxiety, depression, stress, low self-esteem, poor sleep

Notes:

The Headspace app uses meditation and mindfulness tools, mental health coaching, therapy, and psychiatry to create healthy habits that support positive mental health. Headspace offers a 14-day free trial followed by a £49.99 annual subscription, or a 7-day free trial followed by a £9.99 monthly subscription. Student discounts are available.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Inspiring Young Enfield (Online & F2F)

URL: <https://youthenfield.taptub.co.uk/inspiring-young-enfield/>

Age group: 11 – 21 (up to 25 for individuals with SEND)

Focus: Mentoring, mental health support, emotional wellbeing

Notes:

The Inspiring Young Enfield (IYE) mentoring program aims to engage and support with young people to improve key areas of their life, increase resilience, strengthen protective factors, and learn to make informed choices. The IYE program has two tiers:

1. Intensive Mentoring

Intensive mentoring is open to any young person who needs support in reaching their potential. This includes young people known to statutory services such as the Youth Justice Service, young people on Child Protection or Child In Need plans, Looked After Children, and young people open to Early Help. IYE provides these young people with access to a dedicated mentor for up to 12 weeks.

2. Community Mentoring

Community mentoring is an activity-based mentoring program that runs for up to 12 weeks. Young people receive personal support within IYE youth centres and in the community from allocated youth work mentors and IYE partners.

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

Referral document must be submitted by professionals. Referral document is on the online SPOA shared drive. Email referral to: YDSreferrals@enfield.gov.uk

JAMI (Online & F2F)

Location: Amelie House, The Maurice and Vivienne Wohl Campus, 221 Golders Green Rd, NW11 9DQ

URL: <https://jamiuk.org/>

Online contact form: <https://jamiuk.org/contact-us/>

Ph: 020 8458 2223

Referral links: <https://jamiuk.org/get-support/referral/>

Focus: Anxiety, depression, self-harm, low self-esteem, bullying, school stress, parent support

Notes:

JAMI is an organisation that supports young people from Jewish communities with mental health needs and their families and carers. Through education and training, JAMI works to encourage inclusivity and mental health support, reduce stigma, and build mutually supportive relationships across the Jewish community.

Some of the services JAMI provides include 1-1 support to help children/young people manage symptoms, develop coping strategies, boost self-esteem, and establish routine and structure. JAMI also can assist children/young people access further support in their communities including liaising with their school and other professionals involved in their lives and wellbeing.

JAMI offers carer and family support for unpaid carers of individuals with a mental health problem. This service is carer-led and supported by a team of staff and volunteers who provide 1-1 and group support, offering information, advice, support, signposting to further services, and connecting carers with each other to reduce feelings of isolation.

Referrals are required to access JAMI. Self-referrals are accepted, although parents/carers and other professionals can refer on behalf of a child/young person as well. Parents/carers can self-refer.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Kooth (Online)

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

Age group: 11 - 25

Focus: Anxiety, self-harm, suicidal thoughts, relationship difficulties, depression, eating difficulties, PTSD

Notes:

Kooth is a digital mental health platform that gives children/young people immediate access to experienced and qualified counsellors via the Kooth Live Chat or Asynchronous Messaging services. There are no waiting times, no referrals needed, no thresholds to meet, and the service is completely anonymous.

Kooth also hosts several moderated peer-support forums for children/young people with similar experiences and mental health needs to connect and engage in a safe space.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Referrers, please direct questions to your local Engagement Lead or awyatt@kooth.com or sclark@kooth.com

Mind in Enfield and Barnet (F2F & Online)

URL: <https://www.mindeb.org.uk/>

Email: receptiondesk@mindeb.org.uk

Ph: 0208 906 7506

Age group: 11 – 16, parents

Focus: Anxiety, phobia, panic, grief and loss, loneliness, low self-esteem, low mood, depression, anger, stress, parent support

Notes:

Mind in Enfield and Barnet is a local specialist mental health charity that provides services to support Enfield and Barnet locals with wellbeing, advocacy, therapy, training, and advice. The Advocacy, Advice and Information department is a free and confidential service that can help individuals to make informed choices, explore healthcare options and choices, write professional letters, and participate in safeguarding cases. Additional services include individual counselling (face-to-face and online) and a self-support program where young people can receive support in managing symptoms of anxiety and panic, grief and loss, loneliness, low self-esteem, low mood and depression, anger, and stress.

The charity also hosts an 8-week online Parent Support Group program called “Parents in Mind”. This service provides a safe and confidential space for parents/carers to gain information and skills to support their young person as well as receive peer support from other parents/carers. This group accepts parents/carers of young people aged 11 – 16 who are open to CAMHS and are registered with GPs in BEH and CI boroughs. The young person must have a main concern of anxiety, depression, self-harm, and/or suicidality.

**NOTE: The parent group is not suitable for parents/carers of young people with significant learning disabilities, PTSD, or eating disorders.*

Referrals are required for all services and initial enquiries are made via email or phone.

Counselling (Enfield): 020 8906 7508, enfieldcounselling@mindeb.org.uk

Counselling (Barnet): 020 8343 5703, barnetcounselling@mindeb.org.uk

Parent Support Group: 020 8343 5705, parentsupport@mindeb.org.uk

Self-Support Service: 020 8343 5708, ssh@mindeb.org.uk

Referral documents for Brandon Centre parent group and the YP Advocacy service are both available on the online shared SPOA drive.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☐ Haringey

NHS Talking Therapies/IAPT (F2F & Online)

BARNET

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Barnet Talking Therapies, 1st Floor, Westgate House, Edgware Community Hospital, Edgware, HA8 0AD

Ph: 0208 702 5309

Email: beh-tr.barnettalkingtherapies@nhs.net

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

ENFIELD

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Enfield Talking Therapies, Chase Building, Chase Farm Hospital, EN2 8JL

Ph: 0208 702 4900

Email: beh-tr.enfieldtalkingtherapies@nhs.net

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

HARINGEY

URL: <https://www.whittington.nhs.uk/default.asp?c=44165>

Location: Haringey Talking Therapies, Crouch End Health Centre, 45 Middle Lane, N8 8PH

Ph: 0203 074 2280

Email: haringey.talkingtherapies@nhs.net

Referral link: <https://gateway.mayden.co.uk/referral-v2/b1247ae7-e447-4199-bcf6-6e2f3fe405cd>

Age group: 16+

Focus: Low mood, depression, panic attacks, worry, generalised anxiety, phobias, social anxiety, health anxiety, body dysmorphia, OCD, low self-esteem, poor sleep, insomnia, long-term physical health problems

Notes:

The Improving Access to Psychological Therapies (IAPT) program was developed to organise and improve the delivery of, and access to, psychological therapy and intervention in the NHS. The NHS Talking Therapies offers a range of evidence-based interventions including:

- Guided self help
- Computerised and face-to-face cognitive behaviour therapy (CBT)
- Eye movement desensitisation and reprocessing (EMDR)
- Brief counselling
- Dynamic interpersonal therapy (DIT)
- Employment support

Referrals are required. Self-referrals are accepted. All new service users are asked to engage in a short telephone initial assessment as a first step into the service.

Place2Be (Online & F2F)

Location: 175 St John St, Clerkenwell, EC1V 4LW

URL: <https://www.place2be.org.uk/>

Ph: 020 7923 5500

Email: enquiries@place2be.org.uk

Age group: 3 - 16

Focus: Anxiety, depression, low mood, low self-confidence, emotion regulation, low-level trauma, parent/child relationships, improving prosocial behaviour, parent support, resilience

Notes:

Place2Be exclusively provides mental health support services in partner schools across England. They offer advice and support to young people, families, and school staff and aim to increase awareness of mental health, the importance of resilience, and how to identify mental health problems in young people.

The targeted mental health services they provide include group work to improve self-confidence and resilience, CBT-informed therapy (available to secondary and high schools only), parent-child training sessions (available to primary schools only to promote positive child/parent relationships, improve prosocial behaviours, and reduce undesirable behaviours). 1-1 counselling is also available and can support young people in addressing social needs, self-understanding, emotion dysregulation, and trauma.

Every parent/carer at a Place2Be partner school has access to their online parenting course and advice site. Target mental health services for parents/carers include parent-child training sessions run by a trained therapist, and an advice service that offers guidance following a consultation. For parents/carers who do not have a child/young person in a Place2Be partner school, free resources can be accessed at <https://www.place2be.org.uk/our-services/parents-and-carers/>.

Young people can be referred for individual counselling if they score highly on the emotional or peer difficulties sections of the Strengths and Difficulties Questionnaire (SDQ). The SDQ is available on the online shared SPOA drive.

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Precious Counselling & Mentoring (Online & F2F)

URL: <https://preciouscounsellingandmentoring.co.uk/>
Ph: 07765 722 429
Email: info@preciouscounsellingandmentoring.co.uk
Online referral form: <https://airtable.com/app0orZWQFbFQaOce/shregS7AsoQljPiYM>
Age group: All ages

Focus: Anxiety, family relationships, attachment, bereavement, adoption, self-harm, depression, low self-esteem, stress

Notes:

Precious Counselling & Mentoring is a community interest company that supports children and young people with mild mental health needs, and their families. Their team of highly committed and enthusiastic counsellors and mentors facilitate activities that encourage positive choices, avoiding/reducing risky behaviour (including criminality), and improve social skills and self-esteem.

Mentoring support is available during the week and on the weekends and may involve a private conversation between a mentor and mentee, or they may engage in activities within the community (bowling, museums, the Zoo). **NOTE: concessionary fees are available for low income families on benefits, and single parents.**

Free advocacy support is also available for Black and Ethnic Communities. Precious Counselling & Mentoring can offer advice, information, and relevant access to services to help with issues relating to housing, welfare, mental and physical health, parental support, and social care. Support is also offered to foster carers and adoptive parents, addressing their needs by providing Integrative Counselling & Mentoring for children and young people, which can lead to a reduction in placement breakdowns.

Information leaflet for the Black and Ethnic Community advocacy program is available on the online shared SPOA drive.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☐ Haringey

SAYes (Online)

URL: <https://sayesmentoring.org/sayes-mentoring-uk-get-involved/>
Email: mentee@sayesmentoring.org
Age group: 16 – 24

Focus: Mentoring, resilience, self-confidence, support during life transitions

Notes:

SAYes is an organisation that works to end social poverty through global mentoring programs for disadvantaged youth. Applications are accepted for young people who fall into one or more of the following demographics:

- Living in poverty/low-income family
- Has a social worker
- Refugee/asylum seeker
- Not in Education, Employment, or Training (NEET)
- Have a physical disability
- Has special educational needs (SEN)
- Has been excluded from school or college
- Is associated with gangs
- Is vulnerable to exploitation
- Is in a moment of key transition
- Has been exposed to or is a victim of DVA
- Is a young carer or young parent
- Is a member of Gypsy/Romany/Traveller community

Eligible young people choose one of three specifically matched prospective mentors and continue a 1:1 mentoring program with them whereby mentors and mentees meet online once per week for 9 months. These sessions are a space for young people to ask questions and discuss some of the difficult emotions and challenges they are facing, and gain advice and encouragement to confront and overcome them.

Referrals are accepted from anyone and submitted via email.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Referrers, if you have questions about the service, you can contact the Executive Director: Michelle Potter, michelle.potter@sayesmentoring.org.

Tellmi (Online - App)

URL: <https://www.tellmi.help/>

Age group: 11 - 25

Focus: Depression, anxiety, stress, self-harm, low self-esteem, unhealthy habits, gender, sexuality

Notes:

The Tellmi app is a space for anyone to talk (anonymously) about anything. It's similar to Facebook in that you can post comments, thoughts, or questions about aspects of your life that you find challenging, and others can respond with helpful tips (often based on personal experience). Tellmi moderators are employed to oversee the communication threats and conversations to ensure everything is safe and topic-relevant, and in-house counsellors are always on hand to provide additional support.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

The Mix (Online)

URL: <https://www.themix.org.uk/>

Ph: Text "THEMIX" to 85258 for crisis support

Age group: 5 - 25

Focus: Depression, anxiety, paranoia, OCD, eating difficulties, body shaming, sex and relationship difficulties, substance misuse, criminality, risky behaviour, triggers, relapse

Notes:

The Mix is a digital charity that provides free, confidential, and anonymous support via their website, over the phone, or via social media. They take on the embarrassing problems, weird questions, and 'please-don't-make-me-say-it-out-loud' thoughts that children/young people have. The Mix aims to support them in making informed choices about their physical and mental wellbeing.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

YoungMinds (Online)

URL: <https://www.youngminds.org.uk/>

Ph: 020 7089 5050

Age group: Up to 25, parents

Focus: Information and advice about disorders/presenting difficulties and needs, ADHD, anorexia, anxiety, autism, bipolar disorder, borderline personality disorder, bulimia, depression, mania, hypomania, OCD, phobia, psychosis, PTSD, schizophrenia

Notes:

The YoungMinds website provides psychoeducation about several mental health disorders and presentations and includes a section with links to services you can engage with to access help and support including definitions of disorders and mental health presentations are provided, alongside advice on how parents/carers can respond to children's needs and/or symptoms in their moment of presentation.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

BULLYING

Bullying is intentional behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening, or undermining someone. Bullying can take different forms such as:

- Physical (hitting, slapping, pushing)
- Verbal (name calling, gossiping, threats)
- Non-verbal (text messages)
- Emotional (threatening, intimidating, humiliating)
- Exclusion (ignoring or isolating someone)
- Undermining, constant criticism, spreading rumours
- Controlling or manipulative behaviour
- Making silent, hoax, or abusive calls

Cyberbullying is bullying that takes place online and can include:

- Sending threatening or abusive text messages
- Creating and sharing embarrassing images or videos
- Trolling (sending menacing or upsetting messages on social networks, chat rooms, online games)
- Excluding children from online games, activities, or friendship groups
- Shaming someone online
- Setting up hate sites or groups about a particular child
- Encouraging young people to self-harm
- Voting for or against someone in an abusive poll
- Creating fake accounts, hijacking or stealing online identities to embarrass a young person, or cause trouble using their name
- Sending explicit messages (sexting)
- Pressuring children into sending sexual images or engaging in sexual conversations (exploitation)

Barnet Wellbeing Hub

URL: <https://www.barnetwellbeing.org.uk/wellbeing-hub>
Ph: 033 3344 9088
Email: info@barnetwellbeing.org.uk

Focus: Mental health needs, wellbeing, anxiety, depression, self-harm, bullying stress

Notes:

The Barnet Wellbeing Hub is an information hub that provides access to local services and activities that focus on improving the wellbeing of children and young people. These services include employment support, financial and welfare advice, general mental health information and advice, and talking therapies.

Upon receiving a referral, a navigator (hub representative) will conduct an Emotional Health Check. This is just a brief conversation to help them understand you a little better, your presenting concerns, and goals for intervention. This information will help them direct you to the right service to meet your needs. The hub can provide direct support to children/young people in some cases but will often support by completing a referral to a more appropriate or acute external local services on behalf of a child/young person.

Referrals are required and can be submitted by an agency or health care professional. Self-referrals are also accepted.

Referral documents for agency and self-referrals are available on the online SPOA shared drive.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

Family Lives (Online)

URL: <https://www.familylives.org.uk/>
Helpline: 0808 800 2222 (9am – 9pm, Mon – Fri & 10am – 3pm, Weekends)
Live chat: <https://www.familylives.org.uk/how-we-can-help/online-chat> (10.30am – 9pm, Mon – Fri)
General email: askus@familylives.org.uk

Focus: Early years advice, primary years advice, secondary years advice, teenager advice, bullying, family-related needs

Notes:

Family Lives is an online hub that provides information and advice that is targeted to parents/carers. The information and resources they provide are specific to certain situations, presenting needs, and child/young person developmental age so service users can explore the resources that are most relevant to their situation. Some of the topics covered include bullying (including workplace bullying), divorce and parental separation, children’s early years development, and pregnancy.

Family Lives also hosts a parenting group that focuses on *Positive Co-Parenting of Neurodiverse Children*. This 8-week online program is designed specifically for parents living together or apart, who are facing conflict in the context of raising their neurodiverse child/ren.

A flyer for the Positive Co-Parenting of Neurodiverse Children program is available on the online shared SPOA drive. This document also has a QR code that directs users to the online program referral form.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Inspiring Young Enfield (Online & F2F)

URL: <https://youthenfield.taptub.co.uk/inspiring-young-enfield/>
Age group: 11 – 21 (up to 25 for individuals with SEND)

Focus: Mentoring, mental health support, emotional wellbeing

Notes:

The Inspiring Young Enfield (IYE) mentoring program aims to engage and support with young people to improve key areas of their life, increase resilience, strengthen protective factors, and learn to make informed choices. The IYE program has two tiers:

1. Intensive Mentoring

Intensive mentoring is open to any young person who needs support in reaching their potential. This includes young people known to statutory services such as the Youth Justice Service, young people on Child Protection or Child In Need plans, Looked After Children, and young people open to Early Help. IYE provides these young people with access to a dedicated mentor for up to 12 weeks.

2. Community Mentoring

Community mentoring is an activity-based mentoring program that runs for up to 12 weeks. Young people receive personal support within IYE youth centres and in the community from allocated youth work mentors and IYE partners.

Referral document must be submitted by professionals. Referral document is on the online SPOA shared drive. Email referral to: YDSreferrals@enfield.gov.uk

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

JAMI (Online & F2F)

Location: Amelie House, The Maurice and Vivienne Wohl Campus, 221 Golders Green Rd, NW11 9DQ
URL: <https://jamiuk.org/>
Online contact form: <https://jamiuk.org/contact-us/>
Ph: 020 8458 2223
Referral links: <https://jamiuk.org/get-support/referral/>

Focus: Anxiety, depression, self-harm, low self-esteem, bullying, school stress, parent support

Notes:

JAMI is an organisation that supports young people from Jewish communities with mental health needs and their families and carers. Through education and training, JAMI works to encourage inclusivity and mental health support, reduce stigma, and build mutually supportive relationships across the Jewish community.

Some of the services JAMI provides include 1-1 support to help children/young people manage symptoms, develop coping strategies, boost self-esteem, and establish routine and structure. JAMI also can assist children/young people access further support in their communities including liaising with their school and other professionals involved in their lives and wellbeing.

JAMI offers carer and family support for unpaid carers of individuals with a mental health problem. This service is carer-led and supported by a team of staff and volunteers who provide 1-1 and group support, offering information, advice, support, signposting to further services, and connecting carers with each other to reduce feelings of isolation.

Referrals are required to access JAMI. Self-referrals are accepted, although parents/carers and other professionals can refer on behalf of a child/young person as well. Parents/carers can self-refer.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Kidscape (Online)

URL: <https://www.kidscape.org.uk/>
Parent advice line: 0300 102 4481, **WhatsApp:** 07496 682 785, parentsupport@kidscape.org.uk
Age group: 9+

Focus: Bullying, cyber bullying, parent/carer support for children/young people impacted by bullying

Notes:

Kidscape is a charity that works to support children/young people who have been impacted by bullying. Their services include advice, programs, training, and resources for different age groups, including resources targeted at adults (parents/carers) who care for children/young people who have been bullied. Workshops for children/young people are hosted by Kidscape that teach skills to improve assertiveness, self-esteem, and positive behaviour, and a parent advice line is also accessible via the website which offers impartial, non-judgemental information, advice, and support.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Kidscape Guide to Bullying is available on the online shared SPOA drive.

Place2Be (Online & F2F)

Location: 175 St John St, Clerkenwell, EC1V 4LW
URL: <https://www.place2be.org.uk/>
Ph: 020 7923 5500
Email: enquiries@place2be.org.uk
Age group: 3 - 16

Focus: Anxiety, depression, low mood, low self-confidence, emotion regulation, low-level trauma, parent/child relationships, improving prosocial behaviour, parent support, resilience

Notes:

Place2Be exclusively provides mental health support services in partner schools across England. They offer advice and support to young people, families, and school staff and aim to increase awareness of mental health, the importance of resilience, and how to identify mental health problems in young people.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

The targeted mental health services they provide include group work to improve self-confidence and resilience, CBT-informed therapy (available to secondary and high schools only), parent-child training sessions (available to primary schools only to promote positive child/parent relationships, improve prosocial behaviours, and reduce undesirable behaviours). 1-1 counselling is also available and can support young people in addressing social needs, self-understanding, emotion dysregulation, and trauma.

Every parent/carer at a Place2Be partner school has access to their online parenting course and advice site. Target mental health services for parents/carers include parent-child training sessions run by a trained therapist, and an advice service that offers guidance following a consultation. For parents/carers who do not have a child/young person in a Place2Be partner school, free resources can be accessed at <https://www.place2be.org.uk/our-services/parents-and-carers/>.

Young people can be referred for individual counselling if they score highly on the emotional or peer difficulties sections of the Strengths and Difficulties Questionnaire (SDQ). The SDQ is available on the online shared SPOA drive.

SAYes (Online)

URL: <https://sayesmentoring.org/sayes-mentoring-uk-get-involved/>

Email: mentee@sayesmentoring.org

Age group: 16 – 24

Focus: Mentoring, resilience, self-confidence, support during life transitions

Notes:

SAYes is an organisation that works to end social poverty through global mentoring programs for disadvantaged youth. Applications are accepted for young people who fall into one or more of the following demographics:

- Living in poverty/low-income family
- Has a social worker
- Refugee/asylum seeker
- Not in Education, Employment, or Training (NEET)
- Have a physical disability
- Has special educational needs (SEN)
- Has been excluded from school or college
- Is associated with gangs
- Is vulnerable to exploitation
- Is in a moment of key transition
- Has been exposed to or is a victim of DVA
- Is a young carer or young parent
- Is a member of Gypsy/Romany/Traveller community

Eligible young people choose one of three specifically matched prospective mentors and continue a 1:1 mentoring program with them whereby mentors and mentees meet online once per week for 9 months. These sessions are a space for young people to ask questions and discuss some of the difficult emotions and challenges they are facing, and gain advice and encouragement to confront and overcome them.

Referrals are accepted from anyone and submitted via email.

Referrers, if you have questions about the service, you can contact the Executive Director: Michelle Potter, michelle.potter@sayesmentoring.org.

STOMP Out Bullying (Online)

URL: <https://www.stompoutbullying.org/>

Ph: 877 602 8559

Email form link: <https://www.stompoutbullying.org/contact>

Age group: 13 - 24

Focus: Bullying, anti-bullying, cyberbullying

Notes:

STOMP Out Bullying is a non-profit organisation that works to reduce and prevent bullying, cyberbullying, and other digital abuse. They often work with schools and offer training in educational environments, and their website provides access to useful information about different forms of bullying and a live Help Chat Crisis Line that can support in reducing stress, low mood, or fear that you experience as a victim of bullying. The helpline is free and confidential and hosted by trained crisis counsellors who can help support you without judgement. The Help Chat is available Tuesday, Wednesday, Thursday (7am – 11pm), link: <https://www.stompoutbullying.org/helpchat>

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

100 Black Men of London (F2F)

Location: Can Mezzanine, 7 – 14 Great Dover St, SE1 4YR
URL: <https://100bmol.org.uk/mentoring/>
Ph: 020 7754 3550
Email: info@100bmol.org.uk

Focus: Mentoring, peer support, community support, parent/carer support, CPD

Notes:

100 Black Men of London is a community-based charity led by Black men delivering programs and activities to support100 Black Men of London is a community-based charity led by Black that facilitates a Community Mentoring Program (CMP) that instils life skills targeted at the Black community and for the benefit of both children and their parents/carers. CMP takes a stepped approach, whereby children/young people can progress through different programs, each covering more ‘advanced’ and age-appropriate topics than the one prior.

- **Me I Can Be (10 – 15yo):** 13-module life skills program that focuses on topics including Black history, self-identity, self-esteem, peer relations, effective communication, planning and forecasting, drugs and substance misuse, and health and wellness.
- **Young Leadership Academy (14 – 17yo):** This program builds on the modules from the *Me I Can Be* program and aims to help young people develop the leader within each of them and encouraging positive community contribution and participation. Some of the topics discussed include home life, money management and cash flow, and street life.
- **Peer Mentoring Program:** This program aims to encourage positive peer mentorship and support. After young people have passed the *Me I Can Be* and *Young Leadership Academy* programs, they are trained to mentor others within their community, specifically, their peers. This program teaches public speaking, researching, project management, team building, and leadership, and provides these new mentors with an opportunity to deliver sessions in the *Me I Can Be* program.
- **Parents in Partnership Program:** This program is a community support and discussion forum for parents and carers of children and young people, that provides a conducive environment for discussion about pressing issues of child upbringing. Topics often discussed include social networking, positive approaches to schools, centring on self, sex, and proactive parenting. The aim of this program is to empower parents to take charge of the lives and upbringing of their children.

Useful for patients in:

- ☒Barnet
- ☒Enfield
- ☒Haringey

CRIMINAL & YOUTH JUSTICE SYSTEMS

For children and young people, and their families, who are currently or have previously been involved in, or affected by the criminal and/or youth justice systems.

Barnet Integrated Clinical Service (Online & F2F)

URL: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples>

Ph: 020 8359 3130 (Monday – Friday, 9am – 5pm)

Email: bics@barnet.gov.uk

Referral link: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-3> (scroll down to the section that says “Make a referral” and click the link to the “Universal Plus form”).

Link to video resources: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-0>

Link to podcasts: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-4>

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

Focus: Relationship difficulties, generalised anxiety, social anxiety, panic, phobia, isolation, attachment needs, emotion regulation needs, challenging behaviour, incontinence, mild eating concerns, unexplained (psychosomatic) physical symptoms, poor sleep, school refusal, self-care, low mood, mild OCD, trauma, mild self-harm behaviours

Notes:

The Barnet Integrated Clinical Service (BICS) provides mild-moderate mental health services to children/young people with mental health needs and their families. The clinical team at BICS work with schools, GPs, social care, and youth offending services to provide support to children/young people who live, attend school, and/or are registered to a GP in the borough of Barnet. BICS offer individual and family interventions including:

- [Individual therapy or counselling](#)
- [Family therapy clinics](#) – these are run by Systemic and Family Psychotherapists.
- [Unaccompanied Asylum Seeking Children \(UASC\) and refugee pathway](#) – a service that aims to listen, learn, and understand, then promote the wellbeing and reduce the emotional distress of children/young people in this community. This service draws on trauma- and attachment-informed therapeutic approaches and encourages cultural integration and social identity.
- [Youth justice liaison and diversion](#) – a service to support young people under 18-years-old who are currently detained by the police or in police custody, at the police station, or in the community.

A leaflet for clients and an information document for professionals about the Family Therapy Clinics are both available on the online SPOA shared drive.

Children Heard And Seen (Online)

URL: <https://childrenheardandseen.co.uk/>
Email: [info@ childrenheardandseen.co.uk](mailto:info@childrenheardandseen.co.uk)
Ph: 07557 339 258
Resources: <https://childrenheardandseen.co.uk/resources/>
Age group: All ages

Focus: Imprisoned parent/carers, family support

Notes:

Children Heard And Seen is a charity that supports children and families impacted by parental imprisonment. They offer 1-1 support with specialist staff for children to explore and understand their emotions surrounding their family member in prison, and activity groups for children to meet others in similar circumstances. Using the link above, you can access several free resources designed to help children, young people, and their families cope and mitigate the harms of parental imprisonment.

Parents/Carers can also receive support in navigating how to communicate with children, including ways to tell your child that a parent is going to/currently in prison and support around release, as this is often the most stressful time for families. This parent/carers support is for the non-offending parent, whether or not they are still in a relationship with the parent in prison.

There is a leaflet available on the online shared SPOA drive that advises on how to tell a CYP that a parent/carers is going to/in prison. There is also a booklet for YP with a family member in prison.

Early Help (Online & F2F)

URL: <https://enfielddirectory4all.co.uk/families-communities/early-help-family-hub-offer-2/>
Ph: 0208 379 2002
Email: earlyhelp@enfield.gov.uk
Referral link: <https://eh.childrensportal.enfield.gov.uk/web/portal/pages/ehmref#h1>

Focus: Early intervention, family support, resilience, relationship needs, communication needs, social care

Notes:

Enfield’s Early Help service recognises the important role that families have in improving outcomes for children/young people so take a preventative approach to enable families to work collaboratively to boost resilience, repair relationships, address challenging behaviours and poor communication. Early Help offer an intensive period of intervention with families that encourages engagement in programs and workshops and implements parenting and family-wide strategies to improve overall wellbeing and family functioning.

Inspiring Young Enfield (Online & F2F)

URL: <https://youthenfield.taptub.co.uk/inspiring-young-enfield/>
Age group: 11 – 21 (up to 25 for individuals with SEND)

Focus: Mentoring, mental health support, emotional wellbeing

Notes:

The Inspiring Young Enfield (IYE) mentoring program aims to engage and support with young people to improve key areas of their life, increase resilience, strengthen protective factors, and learn to make informed choices. The IYE program has two tiers:

1. Intensive Mentoring

Intensive mentoring is open to any young person who needs support in reaching their potential. This includes young people known to statutory services such as the Youth Justice Service, young people on Child Protection or Child In Need plans, Looked After Children, and young people open to Early Help. IYE provides these young people with access to a dedicated mentor for up to 12 weeks.

2. Community Mentoring

Community mentoring is an activity-based mentoring program that runs for up to 12 weeks. Young people receive personal support within IYE youth centres and in the community from allocated youth work mentors and IYE partners.

Referral document must be submitted by professionals. Referral document is on the online SPOA shared drive. Email referral to: YDSreferrals@enfield.gov.uk

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

London Survivors Gateway (Online)

URL: <https://survivorsgateway.london>

Ph: 0808 801 0860

Helpline/Webchat Services: <https://survivorsgateway.london/helplines-and-webchat-services/>

Self-referral: <https://www.dpmscloud.com/external/referralfomselfwgn>

Agency/Professional referral: <https://www.dpmscloud.com/external/referralfomorgwgn>

Resource page: <https://survivorsgateway.london/resources/>

Age group: 13+

Focus: Sexual abuse, sexual violence, rape

Notes:

The London Survivors Gateway works to increase the access to support for victims of sexual abuse and violence. Their website has several self-help guides and resources that discuss a range of topics including consent, the criminal justice system, grooming, LGBTQ+ survivors, and how to support a survivor of sexual violence.

Among their services, the London Survivors Gateway offers individual support and intervention however, this service requires a referral. Self-referrals are accepted. After a referral is submitted, a specially trained worker (called a 'Navigator') will call the potential service user, ask some questions, and try to understand the most appropriate type of support. They will explain the services that are available and can support with making referrals on your behalf with your consent.

London Vanguard (F2F)

URL: <https://londonviolencereduction.nhs.uk/the-london-vanguard-mental-health-community-projects/>

Online contact form: <https://londonviolencereduction.nhs.uk/contact/>

Age group: 0 - 25

Focus: Trauma, violence

Notes:

Three London Vanguards work together to deliver services to support children and young people who are impacted or at risk of violence. They deliver psychological, trauma-informed support in the community and connect children/young people with case workers and specialised youth workers who act as key advocates. The North Central London Vanguard also employs a team of clinical psychologists who provide individual and/or group support including:

- **Case management:** specialist support for accommodation, substance misuse, psychoeducation, support through the criminal justice process, employment and training support
- **Low-intensity interventions:** CBT (to target anxiety and depression), trauma-focused CBT

Referrals are required and must be submitted via email.

ENFIELD Vanguard referral document is available on the online shared SPOA drive.

Precious Counselling & Mentoring (Online & F2F)

URL: <https://preciouscounsellingandmentoring.co.uk/>

Ph: 07765 722 429

Email: info@preciouscounsellingandmentoring.co.uk

Online referral form: <https://airtable.com/app0orZWQFbFQaOce/shregS7AsoQlPjYM>

Age group: All ages

Focus: Anxiety, family relationships, attachment, bereavement, adoption, self-harm, depression, low self-esteem, stress

Notes:

Precious Counselling & Mentoring is a community interest company that supports children and young people with mild mental health needs, and their families. Their team of highly committed and enthusiastic counsellors and mentors facilitate activities that encourage positive choices, avoiding/reducing risky behaviour (including criminality), and improve social skills and self-esteem.

Mentoring support is available during the week and on the weekends and may involve a private conversation between a mentor and mentee, or they may engage in activities within the community (bowling, museums, the Zoo). **NOTE: concessionary fees are available for low income families on benefits, and single parents.**

Free advocacy support is also available for Black and Ethnic Communities. Precious Counselling & Mentoring can offer advice, information, and relevant access to services to help with issues relating to housing, welfare, mental and physical health, parental support, and social care. Support is also offered to foster carers and adoptive parents, addressing their needs by

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☐ Haringey

providing Integrative Counselling & Mentoring for children and young people, which can lead to a reduction in placement breakdowns.

Information leaflet for the Black and Ethnic Community advocacy program is available on the online shared SPOA drive.

Wellbeing Connect Services (WCS) (F2F & Online)

Location: 215 Fore St, Edmonton, N18 2TZ

URL: <https://www.wellbeingconnectservices.org/>

Ph (general): 02 088 032 200

Ph (referrals): 07711 126 997

Email (general): info@wellbeingconnectservices.org

Email (referrals): referral@wellbeingconnectservices.org

Online contact form: <https://www.wellbeingconnectservices.org/contact-us/>

Focus: Black and ethnic minority support, family support, mental health issues, domestic violence issues, advocacy

Notes:

The Wellbeing Connect Service is the leading Black and ethnic minority charity in North London. They work to support families with mental health needs – particularly those resulting from domestic violence – through advocacy, support, mentoring, and training.

WCS facilitates a One-Stop-Shop Care Support Hub for children/young people and families with emotional and mental health needs where service users are given access to holistic assessments, talking therapy/counselling, and school and community engagement support. Referrals are required from professional healthcare agencies or parents/carers before this hub can be accessed.

Referral documents for CYP and adults are available on the online shared SPOA drive.

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☒ Haringey

DEPRESSION & LOW MOOD

Depressive disorders include several disorders that share common features including the presence of sad, empty, or irritable mood, accompanied by somatic and cognitive changes that significantly affect the individual's capacity to function. Under this band of disorder includes:

- **Disruptive mood dysregulation disorder**
- **Major depressive disorder (including major depressive episode)**
- **Persistent depressive disorder (Dysthymia)**
- **Premenstrual dysphoric disorder**
- **Substance/medication-induced depressive disorder**
- **Depressive disorder due to another medical condition**
- **Other specified depressive disorder**
- **Unspecified depressive disorder**

What differs among these disorders are the issues of duration, timing, or presumed aetiology.

(American Psychiatric Association, 2013)

NOTE: If a young person is undergoing an acute mental health crisis, presenting with high risks and complex concerns, please refer them to the local adolescent team:

Barnet (age 13+):

Refer to the Barnet Enhanced Support Team (BEST).

Email: beh-tr.barnetcamhsaot@nhs.net

Enfield (age 13+):

Refer to the Service for Adolescents and Families (SAFE) team.

Email: beh-tr.enfieldcamhssafe@nhs.net

Haringey (age 12+):

Refer to the Adolescent Outreach Team (AOT).

Email: beh-tr.camhsreferral@nhs.net

Adolescent and Young Adult Service (F2F)

Location: Tavistock Centre, 120 Belsize Lane, NW3 5BA
URL: <https://tavistockandportman.nhs.uk/services/adolescent-and-young-adult-service-ayas/>
Ph: 020 8938 2326
Email: atyps@taviport.nhs.uk
Age group: 14 – 25

Focus: Relationship needs, trouble with school/work life, depression, anxiety, self-harm, suicidal ideation, low self-esteem, eating difficulties and disorders, PTSD, domestic violence, parental separation, bereavement, drug/alcohol misuse, OCD, sexuality, stress

Notes:

The Adolescent and Young Adult Service (AYAS) supports individuals with emotional, behavioural, or mental health needs that relate to being an adolescent or young adult. Their service offers an initial consultation that provides an opportunity for raising concerns, highlighting needs, and deducing therapeutic goals. AYAS practitioners will discuss different types of interventions and work collaboratively with service users to choose the most appropriate therapeutic pathway.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☒ Haringey

Alumina (Online)

URL: <https://selfharm.co.uk/>
YouTube channel: @beheadstronguk, <https://www.youtube.com/channel/UCVXvfl7uKD52AKkwjzcllNQ>
Email: helloAlumina@youthscape.co.uk
Online sign-up form: <https://www.selfharm.co.uk/#signup>
Age group: 10 - 17

Focus: Self-harm

Notes:

Alumina is a free online service that supports children and young people manage the overwhelming and challenging experiences that lead to thoughts of, or deliberate non-suicidal self-harm behaviours. They offer a free, online 7-week course for young people that includes weekly sessions hosted by trained counsellors and volunteer youth workers. These sessions are entirely confidential (no one will see or hear you) as service users engage exclusively via a chat box. Additional information about these groups is available on the Alumina website. You can explore group commitment requirements, view an outline of how the sessions are run, and read more about their privacy and confidentiality policies. Sign up via the link above.

Recently, Alumina have begun live webinars on YouTube covering issues related to self-harm and emotional wellbeing including *Why does self-harm make me feel better?*, *Can you ever fully recover from self-harm?*, and *Why do I feel emotions so powerfully?*. If you aren't quite ready to actively participate in a group, this could be a really great place to start. See the YouTube details above.

Leaflet and info sheet available on the shared online SPOA drive.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Barnet Wellbeing Hub

URL: <https://www.barnetwellbeing.org.uk/wellbeing-hub>
Ph: 033 3344 9088
Email: info@barnetwellbeing.org.uk

Focus: Mental health needs, wellbeing, anxiety, depression, self-harm, bullying stress

Notes:

The Barnet Wellbeing Hub is an information hub that provides access to local services and activities that focus on improving the wellbeing of children and young people. These services include employment support, financial and welfare advice, general mental health information and advice, and talking therapies.

Upon receiving a referral, a navigator (hub representative) will conduct an Emotional Health Check. This is just a brief conversation to help them understand you a little better, your presenting concerns, and goals for intervention. This information will help them direct you to the right service to meet your needs. The hub can provide direct support to children/young people in some cases but will often support by completing a referral to a more appropriate or acute external local services on behalf of a child/young person.

Referrals are required and can be submitted by an agency or health care professional. Self-referrals are also accepted.

Referral documents for agency and self-referrals are available on the online SPOA shared drive.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

Barnet Integrated Clinical Service (BICS) (Online & F2F)

URL: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples>

Ph: 020 8359 3130 (Monday – Friday, 9am – 5pm)

Email: bics@barnet.gov.uk

Referral link: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-3> (scroll down to the section that says “Make a referral” and click the link to the “Universal Plus form”).

Link to video resources: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-0>

Link to podcasts: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-4>

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

Focus: Relationship difficulties, generalised anxiety, social anxiety, panic, phobia, isolation, attachment needs, emotion regulation needs, challenging behaviour, incontinence, mild eating concerns, unexplained (psychosomatic) physical symptoms, poor sleep, school refusal, self-care, low mood, mild OCD, trauma, mild self-harm behaviours

Notes:

The Barnet Integrated Clinical Service (BICS) provides mild-moderate mental health services to children/young people with mental health needs and their families. The clinical team at BICS work with schools, GPs, social care, and youth offending services to provide support to children/young people who live, attend school, and/or are registered to a GP in the borough of Barnet. BICS offer individual and family interventions including:

- Individual therapy or counselling
- Family therapy clinics – these are run by Systemic and Family Psychotherapists.
- Unaccompanied Asylum Seeking Children (UASC) and refugee pathway – a service that aims to listen, learn, and understand, then promote the wellbeing and reduce the emotional distress of children/young people in this community. This service draws on trauma- and attachment-informed therapeutic approaches and encourages cultural integration and social identity.
- Youth justice liaison and diversion – a service to support young people under 18-years-old who are currently detained by the police or in police custody, at the police station, or in the community.

A leaflet for clients and an information document for professionals about the Family Therapy Clinics are both available on the online SPOA shared drive.

Calm Harm (Online - App)

URL: <https://calmharm.co.uk/>

Age group: 13+

Focus: Self-harm

Notes:

Calm harm is an app designed to help users manage the urge to self-harm using Dialectical Behaviour Therapy (DBT) techniques. App users will remain anonymous and safe and will be prompted to engage in activities that aim to break the cycle of self-harm and reduce harmful behaviours. These activities may be comforting, distracting, expressive, or give you an opportunity to release build up energy in a safe way.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Chance UK (Online & F2F)

URL: <https://www.chanceuk.com/>

Location: 89 – 93 Fonthill Rd, London, N4 3JH

Ph: 020 7281 5858

Email: admin@chanceuk.com

Referral link: <https://www.chanceuk.com/make-a-referral/>

Referral email: referrals@chanceuk.com

Age: 5 – 13

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Focus: Emotion regulation, self-esteem, resilience, pro-social behaviour, parent/carer support, family support, domestic abuse, domestic violence, healthy relationships, consent, self-confidence, SEN

Notes:

Chance UK is a charity that provides mentoring and group interventions to support children and young people’s mental health needs. Their approach to intervention is child-centred, inclusive, and aims to support children and young people to build resilience, improve self-esteem, and increase pro-social behaviour.

Their mentoring service supports the exploration and management of big emotions and creation and maintenance of healthy relationships. Children and young people who engage in the mentoring programs are matched with qualified youth workers and meet with them weekly for 6 – 9 months. These weekly sessions focus on identifying strengths, setting goals, and working toward achieving them with the hopes of building resilience and self-esteem. The mentoring support is available through several programs for which referrals are required and can be made by family members, schoolteachers, or social workers.

[Insert sentence: clinicians to pick which of the programs (see sentences below) is most appropriate/relevant to your CYP].

We recommend the **LIFT Program** which is suitable for your girls aged 9 – 13 who are vulnerable to or affected by domestic abuse. This program focuses on peer-to-peer support, health relationships, consent, and building self-confidence.

We recommend the **Westminster Program** which is suitable for children aged 8 – 13 (including children with special educational needs) who are struggling to manage their emotions or general mental health. This program focuses on building resilience and reducing risk-taking behaviour.

We recommend the **My Future Program** which is suitable for children aged 5 – 13 who are struggling to manage their emotions and behaviour. This program focuses on building self-esteem and learning skills to self-regulate.

We recommend the **Safer Space Plus Program** which is suitable for children aged 8 – 11. This program supports children to build self-esteem and raise awareness of domestic abuse.

We recommend the **STEP Program** which is suitable for children in Year 6 and 7 at school and preparing to move into secondary school. This program focuses on emotional wellbeing and strengthening resilience.

distrACT (Online - App)

URL: <https://www.expertselfcare.com/health-apps/distract/>

Age group: 13+

Focus: Self-harm, suicidal ideation

Notes:

The distrACT provides trusted information and links to support services for young people who engage in self-harm behaviours and/or are having thoughts of ending their life. No sign-up is required, and the app does not collect any personal data so can be used privately and anonymously.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Early Help (Online & F2F)

URL: <https://enfielddirectory4all.co.uk/families-communities/early-help-family-hub-offer-2/>

Ph: 0208 379 2002

Email: earlyhelp@enfield.gov.uk

Referral link: <https://eh.childrensportal.enfield.gov.uk/web/portal/pages/ehmref#h1>

Focus: Early intervention, family support, resilience, relationship needs, communication needs, social care

Notes:

Enfield's Early Help service recognises the important role that families have in improving outcomes for children/young people so take a preventative approach to enable families to work collaboratively to boost resilience, repair relationships, address challenging behaviours and poor communication. Early Help offer an intensive period of intervention with families that encourages engagement in programs and workshops and implements parenting and family-wide strategies to improve overall wellbeing and family functioning.

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

Every Parent & Child: My Time Counselling Service (F2F)

Location: Community House, 311 Fore St, London, N9 0PZ

URL: <https://epandc.org.uk/services/my-time-young-peoples-counselling/>

Ph: 020 8373 6243

Email: enquiries@epandc.org.uk

Age group: 5 – 18

Focus: Low self-esteem, anxiety, friendship difficulties, communication difficulties, low mood

Notes:

The Every Parent and Child (EPC) organisation has been awarded funding to support the mental health and wellbeing of children/young people with/without special educational needs and disabilities (SEND) who live or attend school in Enfield,

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☒ Haringey

Waltham Forest, or Haringey. Their services include individual counselling, school drop-in support, family support, and workshops and groups. Parent/carer and family support and advice are also available through EPC.

Referrals are required to access EPC services.

NOTE: Referral documents available on the online shared SPOA drive. All 4 are required (referral, consent, SDQ parent, SDQ teacher).

HappyMaps (Online)

URL: <https://www.happymaps.co.uk/>

Age group: 4 - 25

Focus: Behavioural needs, anxiety, food and eating difficulties, incontinence, ADHD, ASD, poor sleep, interfamilial discord, bereavement, illness, low self-esteem, self-harm, school refusal, gender, identity, puberty, sex, drugs and alcohol

Notes:

HappyMaps acts as a platform where young people and parents/carers can quickly find the help they require to support mental health needs. The website provides easily accessible information for helplines, what to do in crises situations (such as self-harm or suicidal concerns), lists of free mental health apps, and games/ideas to boost mood.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Headspace (Online - App)

URL: <https://www.headspace.com/>

Age group: 12 - 25

Focus: Anxiety, depression, stress, low self-esteem, poor sleep

Notes:

The Headspace app uses meditation and mindfulness tools, mental health coaching, therapy, and psychiatry to create healthy habits that support positive mental health. Headspace offers a 14-day free trial followed by a £49.99 annual subscription, or a 7-day free trial followed by a £9.99 monthly subscription. Student discounts are available.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Inspiring Young Enfield (Online & F2F)

URL: <https://youthenfield.taptub.co.uk/inspiring-young-enfield/>

Age group: 11 – 21 (up to 25 for individuals with SEND)

Focus: Mentoring, mental health support, emotional wellbeing

Notes:

The Inspiring Young Enfield (IYE) mentoring program aims to engage and support with young people to improve key areas of their life, increase resilience, strengthen protective factors, and learn to make informed choices. The IYE program has two tiers:

1. Intensive Mentoring

Intensive mentoring is open to any young person who needs support in reaching their potential. This includes young people known to statutory services such as the Youth Justice Service, young people on Child Protection or Child In Need plans, Looked After Children, and young people open to Early Help. IYE provides these young people with access to a dedicated mentor for up to 12 weeks.

2. Community Mentoring

Community mentoring is an activity-based mentoring program that runs for up to 12 weeks. Young people receive personal support within IYE youth centres and in the community from allocated youth work mentors and IYE partners.

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

Referral document must be submitted by professionals. Referral document is on the online SPOA shared drive. Email referral to: YDSreferrals@enfield.gov.uk

JAMI (Online & F2F)

Location: Amelie House, The Maurice and Vivienne Wohl Campus, 221 Golders Green Rd, NW11 9DQ
URL: <https://jamiuk.org/>
Online contact form: <https://jamiuk.org/contact-us/>
Ph: 020 8458 2223
Referral links: <https://jamiuk.org/get-support/referral/>

Focus: Anxiety, depression, self-harm, low self-esteem, bullying, school stress, parent support

Notes:

JAMI is an organisation that supports young people from Jewish communities with mental health needs and their families and carers. Through education and training, JAMI works to encourage inclusivity and mental health support, reduce stigma, and build mutually supportive relationships across the Jewish community.

Some of the services JAMI provides include 1-1 support to help children/young people manage symptoms, develop coping strategies, boost self-esteem, and establish routine and structure. JAMI also can assist children/young people access further support in their communities including liaising with their school and other professionals involved in their lives and wellbeing.

JAMI offers carer and family support for unpaid carers of individuals with a mental health problem. This service is carer-led and supported by a team of staff and volunteers who provide 1-1 and group support, offering information, advice, support, signposting to further services, and connecting carers with each other to reduce feelings of isolation.

Referrals are required to access JAMI. Self-referrals are accepted, although parents/carers and other professionals can refer on behalf of a child/young person as well. Parents/carers can self-refer.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Kooth (Online)

URL: <https://www.kooth.com/>
Age group: 11 - 25

Focus: Anxiety, self-harm, suicidal thoughts, relationship difficulties, depression, eating difficulties, PTSD

Notes:

Kooth is a digital mental health platform that gives children/young people immediate access to experienced and qualified counsellors via the Kooth Live Chat or Asynchronous Messaging services. There are no waiting times, no referrals needed, no thresholds to meet, and the service is completely anonymous.

Kooth also hosts several moderated peer-support forums for children/young people with similar experiences and mental health needs to connect and engage in a safe space.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Referrers, please direct questions to your local Engagement Lead or awyatt@kooth.com or sclark@kooth.com

Mind in Enfield and Barnet (F2F & Online)

URL: <https://www.mindeb.org.uk/>
Email: receptiondesk@mindeb.org.uk
Ph: 0208 906 7506
Age group: 11 – 16, parents

Focus: Anxiety, phobia, panic, grief and loss, loneliness, low self-esteem, low mood, depression, anger, stress, parent support

Notes:

Mind in Enfield and Barnet is a local specialist mental health charity that provides services to support Enfield and Barnet locals with wellbeing, advocacy, therapy, training, and advice. The Advocacy, Advice and Information department is a free and confidential service that can help individuals to make informed choices, explore healthcare options and choices, write professional letters, and participate in safeguarding cases. Additional services include individual counselling (face-to-face and online) and a self-support program where young people can receive support in managing symptoms of anxiety and panic, grief and loss, loneliness, low self-esteem, low mood and depression, anger, and stress.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☐ Haringey

The charity also hosts an 8-week online Parent Support Group program called “Parents in Mind”. This service provides a safe and confidential space for parents/carers to gain information and skills to support their young person as well as receive peer support from other parents/carers. This group accepts parents/carers of young people aged 11 – 16 who are open to CAMHS

and are registered with GPs in BEH and CI boroughs. The young person must have a main concern of anxiety, depression, self-harm, and/or suicidality.

**NOTE: The parent group is not suitable for parents/carers of young people with significant learning disabilities, PTSD, or eating disorders.*

Referrals are required for all services and initial enquiries are made via email or phone.

Counselling (Enfield): 020 8906 7508, enfieldcounselling@mindeb.org.uk

Counselling (Barnet): 020 8343 5703, barnetcounselling@mindeb.org.uk

Parent Support Group: 020 8343 5705, parentsupport@mindeb.org.uk

Self-Support Service: 020 8343 5708, ssh@mindeb.org.uk

Referral documents for Brandon Centre parent group and the YP Advocacy service are both available on the online shared SPOA drive.

NHS Talking Therapies/IAPT (F2F & Online)

BARNET

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Barnet Talking Therapies, 1st Floor, Westgate House, Edgware Community Hospital, Edgware, HA8 0AD

Ph: 0208 702 5309

Email: beh-tr.barnettalkingtherapies@nhs.net

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

ENFIELD

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Enfield Talking Therapies, Chase Building, Chase Farm Hospital, EN2 8JL

Ph: 0208 702 4900

Email: beh-tr.enfieldtalkingtherapies@nhs.net

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

HARINGEY

URL: <https://www.whittington.nhs.uk/default.asp?c=44165>

Location: Haringey Talking Therapies, Crouch End Health Centre, 45 Middle Lane, N8 8PH

Ph: 0203 074 2280

Email: haringey.talkingtherapies@nhs.net

Referral link: <https://gateway.mayden.co.uk/referral-v2/b1247ae7-e447-4199-bcf6-6e2f3fe405cd>

Age group: 16+

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Focus: Low mood, depression, panic attacks, worry, generalised anxiety, phobias, social anxiety, health anxiety, body dysmorphia, OCD, low self-esteem, poor sleep, insomnia, long-term physical health problems

Notes:

The Improving Access to Psychological Therapies (IAPT) program was developed to organise and improve the delivery of, and access to, psychological therapy and intervention in the NHS. The NHS Talking Therapies offers a range of evidence-based interventions including:

- Guided self help
- Computerised and face-to-face cognitive behaviour therapy (CBT)
- Eye movement desensitisation and reprocessing (EMDR)
- Brief counselling
- Dynamic interpersonal therapy (DIT)
- Employment support

Referrals are required. Self-referrals are accepted. All new service users are asked to engage in a short telephone initial assessment as a first step into the service.

Place2Be (Online & F2F)

Location: 175 St John St, Clerkenwell, EC1V 4LW
URL: <https://www.place2be.org.uk/>
Ph: 020 7923 5500
Email: enquiries@place2be.org.uk
Age group: 3 - 16

Focus: Anxiety, depression, low mood, low self-confidence, emotion regulation, low-level trauma, parent/child relationships, improving prosocial behaviour, parent support, resilience

Notes:

Place2Be exclusively provides mental health support services in partner schools across England. They offer advice and support to young people, families, and school staff and aim to increase awareness of mental health, the importance of resilience, and how to identify mental health problems in young people.

The targeted mental health services they provide include group work to improve self-confidence and resilience, CBT-informed therapy (available to secondary and high schools only), parent-child training sessions (available to primary schools only to promote positive child/parent relationships, improve prosocial behaviours, and reduce undesirable behaviours). 1-1 counselling is also available and can support young people in addressing social needs, self-understanding, emotion dysregulation, and trauma.

Every parent/carer at a Place2Be partner school has access to their online parenting course and advice site. Target mental health services for parents/carers include parent-child training sessions run by a trained therapist, and an advice service that offers guidance following a consultation. For parents/carers who do not have a child/young person in a Place2Be partner school, free resources can be accessed at <https://www.place2be.org.uk/our-services/parents-and-carers/>.

Young people can be referred for individual counselling if they score highly on the emotional or peer difficulties sections of the Strengths and Difficulties Questionnaire (SDQ). The SDQ is available on the online shared SPOA drive.

Precious Counselling & Mentoring (Online & F2F)

URL: <https://preciouscounsellingandmentoring.co.uk/>
Ph: 07765 722 429
Email: info@preciouscounsellingandmentoring.co.uk
Online referral form: <https://airtable.com/app0orZWQFbFQaOce/shregS7AsoQljPjYM>
Age group: All ages

Focus: Anxiety, family relationships, attachment, bereavement, adoption, self-harm, depression, low self-esteem, stress

Notes:

Precious Counselling & Mentoring is a community interest company that supports children and young people with mild mental health needs, and their families. Their team of highly committed and enthusiastic counsellors and mentors facilitate activities that encourage positive choices, avoiding/reducing risky behaviour (including criminality), and improve social skills and self-esteem.

Mentoring support is available during the week and on the weekends and may involve a private conversation between a mentor and mentee, or they may engage in activities within the community (bowling, museums, the Zoo). **NOTE: concessionary fees are available for low income families on benefits, and single parents.**

Free advocacy support is also available for Black and Ethnic Communities. Precious Counselling & Mentoring can offer advice, information, and relevant access to services to help with issues relating to housing, welfare, mental and physical health, parental support, and social care. Support is also offered to foster carers and adoptive parents, addressing their needs by providing Integrative Counselling & Mentoring for children and young people, which can lead to a reduction in placement breakdowns.

Information leaflet for the Black and Ethnic Community advocacy program is available on the online shared SPOA drive.

Useful for patients in:

☒Barnet

☒Enfield

☒Haringey

Useful for patients in:

☒Barnet

☒Enfield

☐Haringey

SAYes (Online)

URL: <https://sayesmentoring.org/sayes-mentoring-uk-get-involved/>
Email: mentee@sayesmentoring.org
Age group: 16 – 24

Focus: Mentoring, resilience, self-confidence, support during life transitions

Notes:

SAYes is an organisation that works to end social poverty through global mentoring programs for disadvantaged youth. Applications are accepted for young people who fall into one or more of the following demographics:

- Living in poverty/low-income family
- Has a social worker
- Refugee/asylum seeker
- Not in Education, Employment, or Training (NEET)
- Have a physical disability
- Has special educational needs (SEN)
- Has been excluded from school or college
- Is associated with gangs
- Is vulnerable to exploitation
- Is in a moment of key transition
- Has been exposed to or is a victim of DVA
- Is a young carer or young parent
- Is a member of Gypsy/Romany/Traveller community

Eligible young people choose one of three specifically matched prospective mentors and continue a 1:1 mentoring program with them whereby mentors and mentees meet online once per week for 9 months. These sessions are a space for young people to ask questions and discuss some of the difficult emotions and challenges they are facing, and gain advice and encouragement to confront and overcome them.

Referrals are accepted from anyone and submitted via email.

Referrers, if you have questions about the service, you can contact the Executive Director: Michelle Potter, michelle.potter@sayesmentoring.org.

Tellmi (Online - App)

URL: <https://www.tellmi.help/>
Age group: 11 - 25

Focus: Depression, anxiety, stress, self-harm, low self-esteem, unhealthy habits, gender, sexuality

Notes:

The Tellmi app is a space space for anyone to talk (anonymously) about anything. It’s similar to Facebook in that you can post comments, thoughts, or questions about aspects of your life that you find challenging, and others can respond with helpful tips (often based on personal experience). Tellmi moderators are employed to oversee the communication threats and conversations to ensure everything is safe and topic-relevant, and in-house counsellors are always on hand to provide additional support.

The Mix (Online)

URL: <https://www.themix.org.uk/>
Ph: Text “THEMIX” to 85258 for crisis support
Age group: 5 - 25

Focus: Depression, anxiety, paranoia, OCD, eating difficulties, body shaming, sex and relationship difficulties, substance misuse, criminality, risky behaviour, triggers, relapse

Notes:

The Mix is a digital charity that provides free, confidential, and anonymous support via their website, over the phone, or via social media. They take on the embarrassing problems, weird questions, and ‘please-don’t-make-me-say-it-out-loud’ thoughts that children/young people have. The Mix aims to support them in making informed choices about their physical and mental wellbeing.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

YoungMinds (Online)

URL: <https://www.youngminds.org.uk/>

Ph: 020 7089 5050

Age group: Up to 25, parents

Focus: Information and advice about disorders/presenting difficulties and needs, ADHD, anorexia, anxiety, autism, bipolar disorder, borderline personality disorder, bulimia, depression, mania, hypomania, OCD, phobia, psychosis, PTSD, schizophrenia

Notes:

The YoungMinds website provides psychoeducation about several mental health disorders and presentations and includes a section with links to services you can engage with to access help and support including definitions of disorders and mental health presentations are provided, alongside advice on how parents/carers can respond to children’s needs and/or symptoms in their moment of presentation.

Useful for patients in:

- ☒Barnet
- ☒Enfield
- ☒Haringey

FEEDING AND EATING DIFFICULTIES

Feeding and Eating Disorders are characterised by a persistent disturbance of eating or eating-related behaviour that results in the altered consumption or absorption of food and that significantly impairs physical health or psychosocial functioning. These disorders include:

- **Pica**
- **Rumination disorder**
- **Avoidant/restrictive food intake disorder**
- **Anorexia nervosa**
- **Bulimia nervosa**
- **Binge-eating disorder**

Some individuals with these disorders describe eating-related symptoms resembling those typically endorsed by individuals with substance use disorders, such as craving and patterns of compulsive use.

(American Psychiatric Association, 2013)

Adolescent and Young Adult Service (F2F)

Location: Tavistock Centre, 120 Belsize Lane, NW3 5BA

URL: <https://tavistockandportman.nhs.uk/services/adolescent-and-young-adult-service-ayas/>

Ph: 020 8938 2326

Email: atyps@taviport.nhs.uk

Age group: 14 – 25

Focus: Relationship needs, trouble with school/work life, depression, anxiety, self-harm, suicidal ideation, low self-esteem, eating difficulties and disorders, PTSD, domestic violence, parental separation, bereavement, drug/alcohol misuse, OCD, sexuality, stress

Notes:

The Adolescent and Young Adult Service (AYAS) supports individuals with emotional, behavioural, or mental health needs that relate to being an adolescent or young adult. Their service offers an initial consultation that provides an opportunity for raising concerns, highlighting needs, and deducing therapeutic goals. AYAS practitioners will discuss different types of interventions and work collaboratively with service users to choose the most appropriate therapeutic pathway.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☒ Haringey

ARFID (Online)

URL: <https://www.arfidawarenessuk.org/>

Email: info@arfidawarenessuk.org

Link to contact form: <https://www.arfidawarenessuk.org/copy-of-contact>

Link to access Facebook support groups: <https://www.arfidawarenessuk.org/support-us>

Focus: Avoidant/restrictive food intake disorder, family support, community support

Notes:

ARFID is a charity that works to provide children/young people and their families with current information, research, and support service options regarding Avoidant/Restrictive Food Intake Disorder (ARFID).

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Several treatment and intervention recommendations are listed and categorised according to presentation and age group, for example, *younger children with autism* or *older children with sufficient use of language*. The organisation has also published information sheets, a vitamin and mineral supplementation recommendation document, and have begun two online Facebook peer support groups: the *ARFID Awareness UK & Ireland Parent Support* group (closed community group – you must apply to be accepted), and the *ARFID Awareness UK* group (open community group – anyone can join).

ARFID is a charity that works to provide individuals, parents/carers, and medical professionals with up-to-date information, research, and support regarding Avoidant/Restrictive Food Intake Disorder.

Information sheets and booklet are available on the online shared SPOA drive.

Barnet Integrated Clinical Service (Online & F2F)

URL: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples>

Ph: 020 8359 3130 (Monday – Friday, 9am – 5pm)

Email: bics@barnet.gov.uk

Referral link: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-3> (scroll down to the section that says “Make a referral” and click the link to the “Universal Plus form”).

Link to video resources: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-0>

Link to podcasts: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-4>

Focus: Relationship difficulties, generalised anxiety, social anxiety, panic, phobia, isolation, attachment needs, emotion regulation needs, challenging behaviour, incontinence, mild eating concerns, unexplained (psychosomatic) physical symptoms, poor sleep, school refusal, self-care, low mood, mild OCD, trauma, mild self-harm behaviours

Notes:

The Barnet Integrated Clinical Service (BICS) provides mild-moderate mental health services to children/young people with mental health needs and their families. The clinical team at BICS work with schools, GPs, social care, and youth offending services to provide support to children/young people who live, attend school, and/or are registered to a GP in the borough of Barnet. BICS offer individual and family interventions including:

- [Individual therapy or counselling](#)
- [Family therapy clinics](#) – these are run by Systemic and Family Psychotherapists.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

- [Unaccompanied Asylum Seeking Children \(UASC\) and refugee pathway](#) – a service that aims to listen, learn, and understand, then promote the wellbeing and reduce the emotional distress of children/young people in this community. This service draws on trauma- and attachment-informed therapeutic approaches and encourages cultural integration and social identity.
- [Youth justice liaison and diversion](#) – a service to support young people under 18-years-old who are currently detained by the police or in police custody, at the police station, or in the community.

A leaflet for clients and an information document for professionals about the Family Therapy Clinics are both available on the online SPOA shared drive.

Eating Difficulties and ARFID Service (Tavistock) (Online)

Location: Tavistock Centre, 120 Belsize Lane, Camden, London, NW3 5BA
URL: <https://tavistockandportman.nhs.uk/services/eating-difficulties-and-arfid/>
Ph: 02089 382 276
Email: edifficulties@tavi-port.nhs.uk
Information (children aged 5 – 12): <https://tavistockandportman.nhs.uk/visiting-us/children/>
Information (young people aged 13 – 17): <https://tavistockandportman.nhs.uk/visiting-us/young-people/>
Age group: 8 – 18

Focus: Eating disorders, avoidant/restrictive food intake disorder

Notes:

The Eating Difficulties and ARFID Service supports children/young people with early onset eating disorders and Avoidant/Restrictive Food Intake Disorder (ARFID). They services include individual therapy, family interventions, and support with diet and meal planning. Different approaches and strategies are used to support children/young people in different age groups – you can read more information about this using the links above.

Referrals are required to access these services and can be submitted by specialist health services, schools, and GPs that operate out of Barnet, Camden, Enfield, Haringey, and Islington.

If this information is required in a different language or format, please contact communications@tavi-port.nhs.uk. The referral criteria and referral document are available on the online shared SPOA drive.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Eating Disorder Support (Online - App)

URL: <https://www.expertselfcare.com/eating-disorder-support-app/>
Age group: 11 – 25

Focus: Eating disorders and difficulties

Notes:

The Eating Disorder Support aims to educate people about eating disorders, explain what to do in a crisis situation, and promote wellbeing and safe self-care by helping people prevent, address, and solve eating problems. The app provides reliable, evidence-informed information about eating disorders and covers eight primary areas:

- About eating disorders (facts, feelings, signs)
- At-risk (information for underserved, minority, and high-priority groups)
- Life (challenges, how to cope, practical tips, relationships)
- Self-help (self-care, mind and body, how to manage eating disorder symptoms)
- Treatment (early intervention, assessment, treatment teams, recovery and relapses)
- Support (people, charities, support groups)
- Calm zone (how to relax, have fun and learn)
- Supporting others (information, tips for groups such as parents and teachers)

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

HappyMaps (Online)

URL: <https://www.happymaps.co.uk/>

Age group: 4 - 25

Focus: Behavioural needs, anxiety, food and eating difficulties, incontinence, ADHD, ASD, poor sleep, interfamilial discord, bereavement, illness, low self-esteem, self-harm, school refusal, gender, identity, puberty, sex, drugs and alcohol

Notes:

HappyMaps acts as a platform where young people and parents/carers can quickly find the help they require to support mental health needs. The website provides easily accessible information for helplines, what to do in crises situations (such as self-harm or suicidal concerns), lists of free mental health apps, and games/ideas to boost mood.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Kooth (Online)

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

Age group: 11 - 25

Focus: Anxiety, self-harm, suicidal thoughts, relationship difficulties, depression, eating difficulties, PTSD

Notes:

Kooth is a digital mental health platform that gives children/young people immediate access to experienced and qualified counsellors via the Kooth Live Chat or Asynchronous Messaging services. There are no waiting times, no referrals needed, no thresholds to meet, and the service is completely anonymous.

Kooth also hosts several moderated peer-support forums for children/young people with similar experiences and mental health needs to connect and engage in a safe space.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Referrers, please direct questions to your local Engagement Lead or awyatt@kooth.com or sclark@kooth.com

NHS Talking Therapies/IAPT (F2F & Online)

BARNET

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Barnet Talking Therapies, 1st Floor, Westgate House, Edgware Community Hospital, Edgware, HA8 0AD

Ph: 0208 702 5309

Email: beh-tr.barnettalkingtherapies@nhs.net

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

ENFIELD

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Enfield Talking Therapies, Chase Building, Chase Farm Hospital, EN2 8JL

Ph: 0208 702 4900

Email: beh-tr.enfieldtalkingtherapies@nhs.net

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

HARINGEY

URL: <https://www.whittington.nhs.uk/default.asp?c=44165>

Location: Haringey Talking Therapies, Crouch End Health Centre, 45 Middle Lane, N8 8PH

Ph: 0203 074 2280

Email: haringey.talkingtherapies@nhs.net

Referral link: <https://gateway.mayden.co.uk/referral-v2/b1247ae7-e447-4199-bcf6-6e2f3fe405cd>

Age group: 16+

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Focus: Low mood, depression, panic attacks, worry, generalised anxiety, phobias, social anxiety, health anxiety, body dysmorphism, OCD, low self-esteem, poor sleep, insomnia, long-term physical health problems

Notes:

The Improving Access to Psychological Therapies (IAPT) program was developed to organise and improve the delivery of, and access to, psychological therapy and intervention in the NHS. The NHS Talking Therapies offers a range of evidence-based interventions including:

- Guided self help
- Computerised and face-to-face cognitive behaviour therapy (CBT)

- Eye movement desensitisation and reprocessing (EMDR)
- Brief counselling
- Dynamic interpersonal therapy (DIT)
- Employment support

Referrals are required. Self-referrals are accepted. All new service users are asked to engage in a short telephone initial assessment as a first step into the service.

Recovery Record (Online - App)

URL: <https://www.recoveryrecord.co.uk/>

Age group: 11 – 25

Focus: Eating disorders, anorexia, bulimia, binge eating, avoidant/restrictive food intake disorder, general eating concerns, weight concerns

Notes:

Recovery Record is an app designed to assist users in managing their journey to recovery from eating disorders and/or an overwhelming preoccupation with eating, weight, or body shape. The support strategies are based on Cognitive Behaviour Therapy (CBT) and self-monitoring research. The app can be used for self-guided support including meal logs, coping tactics, schedule reminders, and progress trackers, but users can also be linked with a Recovery Record clinician to support and co-manage their recovery.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Tellmi (Online - App)

URL: <https://www.tellmi.help/>

Age group: 11 – 25

Focus: Depression, anxiety, stress, self-harm, low self-esteem, unhealthy habits, gender, sexuality

Notes:

The Tellmi app is a space for anyone to talk (anonymously) about anything. It's similar to Facebook in that you can post comments, thoughts, or questions about aspects of your life that you find challenging, and others can respond with helpful tips (often based on personal experience). Tellmi moderators are employed to oversee the communication threads and conversations to ensure everything is safe and topic-relevant, and in-house counsellors are always on hand to provide additional support.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

The Mix (Online)

URL: <https://www.themix.org.uk/>

Ph: Text "THEMIX" to 85258 for crisis support

Age group: 5 – 25

Focus: Depression, anxiety, paranoia, OCD, eating difficulties, body shaming, sex and relationship difficulties, substance misuse, criminality, risky behaviour, triggers, relapse

Notes:

The Mix is a digital charity that provides free, confidential, and anonymous support via their website, over the phone, or via social media. They take on the embarrassing problems, weird questions, and 'please-don't-make-me-say-it-out-loud' thoughts that children/young people have. The Mix aims to support them in making informed choices about their physical and mental wellbeing.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

YoungMinds (Online)

URL: <https://www.youngminds.org.uk/>

Ph: 020 7089 5050

Age group: Up to 25, parents

Focus: Information and advice about disorders/presenting difficulties and needs, ADHD, anorexia, anxiety, autism, bipolar disorder, borderline personality disorder, bulimia, depression, mania, hypomania, OCD, phobia, psychosis, PTSD, schizophrenia

Notes:

The YoungMinds website provides psychoeducation about several mental health disorders and presentations and includes a section with links to services you can engage with to access help and support including definitions of disorders and mental health presentations are provided, alongside advice on how parents/carers can respond to children's needs and/or symptoms in their moment of presentation.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

FORCED DISPLACEMENT (REFUGEES AND MIGRANTS)

Individuals exposed to a period of forced displacement often face various problems and stressors which can take place at various stages of their relocation. These stressors can present as a result of the forced displacement, and/or can exacerbate pre-existing social and mental health problems.

The prevalence of common mental disorders such as depression, anxiety, and posttraumatic stress disorder (PTSD) tends to be higher among migrants exposed to adversity and refugees than among host populations.

Migrant: chooses to move not because of a direct threat of persecution or death, but mainly to improve their lives by finding work, or in some cases for education, family.

Refugee: person fleeing armed conflict or persecution. Their situation is often so perilous and intolerable that they cross national borders to seek safety in nearby countries and thus become internationally recognised as “refugees” with access to assistance from States, UNHCR, and other organisations.

It is important to note that unlike the situation for migrants, it is dangerous for refugees to return to their home countries and they often face life-threatening consequences if they do so (are denied asylum).

(World Health Organization, 2021; United Nations High Commissioner for Refugees, 2016)

Barnet Integrated Clinical Service (Online & F2F)

URL: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples>

Ph: 020 8359 3130 (Monday – Friday, 9am – 5pm)

Email: bics@barnet.gov.uk

Referral link: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-3> (scroll down to the section that says “Make a referral” and click the link to the “Universal Plus form”).

Link to video resources: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-0>

Link to podcasts: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-4>

Useful for patients in:

☒ Barnet

☐ Enfield

☐ Haringey

Focus: Relationship difficulties, generalised anxiety, social anxiety, panic, phobia, isolation, attachment needs, emotion regulation needs, challenging behaviour, incontinence, mild eating concerns, unexplained (psychosomatic) physical symptoms, poor sleep, school refusal, self-care, low mood, mild OCD, trauma, mild self-harm behaviours

Notes:

The Barnet Integrated Clinical Service (BICS) provides mild-moderate mental health services to children/young people with mental health needs and their families. The clinical team at BICS work with schools, GPs, social care, and youth offending services to provide support to children/young people who live, attend school, and/or are registered to a GP in the borough of Barnet. BICS offer individual and family interventions including:

- Individual therapy or counselling
- Family therapy clinics – these are run by Systemic and Family Psychotherapists.
- Unaccompanied Asylum Seeking Children (UASC) and refugee pathway – a service that aims to listen, learn, and understand, then promote the wellbeing and reduce the emotional distress of children/young people in this community. This service draws on trauma- and attachment-informed therapeutic approaches and encourages cultural integration and social identity.
- Youth justice liaison and diversion – a service to support young people under 18-years-old who are currently detained by the police or in police custody, at the police station, or in the community.

A leaflet for clients and an information document for professionals about the Family Therapy Clinics are both available on the online SPOA shared drive.

Freedom From Torture (F2F)

Location: 111Isledon Rd, Islington, N7 7JW

URL: <https://www.freedomfromtorture.org>

Ph: 020 7697 7777

Email: referralslondon@freedomfromtorture.org

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Focus: History of torture, post-traumatic stress disorder (PTSD), depression, anxiety, refugees, asylum seekers

Notes:

Freedom From Torture is an organisation that provides specialist psychological therapy to asylum seekers and refugees who have survived torture. Their aim is to support individuals process their experiences and rebuild their lives in the United Kingdom and services offered include individual therapy, workshops and groups, and access to support to address and manage physical pain/symptoms.

The psychological therapies offered include *Eye movement desensitisation and reprocessing (EMDR)*, *narrative exposure therapy (NET)*, *trauma-focused cognitive behavioural therapy (TF-CBT)*, *psychodynamic therapy*, *systemic therapy*, *integrative psychotherapy*, *group therapy*.

New Citizens' Gateway (F2F)

Location: 9th Floor, Hyde House, Edgware Rd, NW9 6LH

URL: <https://www.ncgateway.org.uk/>

Ph: 07983 437 425

Email (general): info@ncgateway.org.uk

Email (counselling): Ellie Safe, ellie@ncgateway.org.uk

Email (therapy): Shahrzad Khamoush, shahrazad@ncgateway.org.uk

Focus: Refugees, asylum seekers, parent/carer support, different language counselling

Notes:

The New Citizens' Gateway is an independent charity that works in partnership with individuals and agencies to improve the quality of life and physical, social, and mental wellbeing of refugees and asylum seekers living in the UK. They offer advice, volunteering opportunities, facilitate English classes, host a women's group, host a homework club, and host a weekly *Mum's and Tots* group that allows mothers with babies under 5-years-old to learn English, make friends, and socialise.

Other services include individual therapy that can be offered by bilingual practitioners from different cultures and backgrounds. This service is offered in *Albanian, Arabic, Dari, English, Farsi, French, Kurdish Sorani, Pashto, Punjabi, Somali, Turkish, Urdu, and Ukrainian*.

Referrals are required to access these services. Self-referrals are accepted. Submit queries via email (see email addresses above).

Paiwand (Online & F2F)

URL: <https://www.paiwand.com/>

Location: Afghan Association Paiwand Ltd., 11 High St, Edgware, London, HA8 7EE

Admin Ph: 020 8905 8770 (Mon – Fri, 10am – 5pm)

Email (counselling): Ramzia Akbar-Noor, ramzia.akbari@paiwand.com

Email (youth clubs): Georgia Gojkovic, youth@paiwand.com

Contact page: <https://www.paiwand.com/contact-us-referrals#contact>

Age group: 11+

Focus: Refugees, asylum seekers

Notes:

Paiwand is an organisation and charity dedicated to helping refugees and asylum seekers in the UK currently living in Barnet. Their services include community advocacy, immigration advice, semi-independent accommodation support, youth activity projects, and education projects.

They also facilitate a free, culturally sensitive counselling service that respects and works with the cultural and linguistic needs of refugees and asylum seekers. Paiwand practitioners offer 1:1 counselling and psychoeducation to support service users to overcome emotional hardship, build confidence, resilience, enjoy life in the UK, and achieve their potentials. Sessions are offered in Dari, Farsi, Pashto, and English.

Referral form for counselling and MH services on the online shared SPOA drive. To be completed and emailed to ramzia.akbari@paiwand.com

Refugee Council (Online and F2F)

URL: <https://www.refugeecouncil.org.uk/>

Ph: 020 7346 6700

Infoline: 080 8196 7272 (Monday – Thursday, 9:30am – 12:30pm)

Email: info@refugeecouncil.org.uk

Resources: <https://www.refugeecouncil.org.uk/get-support/services/therapeutic-wellbeing-resources/>

Focus: Refugees, asylum seekers, forced relocation

Notes:

The Refugee Council is a charity that works with refugees and people seeking asylum, including children who arrive in the UK alone. They provide crisis advice, mental health counselling, and practical support to help people settle and integrate into their new community.

Their Infoline accepts enquiries relating to crises, child/young person care arrangements, education, overcoming destitution, immigration advice, navigating the asylum support system (including accommodation), accessing healthcare, and understanding rights and entitlements.

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Useful for patients in:

☒ Barnet

☐ Enfield

☐ Haringey

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Turkish Cypriot Community Association (F2F)

URL: <https://tcca.org/>

Ph: 020 8826 1080

Email: info@tcca.org

Location (Haringey): 628-630 Green Lanes, N8 0SD

Location (Enfield): 53 Lancaster Rd, EN2 0BU

Focus: Advice, housing, social services, education, health

Notes:

The Turkish Cypriot Community Association (TCCA) is a charity that provides culturally, linguistically, and religiously sensitive services to Turkish and Cypriot community members. They work with beneficiaries, stakeholders, and members to develop projects that help support the needs of their local Turkish Cypriot communities and create a sense of belonging and homeliness.

Useful for patients in:

☐ Barnet

☒ Enfield

☒ Haringey

LGBTQIA+

- **Lesbian:** A lesbian is a women/woman-aligned person who is attracted to only people of the same/similar gender.
- **Gay:** Gay is usually a term used to refer to men/men-aligned individuals who are only attracted to people of the same/similar gender.
- **Bisexual:** Bisexual indicates an attraction to all genders. Bisexuality includes transgender, binary and nonbinary individuals.
- **Queer or Questioning:** An umbrella term for anyone who is non-cisgender or heterosexual.
- **Intersex:** A term used to describe individuals who are born with variations of sex characteristics that do not fit with binary definitions of male or female bodies.
- **+ (Plus):** Used to signify all of the gender identities and sexual orientations that are not specifically covered by the other five initials.

Albert Kennedy Trust (Online)

URL: <https://www.akt.org.uk/>

Location: Hoxton Works, Unit 3.1-3.2, 128 Hoxton St, London, N1 6SH

Ph: 020 7831 6562

Email: contact@akt.org.uk

Self-referral:

https://www.tfaforms.com/4680950?_gl=1*drvwwp*_ga*MTk0NjQzMzc4NS4xNjc1MzU3MjE3*_ga_47JL5CF6Z4*MTY4NDk0MjgwNy4xMDYuMS4xNjg0OTQ0ODA4LjAuMC4w

Age: 16 – 25

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Focus: LGBTIQ+, homelessness, hostile living, nightstop, advice

Notes:

The Albert Kennedy Trust (AKT) is a UK-wide charity that helps provide routes to safe housing, support, and secure futures for LGBTIQ+ young people who are at risk of or experiencing homelessness or a hostile living environment. Their website hosts a LiveChat where service users can receive immediate advice on issues such as housing, mental health, finance, and physical health. They also facilitate an online information hub and urgent homelessness support where individuals are matched with a “nightstop volunteer”.

Ambitious About Autism (Online)

URL: <https://www.ambitiousaboutautism.org.uk/>

Ph: 020 8815 5444

Email: info@ambitiousaboutautism.org.uk

Resources: <https://www.ambitiousaboutautism.org.uk/what-we-do/connecting-young-people/youth-led-toolkits>

Age group: 13 – 25

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Focus: Autism, advice, information, symptoms, presentation, peer support, LGBTQ, education support, employment support

Notes:

Ambitious About Autism is an organisation that supports autistic children/young people and their families by providing brief psychoeducation about the disorder. They cover topics including what autism is, common symptoms, associated conditions, and advice on how to manage challenging behaviour. Advice is also offered regarding educational settings for children/young people (including Education Health Care Plans and how to access support during school holidays). Their website also has a resource page with access to several free toolkits (see link above).

Their *Ambitious Youth Network* promotes youth connection alongside several online peer support groups by connecting autistic young people together with the hopes of tackling isolation and loneliness.

Ambitious About Autism also recognises the unique experience of being young, autistic, and LGBTIQ+. On their website, you can find videos of *Ambitious Youth Network* members describing their experiences of being an LGBTIQ+ autistic young person and other visual stories and specific information about young autistic people who are lesbian, gay, bisexual, or transsexual. There is a glossary of relevant terms, advice on how to come out, and how to look after and support your wellbeing as an LGBTIQ+ individual.

Barnet Integrated Clinical Service (Online & F2F)

URL: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples>

Ph: 020 8359 3130 (Monday – Friday, 9am – 5pm)

Email: bics@barnet.gov.uk

Referral link: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-3> (scroll down to the section that says “Make a referral” and click the link to the “Universal Plus form”).

Link to video resources: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-0>

Link to podcasts: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-4>

Useful for patients in:

☒ Barnet

☐ Enfield

☐ Haringey

Focus: Relationship difficulties, generalised anxiety, social anxiety, panic, phobia, isolation, attachment needs, emotion regulation needs, challenging behaviour, incontinence, mild eating concerns, unexplained (psychosomatic) physical symptoms, poor sleep, school refusal, self-care, low mood, mild OCD, trauma, mild self-harm behaviours

Notes:

The Barnet Integrated Clinical Service (BICS) provides mild-moderate mental health services to children/young people with mental health needs and their families. The clinical team at BICS work with schools, GPs, social care, and youth offending services to provide support to children/young people who live, attend school, and/or are registered to a GP in the borough of Barnet. BICS offer individual and family interventions including:

- [Individual therapy or counselling](#)
- [Family therapy clinics](#) – these are run by Systemic and Family Psychotherapists.
- [Unaccompanied Asylum Seeking Children \(UASC\) and refugee pathway](#) – a service that aims to listen, learn, and understand, then promote the wellbeing and reduce the emotional distress of children/young people in this community. This service draws on trauma- and attachment-informed therapeutic approaches and encourages cultural integration and social identity.
- [Youth justice liaison and diversion](#) – a service to support young people under 18-years-old who are currently detained by the police or in police custody, at the police station, or in the community.

A leaflet for clients and an information document for professionals about the Family Therapy Clinics are both available on the online SPOA shared drive.

ELOP (Online)

URL: <http://elop.org/>

Location: 56 – 60 Grove Rd, Walthamstow, E17 9BN

Ph: 020 8509 3898

Email: info@elop.org

Focus: LGBT support and counselling

Notes:

ELOP is a lesbian and gay centre that offers social, emotional, and other support services to members of the LGBT community. Their core services include low-cost 1-1 counselling, relationship counselling, and family support.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

HappyMaps (Online)

URL: <https://www.happymaps.co.uk/>

Age group: 4 - 25

Focus: Behavioural needs, anxiety, food and eating difficulties, incontinence, ADHD, ASD, poor sleep, interfamilial discord, bereavement, illness, low self-esteem, self-harm, school refusal, gender, identity, puberty, sex, drugs and alcohol

Notes:

HappyMaps acts as a platform where young people and parents/carers can quickly find the help they require to support mental health needs. The website provides easily accessible information for helplines, what to do in crises situations (such as self-harm or suicidal concerns), lists of free mental health apps, and games/ideas to boost mood.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Stonewall Young Futures (Online)

URL: <https://www.stonewall.org.uk/>

Contact page: <https://www.stonewall.org.uk/contact-us>

Age group: 16+

Focus: Information hub, LGBTQ+, neurodevelopmental disorders, physical disability, homelessness, coming out

Notes:

Stonewall Young Futures is a resource hub made *with* and *for* young lesbian, gay, bisexual, trans, queer, questioning, and ace people. Their website lists several organisations and crisis services who work to support mental health and positive wellbeing in LGBTQ+ communities, advice on ‘coming out’, homelessness, and links to local LGBTQ+ youth groups. You can also explore information about organisations who support disabled and/or neurodivergent LGBTQ+ young people.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Rainbow Youth & Community Trust (Online)

URL: <https://theryc.org.uk/>
Ph: 01254 720 740
Email: office@theryc.org.uk

Focus: LGBTQI+, support for parents of LGBTQI+ children/young people

Notes:

The Rainbow Youth Centre acts as a hub for parents and young members of the LGBTQI+ community to access family-based information and advice. For instance, their staff can work with parents to help them understand the experience of their child, or they can work with families to improve communication, understanding, LGBTQI+ history and correct terminology, and address relevant family needs.

Although the Rainbow Youth Centre is located outside London, they are a fantastic point of contact via email or phone to ask questions and connect with others in the LGBTQI+ community.

The Mix (Online)

URL: <https://www.themix.org.uk/>
Ph: Text “THEMIX” to 85258 for crisis support
Age group: 5 - 25

Focus: Depression, anxiety, paranoia, OCD, eating difficulties, body shaming, sex and relationship difficulties, substance misuse, criminality, risky behaviour, triggers, relapse

Notes:

The Mix is a digital charity that provides free, confidential, and anonymous support via their website, over the phone, or via social media. They take on the embarrassing problems, weird questions, and ‘please-don’t-make-me-say-it-out-loud’ thoughts that children/young people have. The Mix aims to support them in making informed choices about their physical and mental wellbeing.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

LONG-TERM PHYSICAL HEALTH CONDITIONS

A long-term physical health condition (also known as a chronic condition) is a health problem that requires ongoing management over a period of years or decades and is one that cannot currently be cured but can be controlled with the use of medication and/or other therapies.

Examples of long-term physical health conditions include:

- **Diabetes**
- **Cardiovascular (e.g., hypertension, angina)**
- **Chronic respiratory (e.g., asthma, chronic obstructive pulmonary diseases)**
- **Chronic neurological (e.g., multiple sclerosis)**
- **Chronic pain (e.g., arthritis)**
- **Post-COVID-19 syndrome (long COVID)**
- **Tourette syndrome**
- **Tic and other motor disorders**
- **Other long-term conditions (e.g., chronic fatigue, irritable bowel syndrome, cancer)**

(National Health Service, 2023)

Barnet Integrated Clinical Service (Online & F2F)

URL: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples>

Ph: 020 8359 3130 (Monday – Friday, 9am – 5pm)

Email: bics@barnet.gov.uk

Referral link: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-3> (scroll down to the section that says “Make a referral” and click the link to the “Universal Plus form”).

Link to video resources: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-0>

Link to podcasts: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-4>

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

Focus: Relationship difficulties, generalised anxiety, social anxiety, panic, phobia, isolation, attachment needs, emotion regulation needs, challenging behaviour, incontinence, mild eating concerns, unexplained (psychosomatic) physical symptoms, poor sleep, school refusal, self-care, low mood, mild OCD, trauma, mild self-harm behaviours

Notes:

The Barnet Integrated Clinical Service (BICS) provides mild-moderate mental health services to children/young people with mental health needs and their families. The clinical team at BICS work with schools, GPs, social care, and youth offending services to provide support to children/young people who live, attend school, and/or are registered to a GP in the borough of Barnet. BICS offer individual and family interventions including:

- Individual therapy or counselling
- Family therapy clinics – these are run by Systemic and Family Psychotherapists.
- Unaccompanied Asylum Seeking Children (UASC) and refugee pathway – a service that aims to listen, learn, and understand, then promote the wellbeing and reduce the emotional distress of children/young people in this community. This service draws on trauma- and attachment-informed therapeutic approaches and encourages cultural integration and social identity.
- Youth justice liaison and diversion – a service to support young people under 18-years-old who are currently detained by the police or in police custody, at the police station, or in the community.

A leaflet for clients and an information document for professionals about the Family Therapy Clinics are both available on the online SPOA shared drive.

Great Ormond Street Hospital for Children: Tic Service (F2F)

URL: <https://www.gosh.nhs.uk/wards-and-departments/departments/clinical-specialties/department-child-and-adolescent-mental-health-dcamh/the-tic-disorder-service/>

Location: Great Ormond Street Hospital, Great Ormond St, London, WC1N 3JN

Email: camhssecretaries@gosh.nhs.net

Ph: 020 7405 9200

Age group: 3 - 17

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Focus: Tourette syndrome, tics

Notes:

The Great Ormond Street Hospital for Children (GOSH) Tic service specialises in the assessment, diagnosis, and treatment of children and young people with tic disorders. Their team includes psychologists and psychiatrists who work to understand individual presentations and clinical needs. Tics can be a prominent difficulty however, it is often not the tics themselves that present as the main need but rather co-occurring issues such as unmet attention or anxiety needs.

Following a comprehensive assessment, the GOSH team provide a range of interventions including:

- **Group psychoeducation** to learn more about tics and how to cope with them.
- **Behavioural therapies** such as Exposure and Response Prevention (ERP) or Habit Reversal Therapy (HRT)
- **Medication** recommendations and review.
- **Cognitive assessments** to understand a child’s learning strengths and challenges and whether they might have a diagnosable learning disorder or intellectual disability.
- **Specialist follow-on assessments** including Autism Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.
- **School consultations** to discuss strategies to best support children/young people with tics in the classroom.

GOSH will accept young people who are already under the care of their local CAMHS or Emotional Wellbeing and Mental Health (EWMHS). They will also consider referrals from other professional consultants such as Consultant Community Psychologists.

[Back to Contents page](#)

Referral criteria, documents, information packs, and resources available on the online shared SPOA drive.

HappyMaps (Online)

URL: <https://www.happymaps.co.uk/>

Age group: 4 - 25

Focus: Behavioural needs, anxiety, food and eating difficulties, incontinence, ADHD, ASD, poor sleep, interfamilial discord, bereavement, illness, low self-esteem, self-harm, school refusal, gender, identity, puberty, sex, drugs and alcohol

Notes:

HappyMaps acts as a platform where young people and parents/carers can quickly find the help they require to support mental health needs. The website provides easily accessible information for helplines, what to do in crises situations (such as self-harm or suicidal concerns), lists of free mental health apps, and games/ideas to boost mood.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

NHS Talking Therapies/IAPT (F2F & Online)

BARNET

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Barnet Talking Therapies, 1st Floor, Westgate House, Edgware Community Hospital, Edgware, HA8 0AD

Ph: 0208 702 5309

Email: beh-tr.barnettalkingtherapies@nhs.net

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

ENFIELD

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Enfield Talking Therapies, Chase Building, Chase Farm Hospital, EN2 8JL

Ph: 0208 702 4900

Email: beh-tr.enfieldtalkingtherapies@nhs.net

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

HARINGEY

URL: <https://www.whittington.nhs.uk/default.asp?c=44165>

Location: Haringey Talking Therapies, Crouch End Health Centre, 45 Middle Lane, N8 8PH

Ph: 0203 074 2280

Email: haringey.talkingtherapies@nhs.net

Referral link: <https://gateway.mayden.co.uk/referral-v2/b1247ae7-e447-4199-bcf6-6e2f3fe405cd>

Age group: 16+

Focus: Low mood, depression, panic attacks, worry, generalised anxiety, phobias, social anxiety, health anxiety, body dysmorphia, OCD, low self-esteem, poor sleep, insomnia, long-term physical health problems

Notes:

The Improving Access to Psychological Therapies (IAPT) program was developed to organise and improve the delivery of, and access to, psychological therapy and intervention in the NHS. The NHS Talking Therapies offers a range of evidence-based interventions including:

- Guided self help
- Computerised and face-to-face cognitive behaviour therapy (CBT)
- Eye movement desensitisation and reprocessing (EMDR)
- Brief counselling
- Dynamic interpersonal therapy (DIT)
- Employment support

Referrals are required. Self-referrals are accepted. All new service users are asked to engage in a short telephone initial assessment as a first step into the service.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

NEURODEVELOPMENTAL DISORDERS AND LEARNING DISABILITIES/DIFFICULTIES

Neurodevelopmental Disorders (NDS)

The neurodevelopmental disorders typically manifest early in development, often before a child enters grade school, and are characterised by developmental deficits that produce impairments of personal, social, academic, or occupational functioning. These deficits can be specific limitations of learning or control of executive functions, or global impairments of social skills or intelligence. These disorders include:

Special educational Needs and Disabilities (SEND)

- **Intellectual disabilities**
 - Intellectual disability (Intellectual developmental disorder)
 - Global developmental delay
 - Unspecified intellectual disability (Intellectual developmental disorder)
- **Autism spectrum disorder (ASD)**
- **Attention-deficit/hyperactivity disorder (ADHD)**
- **Specific learning disorder (dyslexia, dyscalculia)**
- **Motor disorders**
 - Developmental coordination disorder
 - Stereotypic movement disorder
 - Tic disorders
- **Communication disorders**
 - Language disorder
 - Speech sound disorder
 - Childhood-onset fluency disorder (stuttering)
 - Social (pragmatic) communication disorder
 - Unspecified communication disorder

Children and young people with special educational needs and disabilities all have learning difficulties that make it harder for them to learn than age peers. These children and young people may need extra or different help from that given to others. Children and young people with such difficulties may need extra help because of a range of needs set including:

- **Communicating and interacting:** CYP with speech, language and communication difficulties which make it difficult for them to make sense of language or understand how to communicate effectively and appropriately with others.
- **Cognition and learning:** CYP who learn at a slower pace than age peers, have difficulty understanding their curriculum, difficulties with organisation, memory skills, or language performance such as in literacy or numeracy.
- **Social, emotional and mental health difficulties:** CYP with difficulties managing their relationships with others, who are withdrawn, or behave in ways that hinder their and other children's learning, or that have an impact on their health and wellbeing.
- **Sensory and/or physical needs:** CYP with visual and/or hearing impairments, or a physical need that means they require additional ongoing support and equipment.

(Department for Education, 2014)

NOTE: If a CYP attends a "special school" or SEN school, please refer them to the local Service for Children and Adolescents with Neurodevelopmental disorders (SCAN) team.

BARNET:

Email: janakibansal@nhs.net & d.keith@nhs.net

ENFIELD:

Email: beh-tr.enfieldcamhsscan@nhs.net

HARINGEY:

Email: beh-tr.camhsldeferrals@nhs.net

ADDISS (Online)

URL: <http://www.addiss.co.uk/index.html>

Ph: 020 8952 2800

Email: info@addiss.co.uk

Information centre: <http://www.addiss.co.uk/information.htm>

Online bookstore: <https://addiss-shop.com/?v=79cba1185463>

Focus: Information, advice

Notes:

The National **A**ttention **D**eficit **D**isorder **I**nformation and **S**upport **S**ervice provides people-friendly information and resources about all aspects of ADHD and its associated conditions. Their website acts as an information hub with factsheets, relevant articles, and answers to Frequently Asked Questions.

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Ambitious About Autism (Online)

URL: <https://www.ambitiousaboutautism.org.uk/>

Ph: 020 8815 5444

Email: info@ambitiousaboutautism.org.uk

Resources: <https://www.ambitiousaboutautism.org.uk/what-we-do/connecting-young-people/youth-led-toolkits>

Age group: 13 – 25

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Focus: Autism, advice, information, symptoms, presentation, peer support, LGBTQ, education support, employment support

Notes:

Ambitious About Autism is an organisation that supports autistic children/young people and their families by providing brief psychoeducation about the disorder. They cover topics including what autism is, common symptoms, associated conditions, and advice on how to manage challenging behaviour. Advice is also offered regarding educational settings for children/young people (including Education Health Care Plans and how to access support during school holidays). Their website also has a resource page with access to several free toolkits (see link above).

Their *Ambitious Youth Network* promotes youth connection alongside several online peer support groups by connecting autistic young people together with the hopes of tackling isolation and loneliness.

Ambitious About Autism also recognises the unique experience of being young, autistic, and LGBTQ+. On their website, you can find videos of *Ambitious Youth Network* members describing their experiences of being an LGBTQ+ autistic young person and other visual stories and specific information about young autistic people who are lesbian, gay, bisexual, or transsexual. There is a glossary of relevant terms, advice on how to come out, and how to look after and support your wellbeing as an LGBTQ+ individual.

Autism Advisory Team (Online & F2F)

URL: <https://www.barnetlocaloffer.org.uk/pages/home/information-and-advice/how-to-get-help/how-schools-and-other-education-services-can-help/autism-advisory-team>

Email: autism.team@barnet.gov.uk

Age group: 6 – 18

Useful for patients in:

☒ Barnet

☐ Enfield

☐ Haringey

Focus: Autism, parent support, school support

Notes:

The Autism Advisory Service is comprised of a team of qualified teachers and specialist practitioners who work with mainstream Barnet primary and secondary schools to support autistic children and young people in developing their academic, social, and emotional wellbeing. Some of the services they provide include:

- **Barnados Cygnets Program** which is offered to parents/carers of children and young people aged 6 – 18 with autism diagnoses. It is a 6-week program, designed to increase understanding of autistic spectrum conditions, develop knowledge of how autistic children experience the world, provide behaviour management strategies and resources, and facilitate peer support interactions.
- **School visits** to assist in developing individual SEN plans that are specific to a child's needs.
- **Advice and support** to implement autism specific strategies.

targeted support during key transition periods, for instance, transitioning from reception into mainstream primary school, or mainstream primary to secondary school. Referrals are required to access this transition service and must be submitted by the school's SENDCo or Autism Advisory Teacher.

The referral form for the transition service is available on the online shared SPOA drive. Referrals must be completed by a SENDCo/Autism Advisory Teacher and emailed to autism.team@barnet.gov.uk.

URL: <https://www.barnet.gov.uk/children-and-families/barnet-send-information-advice-and-support-service-sendiass/about-sendiass-1>

Ph: 020 8359 7637 (Monday – Thursday: 9am – 5:15pm, Friday: 9am – 5pm)

Email: SENDIASS@barnet.gov.uk

Age group: 0 – 25

Focus: SEND, information, advice, support

Notes:

The Barnet **S**pecial **E**ducational **N**eeds and **D**isabilities **I**nformation **A**dvice and **S**upport **S**ervice (SENDIASS) offers free, confidential, and impartial information, advice, and support to children/young people with special educational needs and/or disabilities and their families who live in Barnet. Their services include:

- **Information** about laws surrounding SEND, who to contact if you are unhappy with a SEND care decision, organisations that may be helpful.
- **Advice** about assessment processes, issues around school placement, suspensions, and exclusions.
- **Support** with writing letters to a school or council, meetings, parental views on EHCPs, SEND tribunals, and understanding SEN documents and reports.
- **Talks and workshops** for parents/carers on a range of relevant topics.

Centre 404 (F2F)

Location: 404 Camden Rd, N7 0SJ

URL: <https://centre404.org.uk/>

Ph: 020 7607 8762

Email: general@centre404.org.uk

Autism Support Group: family@centre404.org.uk, 020 8075 4551

Age group: 5 – 19

Focus: Learning disabilities, learning difficulties, ASD

Notes:

Centre 404 is a charity that offers support to families with children/young people who have been diagnosed with learning disabilities or neurodevelopmental disorders. Their services include 1-1 support, information, respite, advocacy, budgeting support, and access to social groups and local networks.

They also host an Autism Support Group for Parents and Family Carers which is an informal group that provides a relaxed and inclusive atmosphere for parents/carers to share advice and information about disability benefits, education, daily life, and social care. See contact details above.

Services are paid. Rates begin at £17.50/hour. This may vary depending on support needs, training requirements, and times/day that support is needed. Most service users fund this support using Personal Budgets.

Chance UK (Online & F2F)

URL: <https://www.chanceuk.com/>

Location: 89 – 93 Fonthill Rd, London, N4 3JH

Ph: 020 7281 5858

Email: admin@chanceuk.com

Referral link: <https://www.chanceuk.com/make-a-referral/>

Referral email: referrals@chanceuk.com

Age: 5 – 13

Focus: Emotion regulation, self-esteem, resilience, pro-social behaviour, parent/carer support, family support, domestic abuse, domestic violence, healthy relationships, consent, self-confidence, SEN

Notes:

Chance UK is a charity that provides mentoring and group interventions to support children and young people's mental health needs. Their approach to intervention is child-centred, inclusive, and aims to support children and young people to build resilience, improve self-esteem, and increase pro-social behaviour.

Useful for patients in:

☒ Barnet

☐ Enfield

☐ Haringey

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Their mentoring service supports the exploration and management of big emotions and creation and maintenance of healthy relationships. Children and young people who engage in the mentoring programs are matched with qualified youth workers and meet with them weekly for 6 – 9 months. These weekly sessions focus on identifying strengths, setting goals, and working toward achieving them with the hopes of building resilience and self-esteem. The mentoring support is available through several programs for which referrals are required and can be made by family members, schoolteachers, or social workers. **[Insert sentence: clinicians to pick which of the programs (see sentences below) is most appropriate/relevant to your CYP].**

We recommend the **LIFT Program** which is suitable for your girls aged 9 – 13 who are vulnerable to or affected by domestic abuse. This program focuses on peer-to-peer support, health relationships, consent, and building self-confidence.

We recommend the **Westminster Program** which is suitable for children aged 8 – 13 (including children with special educational needs) who are struggling to manage their emotions or general mental health. This program focuses on building resilience and reducing risk-taking behaviour.

We recommend the **My Future Program** which is suitable for children aged 5 – 13 who are struggling to manage their emotions and behaviour. This program focuses on building self-esteem and learning skills to self-regulate.

We recommend the **Safer Space Plus Program** which is suitable for children aged 8 – 11. This program supports children to build self-esteem and raise awareness of domestic abuse.

We recommend the **STEP Program** which is suitable for children in Year 6 and 7 at school and preparing to move into secondary school. This program focuses on emotional wellbeing and strengthening resilience.

Education and Resources for Improving Childhood Continence (Online)

URL: <https://eric.org.uk/>

Age group: 3 – 18

Focus: Incontinence, toileting, bathroom difficulties

Notes:

Education and Resources for Improving Childhood Continence (ERIC) is a charity dedicated to improving children’s bowel and bladder health. They offer information, advice, support, and interventions to address bathroom difficulties in children/young people. The topics addressed include potty and toilet training, toilet anxiety, toileting at school, and how to support bathroom difficulties in children with additional needs.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Enfield Advisory Service for Autism (F2F)

URL: <https://enfieldasa.org.uk/>

Ph: 0208 353 4186

Email: admin@enfieldasa.org.uk

Location: Bell Lane, Enfield, Middlesex, EN3 5PA

Age group: 0 – 25

Focus: Autism advice, resources

Notes:

The Enfield Advisory Service for Autism (EASA) is a local authority service that provides psychoeducation, advice, and practical support to autistic children/young people and their families who live in Enfield or are registered to an Enfield GP. EASA draws on the expertise and experience of staff in specialist autism schools and Enfield-based multidisciplinary autism specialists.

Their services include evidence-based training programs (including all the Autism Education Trust (AET) modules), workshops, parent/carers and peer support groups, and individualised advice and support for educational settings.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Note: These services are available to CYP/families outside Enfield, but the services must be paid for.

Enfield Council – SENDIASS (Centre 404) (F2F)

Location: Angel Community Centre, Raynham Rd, Edmonton, N18 2JF
URL: <https://centre404.org.uk/our-services/support-for-families-2-2/>
Ph: 074 9428 0063 (Monday – Friday, 9am – 5pm)
Email: sendiassenfield@centre404.org.uk
Age group: 0 – 25

Focus: Learning disability, autism

Notes:

The Enfield **S**pecial **E**ducational **N**eeds and **D**isabilities **I**nformation **A**dvice and **S**upport **S**ervice (SENDIASS) is run by Centre 404 and offers free, confidential and impartial information, advice, and support to children/young people with special educational needs and/or disabilities (SEND) and their parents who live in Enfield. Their services include 1-1 and group counselling and advice on education (including placement and exclusion), and provide advice on statutory duties, and completing applications and complex documents (including applications for Education Health Care Plans).

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

Every Parent & Child: My Time Counselling Service (F2F)

Location: Community House, 311 Fore St, London, N9 0PZ
URL: <https://epandc.org.uk/services/my-time-young-peoples-counselling/>
Ph: 020 8373 6243
Email: enquiries@epandc.org.uk
Age group: 5 – 18

Focus: Low self-esteem, anxiety, friendship difficulties, communication difficulties, low mood

Notes:

The Every Parent and Child (EPC) organisation has been awarded funding to support the mental health and wellbeing of children/young people with/without special educational needs and disabilities (SEND) who live or attend school in Enfield, Waltham Forest, or Haringey. Their services include individual counselling, school drop-in support, family support, and workshops and groups. Parent/carer and family support and advice are also available through EPC.

Referrals are required to access EPC services.

NOTE: Referral documents available on the online shared SPOA drive. All 4 are required (referral, consent, SDQ parent, SDQ teacher).

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☒ Haringey

Great Ormond Street Hospital for Children: Tic Service (F2F)

URL: <https://www.gosh.nhs.uk/wards-and-departments/departments/clinical-specialties/department-child-and-adolescent-mental-health-dcamh/the-tic-disorder-service/>
Location: Great Ormond Street Hospital, Great Ormond St, London, WC1N 3JN
Email: camhssecretaries@gosh.nhs.net
Ph: 020 7405 9200
Age group: 3 - 17

Focus: Tourette syndrome, tics

Notes:

The Great Ormond Street Hospital (GOSH) Tic Service specialises in the assessment, diagnosis, and treatment of children and young people with tic disorders. Their team includes psychologists and psychiatrists who work to understand individual presentations and clinical needs. Tics can be a prominent difficulty however; it is often not the tics themselves that present as the main need but rather co-occurring issues such as unmet attention or anxiety needs.

Following a comprehensive assessment, the GOSH team provide a range of interventions including:

- **Group psychoeducation** to learn more about tics and how to cope with them.
- **Behavioural therapies** such as Exposure and Response Prevention (ERP) or Habit Reversal Therapy (HRT)
- **Medication** recommendations and review.
- **Cognitive assessments** to understand a child's learning strengths and challenges and whether they might have a diagnosable learning disorder or intellectual disability.
- **Specialist follow-on assessments** including Autism Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.
- **School consultations** to discuss strategies to best support children/young people with tics in the classroom.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

GOSH will accept young people who are already under the care of their local CAMHS or Emotional Wellbeing and Mental Health Service (EWMHS). They will also consider referrals from other professional consultants such as Consultant Community Paediatricians.

Referral criteria, documents, information packs, and resources available on the online shared SPOA drive.

Inspiring Young Enfield (Online & F2F)

URL: <https://youthenfield.taptub.co.uk/inspiring-young-enfield/>

Age group: 11 – 21 (up to 25 for individuals with SEND)

Focus: Mentoring, mental health support, emotional wellbeing

Notes:

The Inspiring Young Enfield (IYE) mentoring program aims to engage and support with young people to improve key areas of their life, increase resilience, strengthen protective factors, and learn to make informed choices. The IYE program has two tiers:

1. Intensive Mentoring

Intensive mentoring is open to any young person who needs support in reaching their potential. This includes young people known to statutory services such as the Youth Justice Service, young people on Child Protection or Child In Need plans, Looked After Children, and young people open to Early Help. IYE provides these young people with access to a dedicated mentor for up to 12 weeks.

2. Community Mentoring

Community mentoring is an activity-based mentoring program that runs for up to 12 weeks. Young people receive personal support within IYE youth centres and in the community from allocated youth work mentors and IYE partners.

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

Referral document must be submitted by professionals. Referral document is on the online SPOA shared drive. Email referral to: YDSreferrals@enfield.gov.uk

HappyMaps (Online)

URL: <https://www.happymaps.co.uk/>

Age group: 4 - 25

Focus: Behavioural needs, anxiety, food and eating difficulties, incontinence, ADHD, ASD, poor sleep, interfamilial discord, bereavement, illness, low self-esteem, self-harm, school refusal, gender, identity, puberty, sex, drugs and alcohol

Notes:

HappyMaps acts as a platform where young people and parents/carers can quickly find the help they require to support mental health needs. The website provides easily accessible information for helplines, what to do in crises situations (such as self-harm or suicidal concerns), lists of free mental health apps, and games/ideas to boost mood.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Haringey Council – SENDIASS (Markfield) (Online & F2F)

URL: <https://markfield.org.uk/sendiaass/>

Ph: 020 8802 2611

Email: sendiaass@markfield.org.uk

Autism Support Project: familyadmin@markfield.org.uk, 020 3667 5233

Age group: 0 – 25

Focus: Special educational needs and disabilities, information, advice, support

Notes:

The Haringey **S**pecial **E**ducational **N**eeds and **D**isabilities **I**nformation **A**dvice and **S**upport **S**ervice (SENDIASS) is run by Markfield, an independent charity funded by the Haringey Council. Their services offer free, confidential, and impartial advice to children/young people with special educational needs and/or disabilities (SEND), and their families who live in Haringey.

SENDIASS practitioners can provide practical support to families by reading through formal letters and reports, completing and submitting applications (including applications for Education Health Care Plans), and providing advice and information about SEND-related laws and policies. SENDIASS also facilitates the Autism Support Project which supports parents/carers of children/young people who are on the waiting list for an autism diagnosis or have recently been diagnosed. The services offered include a monthly Autism club for young people, a monthly parent/carer peer support group, assistance claiming disability benefits, 1:1 advice sessions, and training and social events. See contact details above for more information.

Leaflet available on the online shared SPOA drive.

Useful for patients in:

- ☐ Barnet
- ☐ Enfield
- ☒ Haringey

Mencap (Online & F2F)

URL: <https://www.mencap.org.uk/>

Ph: 020 7454 0454 (Mon – Fri, 9am – 5pm)

Online community: <https://healthunlocked.com/mencap>

Helpline: helpline@mencap.org.uk, 0808 808 1111,
https://www.mencap.org.uk/contact/contact_mencap_direct

Information pack for family and friends: <https://www.mencap.org.uk/advice-and-support/our-services/better-together-information-pack-families-and-friends>

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Focus: Learning disability, learning difficulty, family/carer support, employment, education, housing, social care, travel, relationships, sexuality, friendships

Notes:

Mencap is an organisation that works to support individuals with learning disabilities and their families/carers. They are an information and resource hub and provide individualised support in the areas of employment, education, and housing. They facilitate a moderated, online community that provides service users with a safe and supportive space to meet, ask questions, share experiences, and offer support. A free helpline is also available to provide immediate advice (see contact details above).

On their website, several “Easy Reads” (informative documents) are available and cover a range of topics including: *What is rent?*, *What to do if you have a problem with a housemate?*, *What is a CV and how to write one?* These documents are written to be accessible to individuals of varying learning capacities.

“Welcome to Mencap” and “Online community guidelines” documents are available on the online SPOA drive.

NOTE: Info-docs about the Helpline is available in Polish, Romanian, Urdu, Punjabi, Bengali, and Gujarati.

National Autistic Society (Online)

Location: National Autistic Society, Weston House, 42 Curtain Rd, London, EC2A 3NH

URL: <https://www.autism.org.uk>

Ph: 020 7833 2299

Online community: <https://community.autism.org.uk>

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Focus: Autism, challenging behaviour, advice, resources

Notes:

The National Autistic Society (NAS) is a charity that supports autistic people and their families. They provide support, guidance, and advice, and campaign for improved rights, services, and opportunities to help create a society that works for autistic individuals.

The *Advice and Guidance* tab on their website provides in-depth information about autism and addresses some of the challenges faced by autistic individuals and their families. For example, how to improve communication, addressing behavioural difficulties, accessing social care and benefits, improving social behaviours and relationships, and how to ease transitions. Additional resources are available that are designed to support autistic teenagers understand themselves, manage their energy levels, and better understand their neurodiversity.

NAS also hosts a virtual space for autistic people and their families to ask questions, support each other, and discuss the issues and experiences that are important to them. See the link above.

Resources for Autism (Online & F2F)

Location: 858 Finchley Rd, Temple Fortune, NW11 6AB

URL: <https://resourcesforautism.org.uk/>

Email: admin@resourcesforautism.org.uk

Ph: 020 8458 3259

Individual specialist service referral: <https://resourcesforautism.wufoo.com/forms/miambau0dastc9/>

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Focus: Parent/carer support, sibling support, resource hub, autism

Notes:

Resources for Autism is an organisation that supports autistic children/young people and their families by providing practical services including weekly youth clubs, holiday schemes, parent and sibling support groups, music therapy, and volunteer befriending services.

Weekly individual specialist support is also available. This service connects service users trained support workers and collaboratively, they identify and work toward goals that are chosen based on each individual and their situation. For example,

developing social skills or communication, building independence skills, correctly managing finances, travel training, or how to access the community. All specialist support services take place at a child/young person's home and in their local community and when appropriate, it can be offered online or over the phone. Please note, this specialist support service costs £28/hour and there may be a waitlist.

Note: CYP must have a formal ASD diagnosis for them/their family to have access to these services.

SAYes (Online)

URL: <https://sayesmentoring.org/sayes-mentoring-uk-get-involved/>

Email: mentee@sayesmentoring.org

Age group: 16 – 24

Focus: Mentoring, resilience, self-confidence, support during life transitions

Notes:

SAYes is an organisation that works to end social poverty through global mentoring programs for disadvantaged youth. Applications are accepted for young people who fall into one or more of the following demographics:

- Living in poverty/low-income family
- Has a social worker
- Refugee/asylum seeker
- Not in Education, Employment, or Training (NEET)
- Have a physical disability
- Has special educational needs (SEN)
- Has been excluded from school or college
- Is associated with gangs
- Is vulnerable to exploitation
- Is in a moment of key transition
- Has been exposed to or is a victim of DVA
- Is a young carer or young parent
- Is a member of Gypsy/Romany/Traveller community

Eligible young people choose one of three specifically matched prospective mentors and continue a 1:1 mentoring program with them whereby mentors and mentees meet online once per week for 9 months. These sessions are a space for young people to ask questions and discuss some of the difficult emotions and challenges they are facing, and gain advice and encouragement to confront and overcome them.

Referrals are accepted from anyone and submitted via email.

Referrers, if you have questions about the service, you can contact the Executive Director: Michelle Potter, michelle.potter@sayesmentoring.org.

Stonewall Young Futures (Online)

URL: <https://www.stonewall.org.uk/>

Contact page: <https://www.stonewall.org.uk/contact-us>

Age group: 16+

Focus: Information hub, LGBTQ+, neurodevelopmental disorders, physical disability, homelessness, coming out

Notes:

Stonewall Young Futures is a resource hub made *with* and *for* young lesbian, gay, bisexual, trans, queer, questioning, and ace people. Their website lists several organisations and crisis services who work to support mental health and positive wellbeing in LGBTQ+ communities, advice on ‘coming out’, homelessness, and links to local LGBTQ+ youth groups. You can also explore information about organisations who support disabled and/or neurodivergent LGBTQ+ young people.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Tellmi (Online - App)

URL: <https://www.tellmi.help/>

Age group: 11 - 25

Focus: Depression, anxiety, stress, self-harm, low self-esteem, unhealthy habits, gender, sexuality

Notes:

The Tellmi app is a space space for anyone to talk (anonymously) about anything. It’s similar to Facebook in that you can post comments, thoughts, or questions about aspects of your life that you find challenging, and others can respond with helpful tips (often based on personal experience). Tellmi moderators are employed to oversee the communication threats and conversations to ensure everything is safe and topic-relevant, and in-house counsellors are always on hand to provide additional support.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

YoungMinds (Online)

URL: <https://www.youngminds.org.uk/>

Ph: 020 7089 5050

Age group: Up to 25, parents

Focus: Information and advice about disorders/presenting difficulties and needs, ADHD, anorexia, anxiety, autism, bipolar disorder, borderline personality disorder, bulimia, depression, mania, hypomania, OCD, phobia, psychosis, PTSD, schizophrenia

Notes:

The YoungMinds website provides psychoeducation about several mental health disorders and presentations and includes a section with links to services you can engage with to access help and support including definitions of disorders and mental health presentations are provided, alongside advice on how parents/carers can respond to children’s needs and/or symptoms in their moment of presentation.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

OBSESSIVE-COMPULSIVE AND RELATED DIFFICULTIES

The obsessive-compulsive and related disorders differ from developmentally normative preoccupations and rituals by being excessive or persisting beyond developmentally appropriate periods. The distinction between the presence of subclinical symptoms and a clinical disorder requires assessment of a number of factors, including the individual's level of distress and impairment in functioning.

These disorders are characterised by the presence of obsessions and/or compulsions.

Obsessions: recurrent and persistent thoughts, urges, or images that are experienced as intrusive and unwanted

Compulsions: repetitive behaviours or mental acts that an individual feels driven to perform in response to an obsession or according to rules that must be applied rigidly

The disorders included in this group are:

- **Obsessive-compulsive disorder (OCD)**
- **Body dysmorphic disorder**
- **Hoarding disorder**
- **Trichotillomania (hair-pulling disorder)**
- **Excoriation (skin-picking disorder)**
- **Substance/Medication-induced obsessive compulsive and related disorder**
- **Obsessive-compulsive and related disorder**
- **Unspecified obsessive-compulsive and related disorder (e.g., body-focused repetitive behaviour disorder, obsessional jealousy)**

There are close relationships between the anxiety disorders and some of the obsessive-compulsive and related disorders (e.g., OCD).

(American Psychiatric Association, 2013)

Adolescent and Young Adult Service (AYAS (F2F))

Location: Tavistock Centre, 120 Belsize Lane, NW3 5BA
URL: <https://tavistockandportman.nhs.uk/services/adolescent-and-young-adult-service-ayas/>
Ph: 020 8938 2326
Email: atyps@taviport.nhs.uk
Age group: 14 – 25

Focus: Relationship needs, trouble with school/work life, depression, anxiety, self-harm, suicidal ideation, low self-esteem, eating difficulties and disorders, PTSD, domestic violence, parental separation, bereavement, drug/alcohol misuse, OCD, sexuality, stress

Notes:

AYAS supports individuals with emotional, behavioural, or mental health needs that relate to being an adolescent or young adult. Their service offers an initial consultation that provides an opportunity for raising concerns, highlighting needs, and deducing therapeutic goals. AYAS practitioners will discuss different types of interventions and work collaboratively with service users to choose the most appropriate therapeutic pathway.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☒ Haringey

Barnet Integrated Clinical Service (BICS) (Online & F2F)

URL: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples>
Ph: 020 8359 3130 (Monday – Friday, 9am – 5pm)
Email: bics@barnet.gov.uk
Referral link: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-3> (scroll down to the section that says “Make a referral” and click the link to the “Universal Plus form”).
Link to video resources: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-0>
Link to podcasts: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-4>

Focus: Relationship difficulties, generalised anxiety, social anxiety, panic, phobia, isolation, attachment needs, emotion regulation needs, challenging behaviour, incontinence, mild eating concerns, unexplained (psychosomatic) physical symptoms, poor sleep, school refusal, self-care, low mood, mild OCD, trauma, mild self-harm behaviours

Notes:

BICS provides mild-moderate mental health services to children/young people with mental health needs and their families. The clinical team at BICS work with schools, GPs, social care, and youth offending services to provide support to children/young people who live, attend school, and/or are registered to a GP in the borough of Barnet. BICS offer individual and family interventions including:

- Individual therapy or counselling
- Family therapy clinics – these are run by Systemic and Family Psychotherapists.
- Unaccompanied Asylum Seeking Children (UASC) and refugee pathway – a service that aims to listen, learn, and understand, then promote the wellbeing and reduce the emotional distress of children/young people in this community. This service draws on trauma- and attachment-informed therapeutic approaches and encourages cultural integration and social identity.
- Youth justice liaison and diversion – a service to support young people under 18-years-old who are currently detained by the police or in police custody, at the police station, or in the community.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

A leaflet for clients and an information document for professionals about the Family Therapy Clinics are both available on the online SPOA shared drive.

HappyMaps (Online)

URL: <https://www.happymaps.co.uk/>

Age group: 4 - 25

Focus: Behavioural needs, anxiety, food and eating difficulties, incontinence, ADHD, ASD, poor sleep, interfamilial discord, bereavement, illness, low self-esteem, self-harm, school refusal, gender, identity, puberty, sex, drugs and alcohol

Notes:

HappyMaps acts as a platform where young people and parents/carers can quickly find the help they require to support mental health needs. The website provides easily accessible information for helplines, what to do in crises situations (such as self-harm or suicidal concerns), lists of free mental health apps, and games/ideas to boost mood.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

NHS Talking Therapies/IAPT (F2F & Online)

BARNET

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Barnet Talking Therapies, 1st Floor, Westgate House, Edgware Community Hospital, Edgware, HA8 0AD

Ph: 0208 702 5309

Email: beh-tr.barnettalkingtherapies@nhs.net

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

ENFIELD

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Enfield Talking Therapies, Chase Building, Chase Farm Hospital, EN2 8JL

Ph: 0208 702 4900

Email: beh-tr.enfieldtalkingtherapies@nhs.net

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

HARINGEY

URL: <https://www.whittington.nhs.uk/default.asp?c=44165>

Location: Haringey Talking Therapies, Crouch End Health Centre, 45 Middle Lane, N8 8PH

Ph: 0203 074 2280

Email: haringey.talkingtherapies@nhs.net

Referral link: <https://gateway.mayden.co.uk/referral-v2/b1247ae7-e447-4199-bcf6-6e2f3fe405cd>

Age group: 16+

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Focus: Low mood, depression, panic attacks, worry, generalised anxiety, phobias, social anxiety, health anxiety, body dysmorphia, OCD, low self-esteem, poor sleep, insomnia, long-term physical health problems

Notes:

The Improving Access to Psychological Therapies (IAPT) program was developed to organise and improve the delivery of, and access to, psychological therapy and intervention in the NHS. The NHS Talking Therapies offers a range of evidence-based interventions including:

- Guided self help
- Computerised and face-to-face cognitive behaviour therapy (CBT)
- Eye movement desensitisation and reprocessing (EMDR)
- Brief counselling
- Dynamic interpersonal therapy (DIT)
- Employment support

Referrals are required. Self-referrals are accepted. All new service users are asked to engage in a short telephone initial assessment as a first step into the service.

NOCD (Online - App)

URL: <https://www.treatmyocd.com/>

Age group: 16+

Focus: OCD

Notes:

The NOCD app connects you with one of their therapists who specialise in Exposure and Response Prevention (ERP) therapy and will work with you to design a treatment plan for you based on your presentations and concerns. During your sessions, your therapist will assess your symptoms, teach you about how OCD works in the brain, and support you in gaining a deeper understanding of your OCD cycle. You will have the opportunity to work collaboratively with your therapist to:

- Hone in on intrusive thoughts, images and urges
- Make a fear and response list to record what provokes your fears and how to respond
- Slowly introduce exercises to trigger your fears in a controlled setting
- List out behaviours that can help prevent compulsive responses to your fears and use tools for support

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Tellmi (Online - App)

URL: <https://www.tellmi.help/>

Age group: 11 - 25

Focus: Depression, anxiety, stress, self-harm, low self-esteem, unhealthy habits, gender, sexuality

Notes:

The Tellmi app is a space for anyone to talk (anonymously) about anything. It's similar to Facebook in that you can post comments, thoughts, or questions about aspects of your life that you find challenging, and others can respond with helpful tips (often based on personal experience). Tellmi moderators are employed to oversee the communication threads and conversations to ensure everything is safe and topic-relevant, and in-house counsellors are always on hand to provide additional support.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

The Mix (Online)

URL: <https://www.themix.org.uk/>

Ph: Text "THEMIX" to 85258 for crisis support

Age group: 5 - 25

Focus: Depression, anxiety, paranoia, OCD, eating difficulties, body shaming, sex and relationship difficulties, substance misuse, criminality, risky behaviour, triggers, relapse

Notes:

The Mix is a digital charity that provides free, confidential, and anonymous support via their website, over the phone, or via social media. They take on the embarrassing problems, weird questions, and 'please-don't-make-me-say-it-out-loud' thoughts that children/young people have. The Mix aims to support them in making informed choices about their physical and mental wellbeing.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

YoungMinds (Online)

URL: <https://www.youngminds.org.uk/>

Ph: 020 7089 5050

Age group: Up to 25, parents

Focus: Information and advice about disorders/presenting difficulties and needs, ADHD, anorexia, anxiety, autism, bipolar disorder, borderline personality disorder, bulimia, depression, mania, hypomania, OCD, phobia, psychosis, PTSD, schizophrenia

Notes:

The YoungMinds website provides psychoeducation about several mental health disorders and presentations and includes a section with links to services you can engage with to access help and support including definitions of disorders and mental health presentations are provided, alongside advice on how parents/carers can respond to children's needs and/or symptoms in their moment of presentation.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

PARENT/CARER SUPPORT

INCLUDING FAMILY DIFFICULTIES

Being a parent or carer isn't always easy. Things might feel especially difficult if your CYP is struggling with their mental health or if their mood and behaviour seem different, and you aren't sure why or what you can do to help.

Who is considered a 'carer'?

A carer is someone who provides unpaid support and care for someone who has an illness, disability, mental health problem, or addiction.

Some people who act as carers may not consider themselves to have that title because they think it's their responsibility to care for a friend or relative, they provide support other than physical or practical support, or they think the role of carer is defined by social services.

However, caring can mean a range of things and carers can provide support in many ways, including:

- Giving emotional support
- Helping someone cope with or seek help for a mental health problem
- Cooking and cleaning
- Providing personal care like washing and going to the toilet
- Budgeting and looking after finances
- Supporting them to live alongside other people in your household
- Helping others understand the needs of the person you are caring for
- Giving medicine or providing medical care
- Checking they are safe
- Going to appointments with them and advocating on their behalf – this means helping them express their views and wishes

(YoungMinds, 2024)

Autism Advisory Team (Online & F2F)

URL: <https://www.barnetlocaloffer.org.uk/pages/home/information-and-advice/how-to-get-help/how-schools-and-other-education-services-can-help/autism-advisory-team>

Email: autism.team@barnet.gov.uk

Age group: 6 – 18

Focus: Autism, parent support, school support

Notes:

The Autism Advisory Service is comprised of a team of qualified teachers and specialist practitioners who work with mainstream Barnet primary and secondary schools to support autistic children and young people in developing their academic, social, and emotional wellbeing. Some of the services they provide include:

- **Barnados Cygnets Program** which is offered to parents/carers of children and young people aged 6 – 18 with autism diagnoses. It is a 6-week program, designed to increase understanding of autistic spectrum conditions, develop knowledge of how autistic children experience the world, provide behaviour management strategies and resources, and facilitate peer support interactions.
- **School visits** to assist in developing individual SEN plans that are specific to a child's needs.
- **Advice and support** to implement autism specific strategies.
- **Targeted support during key transition periods**, for instance, transitioning from reception into mainstream primary school, or mainstream primary to secondary school. Referrals are required to access this transition service and must be submitted by the school's SENDCo or Autism Advisory Teacher.

The referral form for the transition service is available on the online shared SPOA drive. Referrals must be completed by a SENDCo/Autism Advisory Teacher and emailed to autism.team@barnet.gov.uk.

Useful for patients in:

☒ Barnet

☐ Enfield

☐ Haringey

Autism Education Trust: Resources (Online)

URL: <https://www.autismeducationtrust.org.uk/resources>

Online contact form: <https://www.autismeducationtrust.org.uk/contact-enquiries>

Focus: Resource hub, information hub, autism, parent/carer support, education resources

Notes:

The Autism Education Trust is an organisation that aims to develop good autism practice in school and education settings. They provide several free resources that reflect the latest research in autism and include the current, lived experience of autistic children and young people in education. The resources address topics including school exclusions and how to avoid them, transition to employment, and guidance on how parents and schools can work collaboratively to support children/young people.

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Barnet Integrated Clinical Service (BICS) (Online & F2F)

URL: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples>

Ph: 020 8359 3130 (Monday – Friday, 9am – 5pm)

Email: bics@barnet.gov.uk

Referral link: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-3> (scroll down to the section that says "Make a referral" and click the link to the "Universal Plus form").

Link to video resources: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-0>

Link to podcasts: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-4>

Focus: Relationship difficulties, generalised anxiety, social anxiety, panic, phobia, isolation, attachment needs, emotion regulation needs, challenging behaviour, incontinence, mild eating concerns, unexplained (psychosomatic) physical symptoms, poor sleep, school refusal, self-care, low mood, mild OCD, trauma, mild self-harm behaviours

Notes:

BICS provides mild-moderate mental health services to children/young people with mental health needs and their families. The clinical team at BICS work with schools, GPs, social care, and youth offending services to provide support to children/young people who live, attend school, and/or are registered to a GP in the borough of Barnet. BICS offer individual and family interventions including:

- Individual therapy or counselling
- Family therapy clinics – these are run by Systemic and Family Psychotherapists.

Useful for patients in:

☒ Barnet

☐ Enfield

☐ Haringey

- [Unaccompanied Asylum Seeking Children \(UASC\) and refugee pathway](#) – a service that aims to listen, learn, and understand, then promote the wellbeing and reduce the emotional distress of children/young people in this community. This service draws on trauma- and attachment-informed therapeutic approaches and encourages cultural integration and social identity.
- [Youth justice liaison and diversion](#) – a service to support young people under 18-years-old who are currently detained by the police or in police custody, at the police station, or in the community.

A leaflet for clients and an information document for professionals about the Family Therapy Clinics are both available on the online SPOA shared drive.

Barnet Young Carers (Online & F2F)

URL: <https://barnetyoungcarers.org.uk/>
Ph: 0203 995 1909
Email: youngcarers@barnetcarers.org
Online contact form: <https://barnetyoungcarers.org.uk/contact-us-2/>
Instagram: @barnetyoungcarers
Age group: 5 – 17

Focus: Young carers

Notes:

What is a young carer? Young carers are children/young people aged 5 – 17 who provide regular care to a family member who is experiencing illness, mental health illness, substance misuse, physical disability, or learning disability. Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

The Barnet Young Carers organisation works to provide individualised support to young carers in managing and meeting the requirements of their caring role, and providing emotional support if and where it is needed. They host a mentoring program that is school based whereby mentors are recruited, trained, and matched to referred young carers. These mentors can deliver up to 8 sessions of targeted support that will aim to build confidence, encourage social integration, and discuss matters relating to the young person’s caring role.

Tutoring services and homework clubs are also offered to help service users catch up with schoolwork and improve in areas that may have suffered due to the time spent caring for another.

NOTE: there are programs that run through schools. See links for the Young Carers in Schools Programme on the online shared SPOA drive.

Mentoring Program Information Leaflet, Mentoring Program Parents Information Sheet, Mentoring Program CYP Information Sheet available on the online shared SPOA drive.

Between Us (Online - App)

URL: <https://www.betweenus-app.com/>
Short video about the app: <https://vimeo.com/687909842/77cce2d65c>
Age group: Parents/Carers

Focus: Parent/Carer relationship support, co-parenting, parent/carers conflict

Notes:

The Between Us app is designed by *Tavistock Relationships* to support parents/carers who are experiencing parental conflict and/or difficulty co-parenting. Information, tips, videos, and exercises are available on the app that aim to provide individuals, couples, or separated parents with the opportunity to improve their communication, improve their understanding of each other’s perspectives, and reduce conflict.

ENFIELD ONLY: A premium version of the app is available to parents/carers living in Enfield or registered to an Enfield GP. The Enfield Council has allocated funding which allows Enfield users access to “bundles” that explore topics including: *what are you really rowing about?*, *help for separated parents*, *looking how you communicate together*. Follow this link and follow the instructions to access the extended Enfield-only version: <https://www.betweenus-app.com/get-access/enfield-council>.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Chance UK (Online & F2F)

URL: <https://www.chanceuk.com/>

Location: 89 – 93 Fonthill Rd, London, N4 3JH

Ph: 020 7281 5858

Email: admin@chanceuk.com

Referral link: <https://www.chanceuk.com/make-a-referral/>

Referral email: referrals@chanceuk.com

Age: 5 – 13

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Focus: Emotion regulation, self-esteem, resilience, pro-social behaviour, parent/carer support, family support, domestic abuse, domestic violence, healthy relationships, consent, self-confidence, SEN

Notes:

Chance UK is a charity that provides mentoring and group interventions to support children and young people's mental health needs. Their approach to intervention is child-centred, inclusive, and aims to support children and young people to build resilience, improve self-esteem, and increase pro-social behaviour.

Their mentoring service supports the exploration and management of big emotions and creation and maintenance of healthy relationships. Children and young people who engage in the mentoring programs are matched with qualified youth workers and meet with them weekly for 6 – 9 months. These weekly sessions focus on identifying strengths, setting goals, and working toward achieving them with the hopes of building resilience and self-esteem. The mentoring support is available through several programs for which referrals are required and can be made by family members, schoolteachers, or social workers.

[Insert sentence: clinicians to pick which of the programs (see sentences below) is most appropriate/relevant to your CYP].

We recommend the **LIFT Program** which is suitable for your girls aged 9 – 13 who are vulnerable to or affected by domestic abuse. This program focuses on peer-to-peer support, health relationships, consent, and building self-confidence.

We recommend the **Westminster Program** which is suitable for children aged 8 – 13 (including children with special educational needs) who are struggling to manage their emotions or general mental health. This program focuses on building resilience and reducing risk-taking behaviour.

We recommend the **My Future Program** which is suitable for children aged 5 – 13 who are struggling to manage their emotions and behaviour. This program focuses on building self-esteem and learning skills to self-regulate.

We recommend the **Safer Space Plus Program** which is suitable for children aged 8 – 11. This program supports children to build self-esteem and raise awareness of domestic abuse.

We recommend the **STEP Program** which is suitable for children in Year 6 and 7 at school and preparing to move into secondary school. This program focuses on emotional wellbeing and strengthening resilience.

Centre 404 (F2F)

Location: 404 Camden Rd, N7 0SJ

URL: <https://centre404.org.uk/>

Ph: 020 7607 8762

Email: general@centre404.org.uk

Autism Support Group: family@centre404.org.uk, 020 8075 4551

Age group: 5 – 19

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Focus: Learning disabilities, learning difficulties, ASD

Notes:

Centre 404 is a charity that offers support to families with children/young people who have been diagnosed with learning disabilities or neurodevelopmental disorders. Their services include 1-1 support, information, respite, advocacy, budgeting support, and access to social groups and local networks.

They also host an Autism Support Group for Parents and Family Carers which is an informal group that provides a relaxed and inclusive atmosphere for parents/carers to share advice and information about disability benefits, education, daily life, and social care. See contact details above.

Services are paid. Rates begin at £17.50/hour. This may vary depending on support needs, training requirements, and times/day that support is needed. Most service users fund this support using Personal Budgets.

Domestic Violence Intervention Project (Online)

URL: <https://dvip.org/about-us/>

Ph: 0750 172 2609

Email: dvip.yuva@richmondfellowship.org.uk

Age group: 11 – 18 (up to 25 for young people with SEN)

Referral documents: <https://dvip.org/referral-forms/>

Focus: Domestic abuse, domestic violence, parent support

Notes:

The Domestic Violence Intervention Project (DViP) is a division of the Richmond Fellowship which is a national mental health charity that funds mental health recovery projects. DViP specifically supports families who have experienced domestic violence and/or abuse and offers therapy for those who have been affected by it (both the abused and abusers).

DViP also works in conjunction with the Young People Using Violence and Abuse (YUVA) service to support young people who have used violence or been abusive towards their parents/carers or families.

Information leaflet available on the online shared SPOA drive.

Early Help (Online & F2F)

URL: <https://enfielddirectory4all.co.uk/families-communities/early-help-family-hub-offer-2/>

Ph: 0208 379 2002

Email: earlyhelp@enfield.gov.uk

Referral link: <https://eh.childrensportal.enfield.gov.uk/web/portal/pages/ehmref#h1>

Focus: Early intervention, family support, resilience, relationship needs, communication needs, social care

Notes:

Enfield's Early Help service recognises the important role that families have in improving outcomes for children/young people so take a preventative approach to enable families to work collaboratively to boost resilience, repair relationships, address challenging behaviours and poor communication. Early Help offer an intensive period of intervention with families that encourages engagement in programs and workshops and implements parenting and family-wide strategies to improve overall wellbeing and family functioning.

Eating Disorder Support (Online - App)

URL: <https://www.expertselfcare.com/eating-disorder-support-app/>

Age group: 11 – 25

Focus: Disordered eating

Notes:

Eating Disorder Support aims to educate people about eating disorders, explain what to do in crisis, and promote wellbeing and safe self-care by helping people prevent, address, and solve eating problems. The app provides reliable, evidence-informed information about eating disorders and covers eight primary areas:

- About eating disorders (facts, feelings, signs)
- At-risk (information for underserved, minority, and high-priority groups)
- Life (challenges, how to cope, practical tips, relationships)
- Self-help (self-care, mind and body, how to manage eating disorder symptoms)
- Treatment (early intervention, assessment, treatment teams, recovery and relapses)
- Support (people, charities, support groups)
- Calm zone (how to relax, have fun and learn)
- Supporting others (information, tips for groups such as parents and teachers)

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Enfield Educational Psychology Service: EBNSA Workshops (Online)

URL: <https://traded.enfield.gov.uk/news/2023/may/emotionally-based-school-attendance-ebnsa-workshops-for-parent-carers-and-educational-professionals>

Referral link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=HbkYzLlBm02sdnpER0iNSTl9lj25AhpFq9ttypJb9JUM0xRNUZGTjKv0EyS1o4UFdNSEhWNldUy4u&wdLOR=c60FBEEA0-F6DB-EF46-907C-DD30DFFF11D3>

Focus: Emotionally based school non-attendance (EBSNA)

Notes:

The Enfield Educational Psychology Service (Enfield Council) runs a two-part online workshop for parents and carers of children and young people struggling with emotionally based school non-attendance (EBSNA). This workshop will help parents understand their child's anxiety, explore helpful strategies that are feasible for individual family circumstances, encourage peer support between parents, and discuss a collaborative approach to support schools in helping children and young people attend.

A flyer for the parent workshops and an information document about EBSNA and Autism are both available on the online shared SPOA drive.

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

Enfield Young People in Caring (Online & F2F)

URL: <https://enfieldcarers.org/young-carers/>

Email: youngcarers@enfieldcarers.org

Registration form:

<https://forms.office.com/Pages/ResponsePage.aspx?id=RWEU71qb7Eund3axaeiDSfuegey059EqPaP478WfQ9UNIZMQ0xHVEtLRjdNNzhZRUhV1FLQ0k0WC4u>

Ph: 020 8366 3677, 07809 332 106

Video about young carers, made by young carers: <https://www.youtube.com/watch?v=qYuBJ4LAIVM>

Age group: 5 – 17

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

Focus: Young carers

Notes:

What is a young carer? Young carers are children/young people aged 5 – 17 who provide regular care to a family member who is experiencing illness, mental health illness, substance misuse, physical disability, or learning disability. Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

The Enfield Young People in Caring (EyPIC) service provides young carers with information, advice, and support services including 1-1 support, homework/coursework help, social trips and outings, and access to their mentor program.

They also offer money management and budgeting sessions to support young carers who help run a family household and must manage a budget. The EyPIC website also includes a section with information about different disorders and disabilities. If the person(s) you care for has one or more, it may be useful for you to access these resources so that you understand more about what they are experiencing and why they need help.

To access support from EyPIC, the registration form must be completed. See link above.

Enfield's Youth & Family Hubs (F2F)

URL: <https://www.enfield.gov.uk/services/children-and-education/youth-and-family-hubs>

Age group: Up to 19 (or 25 for individuals with SEND)

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

Focus: Family support, infant support, under 5s, community hub, information hub

Notes:

The Youth & Family Hubs bring together different services for children and families, making it easier for them to get the help they need at the right time. The hubs are welcoming, friendly, and open to all families, children, and young people. The open hubs can change from time-to-time, so please refer to the website to check for updates.

current open hubs are:

ers End Youth & Family Hub: 141 South St, EN3 4PX | 020 8379 2002 | pondersendfamilyhub@enfield.gov.uk

- **Craig Park Youth & Family Hub:** 2 Lawrence Rd, N18 2HN | 020 8379 2002 | craigparkfamilyhub@enfield.gov.uk
- **Children's Centre Family Hub:** Autumn Close, EN1 4JY | 020 8106 9996 | enquires@cckenfield.org
 - Support for families with children under 5 years. <https://www.cckenfield.org/>

- **Start for Life:** <https://www.enfield.gov.uk/services/children-and-education/start-for-life>
 - Support for families with children within their first 1001 days (conception – 2 years)

Family Based Solutions (F2F & Online)

URL: <https://familybasedsolutions.org.uk/>

Ph: 020 8363 6262 (Monday – Friday, 9am – 5pm)

Email: admin@familybasedsolutions.org.uk

Contact form link: <https://familybasedsolutions.org.uk/contact-us/>

Location: 5 Chase Side Cres, Enfield, Middlesex, EN2 0JA

Focus: Domestic abuse, domestic violence, support for perpetrators, family support

Notes:

Family Based Solutions works with children and families who have been affected by domestic abuse, including child to parent abuse. They use a solution-focused approach in all their services which is a collaborative intervention style that works to achieve targets that matter to the client/s in manageable steps.

They offer four different support options:

1. Online Parent Support Groups (1-4 weeks): **available to any parent/carer** who is experiencing child-parent abuse, conflict, or challenging behaviours from their child/children aged 18 or under. In this group, you will learn and apply solution-focused techniques for addressing conflicts and challenging behaviours and engage in non-judgemental discussions about the highs and lows of parenting with parents facing similar challenges.
2. Solution Focused Family Support: **available to families** experiencing child-parent abuse from children aged 6-18. Sessions are weekly/fortnightly/monthly, and the sessions are adapted to meet individual requirements of each family. When working with families, practitioners place the family in the role of 'The Expert', because only they have an accurate understanding of their own history, relationship dynamics, challenges, and goals.
3. Domestic Abuse Recovery Service (DART): **available to parents/carers** that have experienced domestic abuse and no longer living with/in contact with their abuser. Sessions are weekly and offered in 1:1 or group settings and discuss protection strategies, blame, and how to constructively express feelings and emotions.
4. Family-Based Relationships Program: **available to adults deemed as low-mid-level perpetrators** who have been identified as having issues relating to violence, abuse, and controlling behaviours in relationships. This program aims to replace problematic/abusive behaviours with positive behaviours. Weekly individual or group sessions are offered.

Referrals are accepted from all agencies, and families/individuals can also self-refer.

Referral form is available on the online shared SPOA drive.

HappyMaps (Online)

URL: <https://www.happymaps.co.uk/>

Age group: 4 - 25

Focus: Behavioural needs, anxiety, food and eating difficulties, incontinence, ADHD, ASD, poor sleep, interfamilial discord, bereavement, illness, low self-esteem, self-harm, school refusal, gender, identity, puberty, sex, drugs and alcohol

Notes:

HappyMaps acts as a platform where young people and parents/carers can quickly find the help they require to support mental health needs. The website provides easily accessible information for helplines, what to do in crises situations (such as self-harm or suicidal concerns), lists of free mental health apps, and games/ideas to boost mood.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

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Home-Start (Online)

URL: <https://homestartbarnet.org>

Ph: 020 8371 0674

Age group: Families with (at least) one child under 5, children 0 – 19

Self-referral form link: <https://homestartbarnet.org/refer-yourself/>

Focus: Family support, loneliness, isolation, financial difficulties, anxiety, post-natal depression, ill-health, multiple births, disabilities

Notes:

Home-Start is an independent charity that supports families with children to manage challenging situations by helping parents/carers grow their confidence, strengthen their relationships with their children, and forge links with their local communities. The organisation strongly believes that early intervention can significantly increase a child's chances of growing up happy and healthy, so their core work is with families with at least one young child, supporting them in a variety of emotional and practical ways. Their services include 1-1 family support, group support, and parenting programs.

Home-Start receives referrals from social care agencies (health visitor or social worker), but also accepts self-referrals from families in need. See links above.

JAMI (Online & F2F)

Location: Amelie House, The Maurice and Vivienne Wohl Campus, 221 Golders Green Rd, NW11 9DQ

URL: <https://jamiuk.org/>

Online contact form: <https://jamiuk.org/contact-us/>

Ph: 020 8458 2223

Referral links: <https://jamiuk.org/get-support/referral/>

Focus: Anxiety, depression, self-harm, low self-esteem, bullying, school stress, parent support

Notes:

JAMI is an organisation that supports young people from Jewish communities with mental health needs and their families and carers. Through education and training, JAMI works to encourage inclusivity and mental health support, reduce stigma, and build mutually supportive relationships across the Jewish community.

Some of the services JAMI provides include 1-1 support to help children/young people manage symptoms, develop coping strategies, boost self-esteem, and establish routine and structure. JAMI also can assist children/young people access further support in their communities including liaising with their school and other professionals involved in their lives and wellbeing.

JAMI offers carer and family support for unpaid carers of individuals with a mental health problem. This service is carer-led and supported by a team of staff and volunteers who provide 1-1 and group support, offering information, advice, support, signposting to further services, and connecting carers with each other to reduce feelings of isolation.

Referrals are required to access JAMI. Self-referrals are accepted, although parents/carers and other professionals can refer on behalf of a child/young person as well. Parents/carers can self-refer.

Koach Parenting (Online)

URL: <https://www.koachparenting.co.uk/>

Ph: 020 3808 1115

Text: 07341 479 134

Email: info@koachparenting.co.uk

Focus: Parenting skills, parent/carers support, rebellion, anger, learning disabilities, disrespectful behaviour, inappropriate technology/videogame use, unmotivated children/young people, morning/bedtime routine difficulties, relationship difficulties, ADHD, autism, challenging behaviour, dishonesty

Notes:

Koach Parenting is an organisation that provides support to parents, validating their experiences, and empowering them with the tools they need to create a happy and healthy home. They offer 1-1 sessions with trained practitioners, group sessions run separately for mothers and fathers (including a session specifically for parents/carers of children/young people diagnosed with Autism). All the services at Koach Parenting draw from the *Solihull Parenting Approach* which focuses on understanding a child's behaviour, trying to find the cause, and learning how to better respond.

A flyer with information about Koach Parenting services is available on the online shared SPOA drive.

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Kooth (Online)

URL: <https://www.kooth.com/>
Age group: 11 - 25

Focus: Anxiety, self-harm, suicidal thoughts, relationship difficulties, depression, eating difficulties, PTSD

Notes:

Kooth is a digital mental health platform that gives children/young people immediate access to experienced and qualified counsellors via the Kooth Live Chat or Asynchronous Messaging services. There are no waiting times, no referrals needed, no thresholds to meet, and the service is completely anonymous.

Kooth also hosts several moderated peer-support forums for children/young people with similar experiences and mental health needs to connect and engage in a safe space.

Useful for patients in:

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☐ Haringey

Referrers, please direct questions to your local Engagement Lead or awyatt@kooth.com or sclark@kooth.com

Mind in Enfield and Barnet (F2F & Online)

URL: <https://www.mindeb.org.uk/>
Email: receptiondesk@mindeb.org.uk
Ph: 0208 906 7506
Age group: 11 – 16, parents

Focus: Anxiety, phobia, panic, grief and loss, loneliness, low self-esteem, low mood, depression, anger, stress, parent support

Notes:

Mind in Enfield and Barnet is a local specialist mental health charity that provides services to support Enfield and Barnet locals with wellbeing, advocacy, therapy, training, and advice. The Advocacy, Advice and Information department is a free and confidential service that can help individuals to make informed choices, explore healthcare options and choices, write professional letters, and participate in safeguarding cases. Additional services include individual counselling (face-to-face and online) and a self-support program where young people can receive support in managing symptoms of anxiety and panic, grief and loss, loneliness, low self-esteem, low mood and depression, anger, and stress.

The charity also hosts an 8-week online Parent Support Group program called “Parents in Mind”. This service provides a safe and confidential space for parents/carers to gain information and skills to support their young person as well as receive peer support from other parents/carers. This group accepts parents/carers of young people aged 11 – 16 who are open to CAMHS and are registered with GPs in BEH and CI boroughs. The young person must have a main concern of anxiety, depression, self-harm, and/or suicidality.

**NOTE: The parent group is not suitable for parents/carers of young people with significant learning disabilities, PTSD, or eating disorders.*

Referrals are required for all services and initial enquiries are made via email or phone.

Counselling (Enfield): 020 8906 7508, enfieldcounselling@mindeb.org.uk
Counselling (Barnet): 020 8343 5703, barnetcounselling@mindeb.org.uk
Parent Support Group: 020 8343 5705, parentsupport@mindeb.org.uk
Self-Support Service: 020 8343 5708, ssh@mindeb.org.uk

Referral documents for Brandon Centre parent group and the YP Advocacy service are both available on the online shared SPOA drive.

Pause (F2F)

URL: <https://www.pause.org.uk>
Ph: 020 3011 1949
Online contact form: <https://www.pause.org.uk/contact/>

Focus: Child removal

Notes:

Pause is an organisation that works to improve the lives of women who have had – or are at risk of having – a child removed from their care, and the services and systems that affect them. Once a child has been removed, children’s services are structured so that support follows the child which often leaves the birth mother struggling to cope with social difficulties on top of facing the trauma of losing a child.

Pause Practices across the UK deliver an 18-month program to support women who have experienced the removal of children from their care. There are 23 Pause Practices operating across 29 local authorities.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Personalised Programs for Children Study (Online & F2F)

URL: <https://tavistockandportman.nhs.uk/research/research-projects/personalised-programmes-for-children/>

Ph: 07743 991 957 (Jackie Briskman, study coordinator)

Referrals should be directed to: PPC@tavi-port.nhs.uk

Age group: 4 – 9 + their parents/carers

Focus: Behavioural difficulties, parent/carer support

Notes:

The Personalised Programs for Children (PPC) study is researching personalised approaches to the treatment of behavioural difficulties in children. The purpose of this research is to understand how group parenting programs help families whose children have behavioural problems. In this project, researchers work with parents to develop a program that is tailored to the parent and child's needs to observe whether this individualised approach to intervention is more effective than current, standardised parent training methods.

The interventions offered include:

- **Personalised Program for Children and Parents (PPCP):** Manualised program using social learning, attachment, and family domains theories. It is a strengths-based, active outreach approach. The program is carried out over a 16-week period, either in the parents' homes or at their clinic – whichever the parents prefer.
- **Parent-Led Education and Support (PLES):** Provides parents with a range of self-administered formats and information, with additional support provided by a CAMHS practitioner who will be available to answer parents' questions. Parents will also be provided with other sources of information, such as books.

Eligibility criteria: children aged 4 – 9 with significant conduct problems, children with ADHD in addition to conduct problems, parents have been referred to a parenting group but not found it helpful or declined to attend.

Exclusion criteria: children with a diagnosis of ASD, children with significant developmental delays, children currently subject to a Child Protection Plan.

Information document for refers and info-poster for service users both available on the online shared SPOA drive.

Place2Be (Online & F2F)

Location: 175 St John St, Clerkenwell, EC1V 4LW

URL: <https://www.place2be.org.uk/>

Ph: 020 7923 5500

Email: enquiries@place2be.org.uk

Age group: 3 - 16

Focus: Anxiety, depression, low mood, low self-confidence, emotion regulation, low-level trauma, parent/child relationships, improving prosocial behaviour, parent support, resilience

Notes:

Place2Be exclusively provides mental health support services in partner schools across England. They offer advice and support to young people, families, and school staff and aim to increase awareness of mental health, the importance of resilience, and how to identify mental health problems in young people.

The targeted mental health services they provide include group work to improve self-confidence and resilience, CBT-informed therapy (available to secondary and high schools only), parent-child training sessions (available to primary schools only to promote positive child/parent relationships, improve prosocial behaviours, and reduce undesirable behaviours). 1-1 counselling is also available and can support young people in addressing social needs, self-understanding, emotion dysregulation, and trauma.

Every parent/carer at a Place2Be partner school has access to their online parenting course and advice site. Target mental health services for parents/carers include parent-child training sessions run by a trained therapist, and an advice service that offers guidance following a consultation. For parents/carers who do not have a child/young person in a Place2Be partner school, free resources can be accessed at <https://www.place2be.org.uk/our-services/parents-and-carers/>.

Young people can be referred for individual counselling if they score highly on the emotional or peer difficulties sections of the Strengths and Difficulties Questionnaire (SDQ). The SDQ is available on the online shared SPOA drive.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Precious Counselling & Mentoring (Online & F2F)

URL: <https://preciouscounsellingandmentoring.co.uk/>
Ph: 07765 722 429
Email: info@preciouscounsellingandmentoring.co.uk
Online referral form: <https://airtable.com/app0orZWQFbFQaOce/shregS7AsoQljPjYM>
Age group: All ages

Focus: Anxiety, family relationships, attachment, bereavement, adoption, self-harm, depression, low self-esteem, stress

Notes:

Precious Counselling & Mentoring is a community interest company that supports children and young people with mild mental health needs, and their families. Their team of highly committed and enthusiastic counsellors and mentors facilitate activities that encourage positive choices, avoiding/reducing risky behaviour (including criminality), and improve social skills and self-esteem. Mentoring support is available during the week and on the weekends and may involve a private conversation between a mentor and mentee, or they may engage in activities within the community (bowling, museums, the Zoo). **NOTE: concessionary fees are available for low income families on benefits, and single parents.**

Free advocacy support is also available for Black and Ethnic Communities. Precious Counselling & Mentoring can offer advice, information, and relevant access to services to help with issues relating to housing, welfare, mental and physical health, parental support, and social care. Support is also offered to foster carers and adoptive parents, addressing their needs by providing Integrative Counselling & Mentoring for children and young people, which can lead to a reduction in placement breakdowns.

Information leaflet for the Black and Ethnic Community advocacy program is available on the online shared SPOA drive.

Resources for Autism (Online & F2F)

Location: 858 Finchley Rd, Temple Fortune, NW11 6AB
URL: <https://resourcesforautism.org.uk/>
Email: admin@resourcesforautism.org.uk
Ph: 020 8458 3259
Individual specialist service referral: <https://resourcesforautism.wufoo.com/forms/miambau0dastc9/>

Focus: Parent/carer support, sibling support, resource hub, autism

Notes:

Resources for Autism is an organisation that supports autistic children/young people and their families by providing practical services including weekly youth clubs, holiday schemes, parent and sibling support groups, music therapy, and volunteer befriending services.

Weekly individual specialist support is also available. This service connects service users trained support workers and collaboratively, they identify and work toward goals that are chosen based on each individual and their situation. For example, developing social skills or communication, building independence skills, correctly managing finances, travel training, or how to access the community. All specialist support services take place at a child/young person's home and in their local community and when appropriate, it can be offered online or over the phone. Please note, this specialist support service costs £28/hour and there may be a waitlist.

Note: CYP must have a formal ASD diagnosis for them/their family to have access to these services.

Rainbow Youth & Community Trust (Online)

URL: <https://theryc.org.uk/>
Ph: 01254 720 740
Email: office@theryc.org.uk

Focus: LGBTQI+, support for parents of LGBTQI+ children/young people

Notes:

The Rainbow Youth Centre acts as a hub for parents and young members of the LGBTQI+ community to access family-based information and advice. For instance, their staff can work with parents to help them understand the experience of their child, or they can work with families to improve communication, understanding, LGBTQI+ history and correct terminology, and address relevant family needs.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☐ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Voice Collective (Online and F2F)

Location: Barnes House, 9 – 15 Camden Rd, NW1 9LQ
URL: <https://www.voicecollective.co.uk/>
Ph: 020 7911 0822
Email: info@voicecollective.co.uk
Peer groups: <https://www.voicecollective.co.uk/peer-support-groups>
Age group: 5 – 25

Focus: Unusual sensory experiences and beliefs

Notes:

The Voice Collective offers support to children/young people who have personal experiences of voices, visions, or other similar sensory experiences, as well as training to family members support and/or care for children/young people with abnormal sensory experiences.

Children/young people with these sensory experiences can meet with a Voice Collective staff member (several of whom have had unusual sensory experiences themselves) to discuss and make sense of these voices/visions and find ways of dealing with them to someone who will listen without judgement. These meetings can be done face to face or via email, Zoom, or Microsoft Teams.

The Voice Collective also hosts Peer Support Groups on Zoom that are open to anyone in the appropriate age group who experiences 'unusual' sensory experiences or beliefs, or for parents/carers of people with these experiences. The groups include *16 – 25 peer support group*, *15-and-under peer support group*, *student peer support group*, and *parent peer support group*. See link above for more information.

NCL Waiting Room (Online)

URL: <https://www.nclwaitingroom.nhs.uk/>
Email: waitingroom@taviport.nhs.uk
Mailing address: NCL Waiting Room, Tavistock Centre, 120 Belsize Lane, London, NW3 5BA

Focus: Psychoeducation, resource hub, parent support

Notes:

The NCL Waiting Room is a unique platform designed to fill the knowledge gap in mental health support by providing families, young people, and mental health professionals with a comprehensive library of up-to-date, reliable, and vetted support information and advice. This platform is a collaboration between mental health professionals, trainees, and the wider community, and it integrates specialist service information with dynamic community self-management resources.

Wellbeing Connect Services (F2F & Online)

Location: 215 Fore St, Edmonton, N18 2TZ
URL: <https://www.wellbeingconnectservices.org/>
Ph (general): 02 088 032 200
Ph (referrals): 07711 126 997
Email (general): info@wellbeingconnectservices.org
Email (referrals): referral@wellbeingconnectservices.org
Online contact form: <https://www.wellbeingconnectservices.org/contact-us/>

Focus: Black and ethnic minority support, family support, mental health issues, domestic violence issues, advocacy

Notes:

The Wellbeing Connect Service (WCS) is the leading Black and ethnic minority charity in North London. They work to support families with mental health needs (particularly those resulting from domestic violence) through advocacy, support, mentoring, and training.

WCS facilitates a One-Stop-Shop Care Support Hub for children/young people and families with emotional and mental health needs where service users are given access to holistic assessments, talking therapy/counselling, and school and community

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☒ Haringey

engagement support. Referrals are required from professional healthcare agencies or parents/carers before this hub can be accessed.

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Documents for CYP and adults are available on the online shared SPOA drive.

YoungMinds (Online)

URL: <https://www.youngminds.org.uk/>

Ph: 020 7089 5050

Age group: Up to 25, parents

Focus: Information and advice about disorders/presenting difficulties and needs, ADHD, anorexia, anxiety, autism, bipolar disorder, borderline personality disorder, bulimia, depression, mania, hypomania, OCD, phobia, psychosis, PTSD, schizophrenia

Notes:

The YoungMinds website provides psychoeducation about several mental health disorders and presentations and includes a section with links to services you can engage with to access help and support including definitions of disorders and mental health presentations are provided, alongside advice on how parents/carers can respond to children's needs and/or symptoms in their moment of presentation.

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

100 Black Men of London (F2F)

Location: Can Mezzanine, 7 – 14 Great Dover St, SE1 4YR

URL: <https://100bmol.org.uk/mentoring/>

Ph: 020 7754 3550

Email: info@100bmol.org.uk

Focus: Mentoring, peer support, community support, parent/carer support, CPD

Notes:

100 Black Men of London is a community-based charity led by Black men delivering programs and activities to support 100 Black Men of London is a community-based charity led by Black that facilitates a Community Mentoring Program (CMP) that instils life skills targeted at the Black community and for the benefit of both children and their parents/carers. CMP takes a stepped approach, whereby children/young people can progress through different programs, each covering more 'advanced' and age-appropriate topics than the one prior.

- **Me I Can Be (10 – 15yo):** 13-module life skills program that focuses on topics including Black history, self-identity, self-esteem, peer relations, effective communication, planning and forecasting, drugs and substance misuse, and health and wellness.
- **Young Leadership Academy (14 – 17yo):** This program builds on the modules from the *Me I Can Be* program and aims to help young people develop the leader within each of them and encouraging positive community contribution and participation. Some of the topics discussed include home life, money management and cash flow, and street life.
- **Peer Mentoring Program:** This program aims to encourage positive peer mentorship and support. After young people have passed the *Me I Can Be* and *Young Leadership Academy* programs, they are trained to mentor others within their community, specifically, their peers. This program teaches public speaking, researching, project management, team building, and leadership, and provides these new mentors with an opportunity to deliver sessions in the *Me I Can Be* program.
- **Parents in Partnership Program:** This program is a community support and discussion forum for parents and carers of children and young people, that provides a conducive environment for discussion about pressing issues of child upbringing. Topics often discussed include social networking, positive approaches to schools, centring on self, sex, and proactive parenting. The aim of this program is to empower parents to take charge of the lives and upbringing of their children.

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

PERSONALITY DISORDERS

A personality disorder is an enduring pattern of inner experience and behaviour that deviates markedly from the expectations of the individual's culture, is pervasive and inflexible, has an onset in adolescence or early adulthood, is stable over time, and leads to distress or impairment.

In the DSM-5, personality disorders can be viewed as dimensions representing spectra of personality dysfunction on a continuum with other mental disorders. Alternatively, they can be grouped into three clusters based on descriptive similarities:

Cluster A (paranoid, schizoid, schizotypal): individuals often appear odd or eccentric.

Cluster B (antisocial, borderline, histrionic, narcissistic): individuals often appear dramatic, emotional, or erratic.

Cluster C (avoidant, dependent, obsessive-compulsive): individuals often appear anxious or fearful.

The disorders in this group include:

- **Paranoid** (distrust and suspiciousness of others)
- **Schizoid** (social detachment, restricted range of emotional expression)
- **Schizotypal** (discomfort in close relationships, cognitive or perceptual distortions, eccentric)
- **Antisocial** (disregard for, and violation of, the rights of others)
- **Borderline** (instability in relationships, self-image, affects, impulsivity)
- **Histrionic** (excessive emotionality, attention-seeking)
- **Narcissistic** (grandiosity, need for admiration, lack empathy)
- **Avoidant** (social inhibition, feel inadequate, hypersensitivity to criticism)
- **Dependent** (submissive and clinging behaviour related to a need to be taken care of)
- **Obsessive-compulsive** (preoccupation with orderliness, perfectionism, control)
- **Personality change due to another medical condition**
- **Other specified personality disorder and unspecified personality disorder**

(American Psychiatric Association, 2013)

The Mix (Online)

URL: <https://www.themix.org.uk/>

Ph: Text “THEMIX” to 85258 for crisis support

Age group: 5 - 25

Focus: Depression, anxiety, paranoia, OCD, eating difficulties, body shaming, sex and relationship difficulties, substance misuse, criminality, risky behaviour, triggers, relapse

Notes:

The Mix is a digital charity that provides free, confidential, and anonymous support via their website, over the phone, or via social media. They take on the embarrassing problems, weird questions, and ‘please-don’t-make-me-say-it-out-loud’ thoughts that children/young people have. The Mix aims to support them in making informed choices about their physical and mental wellbeing.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

YoungMinds (Online)

URL: <https://www.youngminds.org.uk/>

Ph: 020 7089 5050

Age group: Up to 25, parents

Focus: Information and advice about disorders/presenting difficulties and needs, ADHD, anorexia, anxiety, autism, bipolar disorder, borderline personality disorder, bulimia, depression, mania, hypomania, OCD, phobia, psychosis, PTSD, schizophrenia

Notes:

The YoungMinds website provides psychoeducation about several mental health disorders and presentations and includes a section with links to services you can engage with to access help and support including definitions of disorders and mental health presentations are provided, alongside advice on how parents/carers can respond to children’s needs and/or symptoms in their moment of presentation.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

SCHIZOPHRENIA SPECTRUM AND OTHER PSYCHOTIC DISORDERS

Schizophrenia spectrum and other psychotic disorders are defined by abnormalities in one or more of the following five domains:

- **Delusions:** fixed beliefs that are not amenable to change in light of conflicting evidence. Types of delusions include *persecutory, referential, grandiose, erotomanic, nihilistic, and somatic*.
- **Hallucinations:** perception-like experiences that occur without an external stimulus. They are vivid and clear, with the full force and impact of normal perceptions, and not under voluntary control. They may occur in any sensory modality but must occur in the context of a clear sensorium, i.e., those that occur while falling asleep (hypnagogic) or waking up (hypnopompic) are considered normal.
- **Disorganised thinking (speech):** switching from one topic to another in speech (derailment or loose associations). Answers to questions may be obliquely related or completely unrelated (tangentiality).
- **Grossly disorganised or abnormal motor behaviour (including Catatonia):** may manifest in a variety of ways, ranging from childlike “silliness” to unpredictable agitation. Catatonic behaviour is a marked decrease in reactivity to the environment and ranges from resistance to instructions to maintaining a rigid, inappropriate or bizarre posture, to a complete lack of verbal and motor responses. Other features are repeated stereotyped movements, staring, grimacing, mutism, and the echoing of speech.
- **Negative symptoms:** result in the loss or absence of normal functions. Examples include *diminished emotional expression, avolition, alogia, anhedonia, and asociality*.

Disorders in this group include:

- **Schizotypal (personality) disorder**
- **Delusional disorder**
- **Brief psychotic disorder**
- **Schizophreniform disorder**
- **Schizophrenia**
- **Schizoaffective disorder**
- **Substance/Medication-induced psychotic disorder**
- **Psychotic disorder due to another medical condition**
- **Catatonia associated with another mental disorder (catatonia specifier)**
- **Catatonic disorder due to another medical condition**
- **Unspecified catatonia**
- **Other specified schizophrenia spectrum and other psychotic disorder**
- **Unspecified schizophrenia spectrum and other psychotic disorder**

(American Psychiatric Association, 2013)

Tellmi (Online - App)

URL: <https://www.tellmi.help/>

Age group: 11 - 25

Focus: Depression, anxiety, stress, self-harm, low self-esteem, unhealthy habits, gender, sexuality

Notes:

The Tellmi app is a space for anyone to talk (anonymously) about anything. It's similar to Facebook in that you can post comments, thoughts, or questions about aspects of your life that you find challenging, and others can respond with helpful tips (often based on personal experience). Tellmi moderators are employed to oversee the communication threats and conversations to ensure everything is safe and topic-relevant, and in-house counsellors are always on hand to provide additional support.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Voice Collective (Online and F2F)

Location: Barnes House, 9-15 Camden Rd, NW1 9LQ

URL: <https://www.voicecollective.co.uk/>

Ph: 020 7911 0822

Email: info@voicecollective.co.uk

Age group: Up to 25

Focus: Hearing voices, seeing visions, other sensory experiences or beliefs

Notes:

Voice Collective understands that voices, visions and other unusual sensory perceptions are meaningful experiences that are unique to the individual. They offer support to CYP who have personal experiences of voices, visions or other similar sensory experiences, as well as training to professionals and family members who support and/or care for CYP with abnormal sensory experiences.

For patients with these sensory experiences, the Voice Collective offers a chance to share experiences with a member of staff – several of whom have personal experiences of voices and visions. This service can be used to find ways of dealing with their unique experiences, to talk to someone to help make sense of them, and to speak to someone who will listen and believe them, without judging. These meetings can be done face to face or via email, Zoom, or Microsoft Teams.

Voice Collective also hosts Peer Support Groups on Zoom that are open to anyone in the appropriate age group who hears voices, sees visions, or has other 'unusual' sensory experiences or beliefs, or for parents/carers of people with these experiences. The groups include *16-25 peer support group*, *15-and-under peer support group*, *student peer support group*, and *parent peer support group*. More information about these groups can be found here: <https://www.voicecollective.co.uk/peer-support-groups>

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

YoungMinds (Online)

URL: <https://www.youngminds.org.uk/>

Ph: 020 7089 5050

Age group: Up to 25, parents

Focus: Information and advice about disorders/presenting difficulties and needs, ADHD, anorexia, anxiety, autism, bipolar disorder, borderline personality disorder, bulimia, depression, mania, hypomania, OCD, phobia, psychosis, PTSD, schizophrenia

Notes:

The YoungMinds website provides psychoeducation about several mental health disorders and presentations and includes a section with links to services you can engage with to access help and support including definitions of disorders and mental health presentations are provided, alongside advice on how parents/carers can respond to children's needs and/or symptoms in their moment of presentation.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

SLEEP-WAKE DIFFICULTIES

Sleep-wake disorders are characterised by dissatisfaction regarding the quality, timing, and amount of sleep resulting in daytime distress and impairment. Sleep disorders are often accompanied by depression, anxiety, and cognitive changes. These disorders include:

- **Insomnia disorder**
- **Hypersomnolence disorder**
- **Narcolepsy**
- **Breathing-related sleep disorders**
- **Circadian rhythm sleep-wake disorders**
- **Non-rapid eye movement (NREM) sleep arousal disorders**
- **Nightmare disorder**
- **Rapid eye movement (REM) sleep behaviour disorder**
- **Restless legs syndrome**
- **Substance/Medication-induced sleep disorder**

(American Psychiatric Association, 2013)

Barnet Integrated Clinical Service (BICS) (Online & F2F)

URL: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples>

Ph: 020 8359 3130 (Monday – Friday, 9am – 5pm)

Email: bics@barnet.gov.uk

Referral link: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-3> (scroll down to the section that says “Make a referral” and click the link to the “Universal Plus form”).

Link to video resources: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-0>

Link to podcasts: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-4>

Focus: Relationship difficulties, generalised anxiety, social anxiety, panic, phobia, isolation, attachment needs, emotion regulation needs, challenging behaviour, incontinence, mild eating concerns, unexplained (psychosomatic) physical symptoms, poor sleep, school refusal, self-care, low mood, mild OCD, trauma, mild self-harm behaviours

Notes:

BICS provides mild-moderate mental health services to children/young people with mental health needs and their families. The clinical team at BICS work with schools, GPs, social care, and youth offending services to provide support to children/young people who live, attend school, and/or are registered to a GP in the borough of Barnet. BICS offer individual and family interventions including:

- Individual therapy or counselling
- Family therapy clinics – these are run by Systemic and Family Psychotherapists.
- Unaccompanied Asylum Seeking Children (UASC) and refugee pathway – a service that aims to listen, learn, and understand, then promote the wellbeing and reduce the emotional distress of children/young people in this community. This service draws on trauma- and attachment-informed therapeutic approaches and encourages cultural integration and social identity.
- Youth justice liaison and diversion – a service to support young people under 18-years-old who are currently detained by the police or in police custody, at the police station, or in the community.

A leaflet for clients and an information document for professionals about the Family Therapy Clinics are both available on the online SPOA shared drive.

HappyMaps (Online)

URL: <https://www.happymaps.co.uk/>

Age group: 4 - 25

Focus: Behavioural needs, anxiety, food and eating difficulties, incontinence, ADHD, ASD, poor sleep, interfamilial discord, bereavement, illness, low self-esteem, self-harm, school refusal, gender, identity, puberty, sex, drugs and alcohol

Notes:

HappyMaps acts as a platform where young people and parents/carers can quickly find the help they require to support mental health needs. The website provides easily accessible information for helplines, what to do in crises situations (such as self-harm or suicidal concerns), lists of free mental health apps, and games/ideas to boost mood.

Headspace (Online - App)

URL: <https://www.headspace.com/>

Age group: 12 - 25

Focus: Anxiety, depression, stress, low self-esteem, poor sleep

Notes:

The Headspace app uses meditation and mindfulness tools, mental health coaching, therapy, and psychiatry to create healthy habits that support positive mental health. Headspace offers a 14-day free trial followed by a £49.99 annual subscription, or a 7-day free trial followed by a £9.99 monthly subscription. Student discounts are available.

Useful for patients in:

☒ Barnet

☐ Enfield

☐ Haringey

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

NHS Talking Therapies/IAPT (F2F & Online)

BARNET

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Barnet Talking Therapies, 1st Floor, Westgate House, Edgware Community Hospital, Edgware, HA8 0AD

Ph: 0208 702 5309

Email: beh-tr.barnettalkingtherapies@nhs.net

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

ENFIELD

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Enfield Talking Therapies, Chase Building, Chase Farm Hospital, EN2 8JL

Ph: 0208 702 4900

Email: beh-tr.enfieldtalkingtherapies@nhs.net

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

HARINGEY

URL: <https://www.whittington.nhs.uk/default.asp?c=44165>

Location: Haringey Talking Therapies, Crouch End Health Centre, 45 Middle Lane, N8 8PH

Ph: 0203 074 2280

Email: haringey.talkingtherapies@nhs.net

Referral link: <https://gateway.mayden.co.uk/referral-v2/b1247ae7-e447-4199-bcf6-6e2f3fe405cd>

Age group: 16+

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Focus: Low mood, depression, panic attacks, worry, generalised anxiety, phobias, social anxiety, health anxiety, body dysmorphia, OCD, low self-esteem, poor sleep, insomnia, long-term physical health problems

Notes:

The Improving Access to Psychological Therapies (IAPT) program was developed to organise and improve the delivery of, and access to, psychological therapy and intervention in the NHS. The NHS Talking Therapies offers a range of evidence-based interventions including:

- Guided self help
- Computerised and face-to-face cognitive behaviour therapy (CBT)
- Eye movement desensitisation and reprocessing (EMDR)
- Brief counselling
- Dynamic interpersonal therapy (DIT)
- Employment support

Referrals are required. Self-referrals are accepted. All new service users are asked to engage in a short telephone initial assessment as a first step into the service.

Tellmi (Online - App)

URL: <https://www.tellmi.help/>

Age group: 11 - 25

Focus: Depression, anxiety, stress, self-harm, low self-esteem, unhealthy habits, gender, sexuality

Notes:

The Tellmi app is a space space for anyone to talk (anonymously) about anything. It's similar to Facebook in that you can post comments, thoughts, or questions about aspects of your life that you find challenging, and others can respond with helpful tips (often based on personal experience). Tellmi moderators are employed to oversee the communication threats and conversations to ensure everything is safe and topic-relevant, and in-house counsellors are always on hand to provide additional support.

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

TRAUMA AND ABUSE

Trauma- and stressor-related disorders result from exposure to a traumatic or stressful event. Psychological distress following exposure to a traumatic or stressful event is quite variable and can include anxiety- or fear-based responses, and/or physical or phenotypic responses such as anhedonic and dysphoric symptoms, externalising angry and aggressive symptoms, or dissociative symptoms. These disorders include:

- **Reactive attachment disorder**
- **Disinhibited social engagement disorder**
- **Posttraumatic stress disorder (PTSD)**
- **Acute stress disorder**
- **Adjustment disorders**
- **Domestic abuse**
- **Domestic violence**

(American Psychiatric Association, 2013)

Adolescent and Young Adult Service (AYAS (F2F))

Location: Tavistock Centre, 120 Belsize Lane, NW3 5BA

URL: <https://tavistockandportman.nhs.uk/services/adolescent-and-young-adult-service-ayas/>

Ph: 020 8938 2326

Email: atyps@taviport.nhs.uk

Age group: 14 – 25

Focus: Relationship needs, trouble with school/work life, depression, anxiety, self-harm, suicidal ideation, low self-esteem, eating difficulties and disorders, PTSD, domestic violence, parental separation, bereavement, drug/alcohol misuse, OCD, sexuality, stress

Notes:

AYAS supports individuals with emotional, behavioural, or mental health needs that relate to being an adolescent or young adult. Their service offers an initial consultation that provides an opportunity for raising concerns, highlighting needs, and deducing therapeutic goals. AYAS practitioners will discuss different types of interventions and work collaboratively with service users to choose the most appropriate therapeutic pathway.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☒ Haringey

Bambuuiu (Online & F2F)

URL: <https://bambuuiu.co.uk/>

Ph: 0739 164 4297 or 0739 164 4232

Email: bambuuiu@protonmail.com

Focus: Domestic abuse

Notes:

Bambuuiu is a Community Interest Company with an aim to empower survivors of domestic abuse to gain confidence and control over their lives and to live free from fear of violence. Bambuuiu's team of experienced case workers provide 1-1 support for survivors of domestic abuse by offering training and development that includes emotional support and tools to support coping and management of trauma. Bambuuiu also has a service to support survivors who need assistance fleeing their abuser/s. This service includes safety and support planning, specialist advice, information, casework, and advocacy.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Barnet Integrated Clinical Service (BICS) (Online & F2F)

URL: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples>

Ph: 020 8359 3130 (Monday – Friday, 9am – 5pm)

Email: bics@barnet.gov.uk

Referral link: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-3> (scroll down to the section that says “Make a referral” and click the link to the “Universal Plus form”).

Link to video resources: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-0>

Link to podcasts: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-4>

Focus: Relationship difficulties, generalised anxiety, social anxiety, panic, phobia, isolation, attachment needs, emotion regulation needs, challenging behaviour, incontinence, mild eating concerns, unexplained (psychosomatic) physical symptoms, poor sleep, school refusal, self-care, low mood, mild OCD, trauma, mild self-harm behaviours

Notes:

BICS provides mild-moderate mental health services to children/young people with mental health needs and their families. The clinical team at BICS work with schools, GPs, social care, and youth offending services to provide support to children/young people who live, attend school, and/or are registered to a GP in the borough of Barnet. BICS offer individual and family interventions including:

- Individual therapy or counselling
- Family therapy clinics – these are run by Systemic and Family Psychotherapists.
- Unaccompanied Asylum Seeking Children (UASC) and refugee pathway – a service that aims to listen, learn, and understand, then promote the wellbeing and reduce the emotional distress of children/young people in this community. This service draws on trauma- and attachment-informed therapeutic approaches and encourages cultural integration and social identity.
- Youth justice liaison and diversion – a service to support young people under 18-years-old who are currently detained by the police or in police custody, at the police station, or in the community.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

Body & Soul Charity (Online and F2F)

Location: St Ives House, 99 – 119 Rosebery Ave, EC1R 4RE

URL: <http://bodyandsoulcharity.org/>

Ph: 020 7923 6880

Email: enquiries@bodyandsoulcharity.org

Focus: Adverse childhood experiences, childhood trauma, poor physical health, bereavement, relationship difficulties, isolation, anxiety, depression,

Notes:

Body & Soul is a charity that uses a comprehensive, community-based and trauma-informed approach to support individuals who have experienced childhood adversity. Their services focus on 6 primary impact areas of childhood trauma: (1) *physiological*, (2) *psychological*, (3) *psychosocial*, (4) *disrupted learning processes*, (5) *disrupted self-view, resilience and self-esteem*, (6) *altered aspirations and long-term planning*.

The programs on offer include:

- **You Are Not Alone (YANA):** 20-week course of Dialectical Behaviour Therapy (DBT). Participants learn skills to manage every day and reduce suicidal thoughts and levels of distress.
 - Criteria: 16 – 30yo, have attempted suicide, referral needed.
 - Registration form: <http://bodyandsoulcharity.org/get-support/becoming-a-member/self-referral-form/>
- **Braver Together:** 12-week online program designed to support the partners, parents, or siblings of survivors by increasing their knowledge of trauma symptoms and behaviours and help them understand how to create a supportive environment for you.
 - Registration form: <https://ccn1dz0zb0d.typeform.com/to/dU79WUDw>
- **Mindset (APP):** a free digital resource to equip you with the emotional skills to cope with uncertainty.

Once registered for a program, members will have access to a range of resources including 1-1 or group therapy including integrative psychotherapy, systemic family therapy, life-coaching, dialectical behaviour therapy (DBT), eye movement desensitisation and reprocessing (EMDR), arts/creative therapy, lectures, workshops, and clinician-led group discussions.

Chance UK (Online & F2F)

URL: <https://www.chanceuk.com/>

Location: 89 – 93 Fonthill Rd, London, N4 3JH

Ph: 020 7281 5858

Email: admin@chanceuk.com

Referral link: <https://www.chanceuk.com/make-a-referral/>

Referral email: referrals@chanceuk.com

Age: 5 – 13

Focus: Emotion regulation, self-esteem, resilience, pro-social behaviour, parent/carer support, family support, domestic abuse, domestic violence, healthy relationships, consent, self-confidence, SEN

Notes:

Chance UK is a charity that provides mentoring and group interventions to support children and young people's mental health needs. Their approach to intervention is child-centred, inclusive, and aims to support children and young people to build resilience, improve self-esteem, and increase pro-social behaviour.

Their mentoring service supports the exploration and management of big emotions and creation and maintenance of healthy relationships. Children and young people who engage in the mentoring programs are matched with qualified youth workers and meet with them weekly for 6 – 9 months. These weekly sessions focus on identifying strengths, setting goals, and working toward achieving them with the hopes of building resilience and self-esteem. The mentoring support is available through several programs for which referrals are required and can be made by family members, schoolteachers, or social workers.

[Insert sentence: clinicians to pick which of the programs (see sentences below) is most appropriate/relevant to your CYP].

We recommend the **LIFT Program** which is suitable for your girls aged 9 – 13 who are vulnerable to or affected by domestic abuse. This program focuses on peer-to-peer support, health relationships, consent, and building self-confidence.

We recommend the **Westminster Program** which is suitable for children aged 8 – 13 (including children with special educational needs) who are struggling to manage their emotions or general mental health. This program focuses on building resilience and reducing risk-taking behaviour.

We recommend the **My Future Program** which is suitable for children aged 5 – 13 who are struggling to manage their emotions and behaviour. This program focuses on building self-esteem and learning skills to self-regulate.

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

We recommend the **Safer Space Plus Program** which is suitable for children aged 8 – 11. This program supports children to build self-esteem and raise awareness of domestic abuse.

We recommend the **STEP Program** which is suitable for children in Year 6 and 7 at school and preparing to move into secondary school. This program focuses on emotional wellbeing and strengthening resilience.

Domestic Violence Intervention Project (Online)

URL: <https://dvp.org/about-us/>

Ph: 0750 172 2609

Email: dvp.yuva@richmondfellowship.org.uk

Age group: 11 – 18 (up to 25 for young people with SEN)

Referral documents: <https://dvp.org/referral-forms/>

Focus: Domestic abuse, domestic violence, parent support

Notes:

The Domestic Violence Intervention Project (DViP) is a division of the Richmond Fellowship which is a national mental health charity that funds mental health recovery projects. DViP specifically supports families who have experienced domestic violence and/or abuse and offers therapy for those who have been affected by it (both the abused and abusers).

DViP also works in conjunction with the Young People Using Violence and Abuse (YUVA) service to support young people who have used violence or been abusive towards their parents/carers or families.

Information leaflet available on the online shared SPOA drive.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Enfield Council: Domestic Abuse (Online)

URL: <https://www.enfield.gov.uk/services/community-safety/domestic-abuse#overview>

Ph: 080 0923 9009 (Monday – Friday, 9am – 5pm)

Email: callusdah@enfield.gov.uk

Focus: Domestic abuse

Notes:

The Enfield Council provides information and resources for individuals who are experiencing, have experienced, or know someone who is a victim of abuse. They provide guides to spot signs of abuse, to understand how abuse can affect children, and how to get help.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Enfield Women’s Centre (F2F)

Location: 31A Derby Rd, Enfield, EN3 4AJ

URL: <https://www.enfieldwomen.org.uk/services/>

Ph: 0208 351 9128

Email: info@enfieldwomen.org.uk

Age group: 16+

Focus: Violence (physical, sexual, emotional), depression, anxiety, relationship difficulties, low self-esteem

Notes:

The Enfield Women’s Centre offers a range of services to support women and girls who have been exposed to violence and abuse. The centre is affiliated with the British Association of Counselling and Psychotherapy and offers 1-1 sessions with counsellors who provide an opportunity for members to talk through their difficulties with an understanding and objective listener.

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☐ Haringey

Other services include cinema visits, group walks, and social events including a weekly coffee morning (Wednesday’s 10am – 11.30am). Training courses are also offered and run throughout the year, covering topics including confidence building, learning to communicate assertively, how to handle stress, exploring anger, and understanding how domestic abuse can affect children.

Family Based Solutions (F2F & Online)

URL: <https://familybasedsolutions.org.uk/>

Ph: 020 8363 6262 (Monday – Friday, 9am – 5pm)

Email: admin@familybasedsolutions.org.uk

Contact form link: <https://familybasedsolutions.org.uk/contact-us/>

Location: 5 Chase Side Cres, Enfield, Middlesex, EN2 0JA

Focus: Domestic abuse, domestic violence, support for perpetrators, family support

Notes:

Family Based Solutions works with children and families who have been affected by domestic abuse, including child to parent abuse. They use a solution-focused approach in all their services which is a collaborative intervention style that works to achieve targets that matter to the client/s in manageable steps.

They offer four different support options:

1. **Online Parent Support Groups (1-4 weeks):** *available to any parent/carer* who is experiencing child-parent abuse, conflict, or challenging behaviours from their child/children aged 18 or under. In this group, you will learn and apply solution-focused techniques for addressing conflicts and challenging behaviours and engage in non-judgemental discussions about the highs and lows of parenting with parents facing similar challenges.
2. **Solution Focused Family Support:** *available to families* experiencing child-parent abuse from children aged 6-18. Sessions are weekly/fortnightly/monthly, and the sessions are adapted to meet individual requirements of each family. When working with families, practitioners place the family in the role of 'The Expert', because only they have an accurate understanding of their own history, relationship dynamics, challenges, and goals.
3. **Domestic Abuse Recovery Service (DART):** *available to parents/carers* that have experienced domestic abuse and no longer living with/in contact with their abuser. Sessions are weekly and offered in 1:1 or group settings and discuss protection strategies, blame, and how to constructively express feelings and emotions.
4. **Family-Based Relationships Program:** *available to adults deemed as low-mid-level perpetrators* who have been identified as having issues relating to violence, abuse, and controlling behaviours in relationships. This program aims to replace problematic/abusive behaviours with positive behaviours. Weekly individual or group sessions are offered.

Referrals are accepted from all agencies, and families/individuals can also self-refer.

Referral form is available on the online shared SPOA drive.

Freedom From Torture (F2F)

Location: 111Isledon Rd, Islington, N7 7JW

URL: <https://www.freedomfromtorture.org>

Ph: 020 7697 7777

Email: referralslondon@freedomfromtorture.org

Focus: History of torture, post-traumatic stress disorder (PTSD), depression, anxiety, refugees, asylum seekers

Notes:

Freedom From Torture is an organisation that provides specialist psychological therapy to asylum seekers and refugees who have survived torture. Their aim is to support individuals process their experiences and rebuild their lives in the United Kingdom and services offered include individual therapy, workshops and groups, and access to support to address and manage physical pain/symptoms.

The psychological therapies offered include *Eye movement desensitisation and reprocessing (EMDR)*, *narrative exposure therapy (NET)*, *trauma-focused cognitive behavioural therapy (TF-CBT)*, *psychodynamic therapy*, *systemic therapy*, *integrative psychotherapy*, *group therapy*.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Hearthstone Domestic Violence Advice and Support Centre (Online)

URL: <https://www.haringey.gov.uk/community/community-safety-and-engagement/domestic-violence/hearthstone>
Ph: 020 8489 3411
Email: hearthstone.domesticviolence@haringey.gov.uk

Focus: Domestic violence, domestic abuse, sexual violence, sexual abuse

Notes:

Hearthstone provides emotional and practical support for anyone experiencing domestic abuse in Haringey. Self-referrals are accepted and both emergency and scheduled appointments are offered. The support package they offer includes:

- Housing advice including access to refuge accommodation.
- Free legal advice on a range of civil remedies such as injunctions.
- Access to solicitors who provide free legal advice around family matters.
- Sanctuary scheme to make your home more secure.
- Working with you to plan ways to increase your safety.
- Access to counselling.

Useful for patients in:

- ☐ Barnet
- ☐ Enfield
- ☒ Haringey

Jewish Women’s Aid (Online & F2F)

URL: <https://www.jwa.org.uk/>
Head office Ph: 020 8445 8060
Helpline Ph: 0808 801 0500 (Mon – Thu 9.30am – 9.30pm)
Email: advice@jwa.org.uk, info@jwa.org.uk
Web chat: www.jwa.org.uk/webchat (Mon & Wed 3 – 5pm) (Tue & Thu 10am – 12pm)
Age: 4-18 & mother’s (domestic abuse counselling service), 16+ (sexual violence service)

Focus: Domestic abuse, sexual violence, child support, mother support

Notes:

Jewish Women’s Aid (JWA) is an organisation that supports Jewish women and children affected by domestic abuse and sexual violence. Their website provides practical advice about how to stay safe, navigate a husband’s refusal of a Get/applying for one, and how to interpret Jewish religion in these situations.

Domestic abuse: The JWA can offer up to 1 year of free, individual counselling provided in accordance with the British Association of Counselling and Psychotherapy’s. They also provide a child/young person’s therapy service for children who have lived with domestic abuse, and who don’t currently live with the alleged perpetrator. This program aims to help children/young people process their emotions and experiences through a child-led approach that tailors each session to the age and specific needs of each young person.

Sexual violence: This free service is available to women aged 16+ who have experienced sexual violence including rape, sexual assault, and sexual harassment, regardless of when it happened and who it was perpetrated by. The service includes weekly counselling (both short- and long-term), and an Independent Sexual Violence Advocate (ISVA) who offers individual support for women and girls who are considering reporting an act of sexual violence. This involves information about reporting to the police, liaising with professionals during an investigation, and providing any court case or post-trial support.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Kooth (Online)

URL: <https://www.kooth.com/>
Age group: 11 - 25

Focus: Anxiety, self-harm, suicidal thoughts, relationship difficulties, depression, eating difficulties, PTSD

Notes:

Kooth is a digital mental health platform that gives children/young people immediate access to experienced and qualified counsellors via the Kooth Live Chat or Asynchronous Messaging services. There are no waiting times, no referrals needed, no thresholds to meet, and the service is completely anonymous.

Kooth also hosts several moderated peer-support forums for children/young people with similar experiences and mental health needs to connect and engage in a safe space.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Referrers, please direct questions to your local Engagement Lead or awyatt@kooth.com or sclark@kooth.com

London Survivors Gateway (Online)

URL: <https://survivorsgateway.london>
Ph: 0808 801 0860
Helpline/Webchat Services: <https://survivorsgateway.london/helplines-and-webchat-services/>
Self-referral: <https://www.dpmscloud.com/external/referralformselfwgn>
Agency/Professional referral: <https://www.dpmscloud.com/external/referralformorgwgn>
Resource page: <https://survivorsgateway.london/resources/>
Age group: 13+

Focus: Sexual abuse, sexual violence, rape

Notes:

The London Survivors Gateway works to increase the access to support for victims of sexual abuse and violence. Their website has several self-help guides and resources that discuss a range of topics including consent, the criminal justice system, grooming, LGBTQ+ survivors, and how to support a survivor of sexual violence.

Among their services, the London Survivors Gateway offers individual support and intervention however, this service requires a referral. Self-referrals are accepted. After a referral is submitted, a specially trained worker (called a ‘Navigator’) will call the potential service user, ask some questions, and try to understand the most appropriate type of support. They will explain the services that are available and can support with making referrals on your behalf with your consent.

London Vanguard (F2F)

URL: <https://londonviolencereduction.nhs.uk/the-london-vanguard-mental-health-community-projects/>
Online contact form: <https://londonviolencereduction.nhs.uk/contact/>
Age group: 0 - 25

Focus: Trauma, violence

Notes:

Three London Vanguards work together to deliver services to support children and young people who are impacted or at risk of violence. They deliver psychological, trauma-informed support in the community and connect children/young people with case workers and specialised youth workers who act as key advocates. The North Central London Vanguard also employs a team of clinical psychologists who provide individual and/or group support including:

- **Case management:** specialist support for accommodation, substance misuse, psychoeducation, support through the criminal justice process, employment and training support
- **Low-intensity interventions:** CBT (to target anxiety and depression), trauma-focused CBT

Referrals are required and must be submitted via email.

ENFIELD Vanguard referral document is available on the online shared SPOA drive.

NHS Sexual Assault and Sexual Abuse Guides (Online)

Focus: Sexual assault, sexual abuse, rape, grooming, sexual consent, crisis contact, multilingual

Notes:

The NHS Sexual Assault and Sexual Abuse Guides provide information about these issues and advice on how to address them. For instance, it covers definitions of sexual assault and abuse, your rights, and how you know if someone is making you unsafe. The guide is particularly informative in terms of how to access help if you are a victim of sexual assault or abuse and provides the contact information of several crisis organisations.

This guide is available in Albanian, Arabic, Farsi, Kurdish, Pashto, and English.

Guides are available on the online shared SPOA drive.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

NHS Talking Therapies/IAPT (F2F & Online)

BARNET

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Barnet Talking Therapies, 1st Floor, Westgate House, Edgware Community Hospital, Edgware, HA8 0AD

Ph: 0208 702 5309

Email: beh-tr.barnettalkingtherapies@nhs.net

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

ENFIELD

URL: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/>

Location: Enfield Talking Therapies, Chase Building, Chase Farm Hospital, EN2 8JL

Ph: 0208 702 4900

Email: beh-tr.enfieldtalkingtherapies@nhs.net

Referral link: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/make-a-referral/>

Age group: 16+

HARINGEY

URL: <https://www.whittington.nhs.uk/default.asp?c=44165>

Location: Haringey Talking Therapies, Crouch End Health Centre, 45 Middle Lane, N8 8PH

Ph: 0203 074 2280

Email: haringey.talkingtherapies@nhs.net

Referral link: <https://gateway.mayden.co.uk/referral-v2/b1247ae7-e447-4199-bcf6-6e2f3fe405cd>

Age group: 16+

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Focus: Low mood, depression, panic attacks, worry, generalised anxiety, phobias, social anxiety, health anxiety, body dysmorphia, OCD, low self-esteem, poor sleep, insomnia, long-term physical health problems

Notes:

The Improving Access to Psychological Therapies (IAPT) program was developed to organise and improve the delivery of, and access to, psychological therapy and intervention in the NHS. The NHS Talking Therapies offers a range of evidence-based interventions including:

- Guided self help
- Computerised and face-to-face cognitive behaviour therapy (CBT)
- Eye movement desensitisation and reprocessing (EMDR)
- Brief counselling
- Dynamic interpersonal therapy (DIT)
- Employment support

Referrals are required. Self-referrals are accepted. All new service users are asked to engage in a short telephone initial assessment as a first step into the service.

NIA (Online and F2F)

URL: <https://niaendingviolence.org.uk/>

Ph: 020 7683 1270

Email: info@niaendingviolence.org.uk

Focus: Women and girls only, domestic violence, domestic abuse, sexual violence, sexual abuse, prostitution

Notes:

NIA runs services for women and girls who have been subjected to sexual and domestic violence and abuse, including prostitution. They offer confidential, community-based services by phone (helpline) and through specialist individual counselling. There are particular services targeted to experiences of sexual violence and abuse, domestic violence and abuse, and prostitution.

Useful for patients in:

- ☐ Barnet
- ☐ Enfield
- ☒ Haringey

NSPCC (Online & F2F)

Location: Weston House, 42 Curtain Rd, London, EC2A 3NH

URL: <https://www.nspcc.org.uk>

Ph: 0808 800 5000

Email: help@nspcc.org.uk

Information about partner services: <https://www.nspcc.org.uk/keeping-children-safe/our-services/national-regional-hubs/>

Age group: 5 – 11

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Focus: Child abuse

Notes:

The NSPCC is a children's charity that provides support services to children/young people and their families who need assistance following experiences of abuse. They run the *Speak Out Stay Safe* program which facilitates workshops to teach children that they have the right to speak out and be taken seriously about these issues, be kept safe, and get help when they need it. The NSPCC also works with several other partner programs and services including:

- Domestic Abuse, Recovering Together (DART)
- InCtrl
- Letting the Future In
- The Lighthouse
- The London Infant Family Team (LIFT)
- The National Clinical Assessment and Treatment Service (NCATS)

Pause (F2F)

URL: <https://www.pause.org.uk>

Ph: 020 3011 1949

Online contact form: <https://www.pause.org.uk/contact/>

Focus: Child removal

Notes:

Pause is an organisation that works to improve the lives of women who have had – or are at risk of having – a child removed from their care, and the services and systems that affect them. Once a child has been removed, children's services are structured so that support follows the child which often leaves the birth mother struggling to cope with social difficulties on top of facing the trauma of losing a child.

Pause Practices across the UK deliver an 18-month program to support women who have experienced the removal of children from their care. There are 23 Pause Practices operating across 29 local authorities.

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Place2Be (Online & F2F)

Location: 175 St John St, Clerkenwell, EC1V 4LW

URL: <https://www.place2be.org.uk/>

Ph: 020 7923 5500

Email: enquiries@place2be.org.uk

Age group: 3 - 16

Focus: Anxiety, depression, low mood, low self-confidence, emotion regulation, low-level trauma, parent/child relationships, improving prosocial behaviour, parent support, resilience

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Notes:

Place2Be exclusively provides mental health support services in partner schools across England. They offer advice and support to young people, families, and school staff and aim to increase awareness of mental health, the importance of resilience, and how to identify mental health problems in young people.

The targeted mental health services they provide include group work to improve self-confidence and resilience, CBT-informed therapy (available to secondary and high schools only), parent-child training sessions (available to primary schools only to promote positive child/parent relationships, improve prosocial behaviours, and reduce undesirable behaviours). 1-1 counselling is also available and can support young people in addressing social needs, self-understanding, emotion dysregulation, and trauma.

Every parent/carer at a Place2Be partner school has access to their online parenting course and advice site. Target mental health services for parents/carers include parent-child training sessions run by a trained therapist, and an advice service that

offers guidance following a consultation. For parents/carers who do not have a child/young person in a Place2Be partner school, free resources can be accessed at <https://www.place2be.org.uk/our-services/parents-and-carers/>.

Young people can be referred for individual counselling if they score highly on the emotional or peer difficulties sections of the Strengths and Difficulties Questionnaire (SDQ). The SDQ is available on the online shared SPOA drive.

Rephael House (F2F)

URL: <https://www.rephaelhouse.org.uk/HomeDisplay>

Ph: 020 8440 9144

Email: csm@rephaelhouse.org.uk

Referral documents: <https://www.rephaelhouse.org.uk/Referral>

Age group: 4 – 25

Focus: Emotional difficulties, bereavement

Notes:

Rephael House is a charity that offers 1-1 counselling to children/young people who live in Barnet and are experiencing emotional difficulties. Counselling is delivered by qualified, experienced practitioners who provide a space to express and process complex feelings, challenge unhelpful thinking patterns, and offer new perspectives to difficult situations. These services are separated into two categories:

1. Low-cost counselling services
 - £47.50/session.
 - If service users are unable to cover the full sessional cost, they ask for the largest affordable contribution (the lowest fee accepted is £22.50).
 - £10 drop-in 30min sessions available on Monday's (2 – 5pm) to understand what therapy is like and if engaging is the right decision.
 - General counselling is available if services users can cover the full £47.50/session.
2. Fully-funded counselling services
 - CAMHS has commissioned Rephael House to offer a free short-term therapy service (12 weeks)
 - Available for children/young people 4 – 18yo presenting with low to moderate difficulties
 - Location: 36B Woodhouse Rd, North Finchley, N12 0RG
 - Appointments available Monday, Thursday, Saturday (4pm – 7pm)

Referrals are required and can be written by professionals, a child/young person, or a parent/carer. Please complete the correct referral form (for the correct service), provide accurate, up-to-date information, and complete all fields to avoid delays in your application being processed.

Solace (Online & F2F)

URL: <https://www.solacewomensaid.org/>

General advice line: 0808 802 5565, advice@solacewomensaid.org

Rape crisis helpline: 0808 801 0305, rapecrisis@solacewomensaid.org

Solace Refuges: 07483 025 192, refuge.referrals@solacewomensaid.org

24/7 Domestic Violence Helpline: 0808 2000 247, Webchat link: <https://chat.womensaid.org.uk/>

Age group: 4+

Focus: Domestic violence, domestic abuse, sexual violence, sexual abuse, rape

Notes:

Solace is an organisation that supports survivors (primarily women and children) of domestic violence and abuse. Their services are safe, trauma-informed, non-judgemental, and encourage service users to unpack their experiences, reduce risk, and work toward developing healthy relationships.

Individual counselling is available to women who would benefit from a safe space to explore the impact of violence on their lives. Solace also hosts several rape crisis services including individual counselling, family support, an emergency helpline, and a sexual violence casework service. Their services are accessible online and across several schools, communities, hospitals, and refuge accommodations.

Note: Solace has an inclusive definition of women, including cis women, trans women, and non-binary people, and understand the potentially harmful effects of misogyny and patriarchal frameworks.

Referral document to access support for CYP who have experienced some form of domestic abuse is available on the online SPOA drive. Referrals must be emailed to cypservice@solacewomensaid.org

Useful for patients in:

☒ Barnet

☐ Enfield

☐ Haringey

Useful for patients in:

☒ Barnet

☒ Enfield

☒ Haringey

Solace: Floating Support Service (Online & F2F)

URL: <https://www.solacewomensaid.org/our-services/solace-haringey/>

Ph: 020 8885 3557

Email: haringey.fs@solacewomensaid.org

Age group: 16+

Focus: Domestic violence, sexual violence, parental support

Notes:

The Floating Support Service is hosted by the Solace organisation and provides free and confidential advice, support, and advocacy to women and girls who have been affected by domestic and sexual violence. Their team offers short-medium support to assess risk, develop a safety plan, identify support needs, and provide advice, support, and advocacy.

Referrals are required and can be made by a health professional on a client's behalf. Self-referrals are also accepted.

Referral document is available on the online SPOA drive and must be emailed to haringey.fs@solacewomensaid.org

Useful for patients in:

- ☐ Barnet
- ☐ Enfield
- ☒ Haringey

Solace: Women's Resilience Awareness Project (F2F)

URL: <https://www.solacewomensaid.org/our-services/solace-haringey/>

Ph: 020 8885 3557

Email: haringey.fs@solacewomensaid.org

Age group: 16+

Focus: Domestic violence, sexual violence, parental support

Notes:

The Women's Resilience Awareness Project (WRAP) offers a range of wellbeing and resilience group workshops to support women in Haringey who have experienced domestic and/or sexual abuse. These workshops aim to rebuild confidence, self-esteem, and further survivors' recovery from the impact of abuse. The workshops on offer include:

- **ARISE (6 weeks):** A domestic abuse awareness program for survivors of domestic abuse that aims to empower and support women to understand what has happened to them and support them moving forward.
- **Picking Up the Pieces (3 weeks):** A parenting program that looks at the impact of domestic abuse on children and how to support them to move forward after exposure to domestic abuse.
- **Wellbeing Program (3 weeks):** A psychoeducational wellbeing course that explores the impact of domestic violence and assault on women's health and explores ways to manage these through mindfulness.
- **Women's Voices (fortnightly, drop in):** A service user-led group that provides a safe space for women to meet each other and discuss current and/or past experiences and exposures to domestic abuse. This group is available to women who are or have been supported through one of the Solace Haringey Services (external referrals are not accepted).

Leaflets for ARISE and WRAP are available on the online shared SPOA drive.

Useful for patients in:

- ☐ Barnet
- ☐ Enfield
- ☒ Haringey

Tellmi (Online - App)

URL: <https://www.tellmi.help/>

Age group: 11 - 25

Focus: Depression, anxiety, stress, self-harm, low self-esteem, unhealthy habits, gender, sexuality

Notes:

The Tellmi app is a space for anyone to talk (anonymously) about anything. It's similar to Facebook in that you can post comments, thoughts, or questions about aspects of your life that you find challenging, and others can respond with helpful tips (often based on personal experience). Tellmi moderators are employed to oversee the communication threads and conversations to ensure everything is safe and topic-relevant, and in-house counsellors are always on hand to provide additional support.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

The Havens (Online)

URL: <https://thehavens.org.uk>

Locations: Camberwell (near King’s College Hospital), Whitechapel (near Royal London Hospital), Paddington (near St Charles Centre for Health and Wellbeing)

Ph: 020 3299 6900

Focus: Rape, sexual assault, sexual violence

Notes:

The Havens is an organisation that helps individuals who have been raped or sexually assaulted in the past 12 months. They can organise urgent forensic medical examinations (FME) within 90 minutes of contact, and provide information and resources, including a self-help guide, for survivors.

Interpreters are available to support with any of the following services:

- First aid and advice.
- Emergency contraception.
- Specialist support and practical advice.
- A forensic medical examination to collect evidence about the assault.
- Medical aftercare including testing and treatment for sexually transmitted infections (STIs).
- Assistance reporting the assault or rape to the police.
 - Note: you can use the services without having to report, **unless you are under 13.**

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

The Lighthouse (Online & F2F)

URL: <https://www.thelighthouse-london.org.uk>

Location: The Lighthouse, 7-8 Greenland Place, London, NW1 0AP

Ph: 0808 169 8112 (Monday – Friday 9am – 5pm)

Email: thelighthouse.ask@nhs.net

Age group: 0 – 18 (or up to 25 for individuals with SEN)

Focus: Sexual abuse, sexual assault

Notes:

The Lighthouse is a multi-agency service for children/young people who have experienced sexual abuse and/or exploitation. They offer a child-centred approach and focus on providing children/young people with the right help and the right time by putting all the services needed to respond to sexual abuse under one roof, i.e., medical, advocacy, social care, police, therapeutic support. The Lighthouse allocates a member of staff (an “advocate”) to each service user to guide them through their Lighthouse journey and provide a safe space for children/young people and families to report abuse and make sense of their experiences of abuse.

Referrals are required. Professional referrals and self-referrals are accepted.

If you need to report an assault that has happened within the last 7 days, please contact the HAVENS on 020 3299 6900 for 24/7 urgent advice and referrals.

Referral document is available on the online shared SPOA drive.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Victim Support (Online)

URL: <https://www.victimsupport.org.uk>

Ph: 080 8168 9111

Live chat: <https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat/>

Focus: Victims of crime

Notes:

Victim Support is an organisation that aims to help anyone who has been affected by crime, directly or indirectly. They are independent from the police and their support is free and confidential. Victim Support can help service users create a safety plan and provide advice and information to improve safety and security. This includes connection to services when immediate safety is required.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Factsheet available on the online shared SPOA drive.

Wellbeing Connect Services (F2F & Online)

Location: 215 Fore St, Edmonton, N18 2TZ
URL: <https://www.wellbeingconnectservices.org/>
Ph (general): 02 088 032 200
Ph (referrals): 07711 126 997
Email (general): info@wellbeingconnectservices.org
Email (referrals): referral@wellbeingconnectservices.org
Online contact form: <https://www.wellbeingconnectservices.org/contact-us/>

Focus: Black and ethnic minority support, family support, mental health issues, domestic violence issues, advocacy

Notes:

The Wellbeing Connect Service (WCS) is the leading Black and ethnic minority charity in North London. They work to support families with mental health needs (particularly those resulting from domestic violence) through advocacy, support, mentoring, and training.

WCS facilitates a One-Stop-Shop Care Support Hub for children/young people and families with emotional and mental health needs where service users are given access to holistic assessments, talking therapy/counselling, and school and community engagement support. Referrals are required from professional healthcare agencies or parents/carers before this hub can be accessed.

Referral documents for CYP and adults are available on the online shared SPOA drive.

YoungMinds (Online)

URL: <https://www.youngminds.org.uk/>
Ph: 020 7089 5050
Age group: Up to 25, parents

Focus: Information and advice about disorders/presenting difficulties and needs, ADHD, anorexia, anxiety, autism, bipolar disorder, borderline personality disorder, bulimia, depression, mania, hypomania, OCD, phobia, psychosis, PTSD, schizophrenia

Notes:

The YoungMinds website provides psychoeducation about several mental health disorders and presentations and includes a section with links to services you can engage with to access help and support including definitions of disorders and mental health presentations are provided, alongside advice on how parents/carers can respond to children’s needs and/or symptoms in their moment of presentation.

Useful for patients in:

- ☐ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

SUBSTANCE-RELATED AND ADDICTION DIFFICULTIES

The substance-related disorders encompass 10 separate classes of drugs that, if taken in excess have in common direct activation of the brain reward system, which is involved in the reinforcement of behaviours and the production of memories.

These classes of drugs include:

- **Alcohol**
- **Caffeine**
- **Cannabis**
- **Hallucinogens**
- **Inhalants**
- **Opioids**
- **Sedatives, hypnotics, and anxiolytics**
- **Stimulants**
- **Tobacco**
- **Other (or unknown) substances**

These drug classes produce such an intense activation of the reward system that normal activities may be neglected. Instead of achieving reward system activation through adaptive behaviours, drugs of abuse directly activate the reward pathways.

Other non-drug-related behaviours can also activate the reward systems in similar ways and produce some behavioural symptoms that appear comparable to those produced by the substance use disorders. These can include:

- **Gambling**
- **Internet gaming**
- **Sex**
- **Shopping**
- **Exercise**

(American Psychiatric Association, 2013)

Adolescent and Young Adult Service (AYAS (F2F))

Location: Tavistock Centre, 120 Belsize Lane, NW3 5BA
URL: <https://tavistockandportman.nhs.uk/services/adolescent-and-young-adult-service-ayas/>
Ph: 020 8938 2326
Email: atyas@taviport.nhs.uk
Age group: 14 – 25

Focus: Relationship needs, trouble with school/work life, depression, anxiety, self-harm, suicidal ideation, low self-esteem, eating difficulties and disorders, PTSD, domestic violence, parental separation, bereavement, drug/alcohol misuse, OCD, sexuality, stress

Notes:

AYAS supports individuals with emotional, behavioural, or mental health needs that relate to being an adolescent or young adult. Their service offers an initial consultation that provides an opportunity for raising concerns, highlighting needs, and deducing therapeutic goals. AYAS practitioners will discuss different types of interventions and work collaboratively with service users to choose the most appropriate therapeutic pathway.

FRANK (Online)

URL: <https://www.talktofrank.com/>
Ph: 0300 123 6600 (24/7)
Text: 82111 (text a question and FRANK will text you back)
Email: frank@talktofrank.com
Live chat: Available from 2pm – 6pm everyday via the website

Focus: Information about drugs

Notes:

FRANK is a website that provides honest information about drugs including how you might feel after consumption, effects on the body, how long each drug takes to work, how long effects last, and common risks. The website also provides additional advice on:

- What to do in an emergency that arises or results from drug consumption.
- How to deal with peer pressure.
- What do to if you are concerned about a friend or child/young person.
- Treatment, specifically, the 5 steps to getting help: (1) noticing something is wrong, (2) expert help, (3) assessment, (4) a course of treatment, (5) changing your lifestyle.

You can also find the contact information for local drug support services through their search tab and sorting by postcode or town.

HappyMaps (Online)

URL: <https://www.happymaps.co.uk/>
Age group: 4 - 25

Focus: Behavioural needs, anxiety, food and eating difficulties, incontinence, ADHD, ASD, poor sleep, interfamilial discord, bereavement, illness, low self-esteem, self-harm, school refusal, gender, identity, puberty, sex, drugs and alcohol

Notes:

HappyMaps acts as a platform where young people and parents/carers can quickly find the help they require to support mental health needs. The website provides easily accessible information for helplines, what to do in crises situations (such as self-harm or suicidal concerns), lists of free mental health apps, and games/ideas to boost mood.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Insight: Enfield SORT IT! (Online & F2F)

Location: 29 Folkestone Rd, Enfield, London, N18 2ER
URL: <https://insightyoungpeople.org.uk/our-services/insight-enfield/>
Ph: 020 8360 9102
Email: insightenfield@humankindcharity.org.uk
Useful links: <https://insightyoungpeople.org.uk/useful-links/>
Age group: Up to 25

Useful for patients in:

☐Barnet

☒Enfield

☐Haringey

Focus: Drug misuse, alcohol misuse, sexual health support/advice, relationship difficulties, family support

Notes:
Insight is an organisation that provides information, advice, and help for young people who are affected by drug and alcohol issues. Their Enfield service – SORT IT! – also provides guidance and support with sexual health and relationships. Their services are available to young people living in Enfield, as well as family, friends, and carers of those affected by drug/alcohol use.

Service users will be matched with a ‘key worker’ who will discuss difficult emotions, behaviours, and challenges, and work collaboratively to address and overcome them. Sessions with key workers can be held in the community (somewhere you feel comfortable), or at their primary office in Enfield. The Insight website also has an online webchat function that is available Mon – Fri, 3 – 6pm. To access it, just click the **Support** button in the bottom right-hand corner of their webpage.

Insight Enfield SORT IT! Referral form is available on the online SPOA drive.

Insight: Platform (Online & F2F)

URL: <https://insightyoungpeople.org.uk/our-services/insight-platform/>
Ph: 020 8493 8525
Email: insightplatform@humankindcharity.org.uk
Useful links: <https://insightyoungpeople.org.uk/useful-links/>
Age group: Up to 25

Useful for patients in:

☐Barnet

☐Enfield

☒Haringey

Focus: Drug misuse, alcohol misuse, family support

Notes:
Insight is an organisation that supports children/young people and families who are affected by drug and alcohol misuse. Their Haringey service – Insight Platform – takes a whole family approach and works with everyone in the family impacted by the drug/alcohol behaviours of the young person. Sessions focus on strengthening resilience, family cohesion, reducing conflict, and improving overall wellbeing in the home.

Their services include information and advice around alcohol, 1:1 therapeutic support, parenting workshops and groups, and family activities. The Insight website also has an online webchat function that is available Mon – Friday (3 – 6pm). To access it, just click the **Support** button in the bottom right-hand corner of their webpage.

Insight Platform Referral form available on the online shared SPOA drive.

Smokefree Teen (Online & App)

URL: <https://teen.smokefree.gov/>
Focus: Quit smoking, quit vaping

Useful for patients in:

☒Barnet

☒Enfield

☒Haringey

Notes:
Smokefree is a website that supports young people to quit smoking and vaping and live *smoke free*. Information, tips, and tools are available to help you understand the risks of tobacco and nicotine consumption, the long- and short-term impacts of smoking/vaping behaviours, how these behaviours can be triggered, and how to prepare yourself to quit.

The “Build Your Quit Plan” tool helps keep you on track to quitting by encouraging you to create a 5-Step plan that includes selecting a quit date, calculating the costs of your smoking/vaping, beginning to think about *why* you want to quit, understanding your triggers, and setting yourself up for success.

You can also access articles and further information that cover topics such as what your first day without smoking/vaping may be like, how smoking/vaping is linked to anxiety, stress, and your social life (and therefore how to reduce smoking/vaping indirectly), and what withdrawal is like, including tools and strategies to help you move through and manage it.

The quitSTART app is also available and is a free smartphone app that takes the information you provide about your smoking history and gives you tailored tips to manage cravings, introduce distraction techniques, monitor your progress, and set challenges to help you become smokefree and live a healthier life.

Stop Smoking London (Online)

URL: <https://stopsmokinglondon.com/>
Helpline Ph: 0300 123 1044
Call back service: <https://stopsmokinglondon.com/request-a-call-back/>
Texting service sign up: <https://stopsmokinglondon.com/stop-smoking-text-messages-uk/>
Guides: <https://stopsmokinglondon.com/guides/>
Find support in your local area: <https://stopsmokinglondon.com/support-to-quit-smoking/>

Focus: Quit smoking, quit vaping

Notes:

Stop Smoking London helps individuals quit smoking. It provides digital and telephone support and is a central hub that can put you in touch with free local stop-smoking services in your borough. On their website, you can find several guides that help direct you toward the path of quitting, explain nicotine withdrawal and how to manage it.

They also offer a free telephone support service. All you need to do is call the helpline and ask for Stop Smoking London. Once signed up, you will be supported by a Stop Smoking London adviser who will call during your quit journey at a time that suits you best. This support is available for as long as you need it. A free text messaging support service is also offered that provides daily motivational texts to support your quit journey. Sign up online using the link above.

The website also recommends several “Stop Smoking Tools” including prescribed medication, e-cigarettes or vapes, mobile phone apps, and nicotine replacement therapy. Background information is provided about why each of these tools are effective, how to engage with them, and answer FAQs about them. The website also prompts you to consider the purpose of your smoking behaviours and identify potential triggers such as boredom, to reduce stress, or habit. Understanding this will help ensure you are directed toward the most effective intervention or quitting strategy.

Tellmi (Online - App)

URL: <https://www.tellmi.help/>
Age group: 11 - 25

Focus: Depression, anxiety, stress, self-harm, low self-esteem, unhealthy habits, gender, sexuality

Notes:

The Tellmi app is a space space for anyone to talk (anonymously) about anything. It’s similar to Facebook in that you can post comments, thoughts, or questions about aspects of your life that you find challenging, and others can respond with helpful tips (often based on personal experience). Tellmi moderators are employed to oversee the communication threats and conversations to ensure everything is safe and topic-relevant, and in-house counsellors are always on hand to provide additional support.

The Mix (Online)

URL: <https://www.themix.org.uk/>
Ph: Text “THEMIX” to 85258 for crisis support
Age group: 5 - 25

Focus: Depression, anxiety, paranoia, OCD, eating difficulties, body shaming, sex and relationship difficulties, substance misuse, criminality, risky behaviour, triggers, relapse

Notes:

The Mix is a digital charity that provides free, confidential, and anonymous support via their website, over the phone, or via social media. They take on the embarrassing problems, weird questions, and ‘please-don’t-make-me-say-it-out-loud’ thoughts that children/young people have. The Mix aims to support them in making informed choices about their physical and mental wellbeing.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

100 Black Men of London (F2F)

Location: Can Mezzanine, 7 – 14 Great Dover St, SE1 4YR
URL: <https://100bmol.org.uk/mentoring/>
Ph: 020 7754 3550
Email: info@100bmol.org.uk

Focus: Mentoring, peer support, community support, parent/carer support, CPD

Notes:

100 Black Men of London is a community-based charity led by Black men delivering programs and activities to support100 Black Men of London is a community-based charity led by Black that facilitates a Community Mentoring Program (CMP) that instils life skills targeted at the Black community and for the benefit of both children and their parents/carers. CMP takes a stepped approach, whereby children/young people can progress through different programs, each covering more ‘advanced’ and age-appropriate topics than the one prior.

- **Me I Can Be (10 – 15yo):** 13-module life skills program that focuses on topics including Black history, self-identity, self-esteem, peer relations, effective communication, planning and forecasting, drugs and substance misuse, and health and wellness.
- **Young Leadership Academy (14 – 17yo):** This program builds on the modules from the *Me I Can Be* program and aims to help young people develop the leader within each of them and encouraging positive community contribution and participation. Some of the topics discussed include home life, money management and cash flow, and street life.
- **Peer Mentoring Program:** This program aims to encourage positive peer mentorship and support. After young people have passed the *Me I Can Be* and *Young Leadership Academy* programs, they are trained to mentor others within their community, specifically, their peers. This program teaches public speaking, researching, project management, team building, and leadership, and provides these new mentors with an opportunity to deliver sessions in the *Me I Can Be* program.
- **Parents in Partnership Program:** This program is a community support and discussion forum for parents and carers of children and young people, that provides a conducive environment for discussion about pressing issues of child upbringing. Topics often discussed include social networking, positive approaches to schools, centring on self, sex, and proactive parenting. The aim of this program is to empower parents to take charge of the lives and upbringing of their children.

Useful for patients in:

- ☒Barnet
- ☒Enfield
- ☒Haringey

OTHER DIFFICULTIES

In this section are signposting resources for difficulties and presentations that do not fit into the other disorder-specific categories.

- [Bereavement, Grief, and Loss](#)
- [Difficulty with Toileting](#)
- [Sexual Health](#)

Bereavement, Grief, and Loss

Grief Encounter (Online)

URL: <https://www.griefencounter.org.uk/>

Self-referral link: <https://gateway.mayden.co.uk/referral-v2/9310989e-e362-4c44-be25-1ee08f232b1e>

Parent/Carer referral link: <https://gateway.mayden.co.uk/referral-v2/5012a8c7-4f5e-4c12-95f2-b69bac9cc9af>

Ph: 0808 802 0111 (8am – 8pm weekdays)

Email (general): griefftalk@griefencounter.org.uk

Email (counselling queries): familyliaison@griefencounter.org.uk

Location: Grief Encounter London Centre, Crystal House, Daws Lane, London, NW7 4ST

Age group: 0 – 25

Focus: Bereavement, loss grief, parent support, coping with death/loss

Notes:

Grief Encounter is an organisation that aims to provide children/young people with access to support following the death of someone close. They work with individuals, families, schools, and professionals to offer a way through the anxiety, fear, and isolation that are often caused by grief.

Their support services are altered to meet the needs and developmental stages of different age groups (under 12s, 12-18, 18-25, parents). The services offered include:

- **Helpline:** Available Monday – Friday (9am – 9pm). Ph: 0808 802 0111.
- **LiveChat:** An online live chat function, accessible via the website.
- **Online guides:** That provide information to help users navigate their grief.
- **Counselling:** Individual, group, or family counselling with trained practitioners. Referrals are required for counselling and can be made by professionals, parents/carers, or self-referrers can be made.
- **Workshops:** These provide an opportunity for service users to meet other individuals experiencing grief and discuss how it feels and how to cope with the loss.
- **Reading list:** A list of recommended books for different age groups. These books are an excellent tool to explain death, demonstrate grief, and open discussions that are important, but difficult to start.

Precious Counselling & Mentoring (Online & F2F)

URL: <https://preciouscounsellingandmentoring.co.uk/>

Ph: 07765 722 429

Email: info@preciouscounsellingandmentoring.co.uk

Online referral form: <https://airtable.com/app0orZWQFbFQaOce/shregS7AsoQljPjYM>

Age group: All ages

Focus: Anxiety, family relationships, attachment, bereavement, adoption, self-harm, depression, low self-esteem, stress

Notes:

Precious Counselling & Mentoring is a community interest company that supports children and young people with mild mental health needs, and their families. Their team of highly committed and enthusiastic counsellors and mentors facilitate activities that encourage positive choices, avoiding/reducing risky behaviour (including criminality), and improve social skills and self-esteem.

Mentoring support is available during the week and on the weekends and may involve a private conversation between a mentor and mentee, or they may engage in activities within the community (bowling, museums, the Zoo). **NOTE: concessionary fees are available for low income families on benefits, and single parents.**

Free advocacy support is also available for Black and Ethnic Communities. Precious Counselling & Mentoring can offer advice, information, and relevant access to services to help with issues relating to housing, welfare, mental and physical health, parental support, and social care. Support is also offered to foster carers and adoptive parents, addressing their needs by providing Integrative Counselling & Mentoring for children and young people, which can lead to a reduction in placement breakdowns.

Information leaflet for the Black and Ethnic Community advocacy program is available on the online shared SPOA drive.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☐ Haringey

Rephael House (F2F)

URL: <https://www.rephaelhouse.org.uk/HomeDisplay>

Ph: 020 8440 9144

Email: csm@rephaelhouse.org.uk

Referral documents: <https://www.rephaelhouse.org.uk/Referral>

Age group: 4 – 25

Focus: Emotional difficulties, bereavement

Notes:

Rephael House is a charity that offers 1-1 counselling to children/young people who live in Barnet and are experiencing emotional difficulties. Counselling is delivered by qualified, experienced practitioners who provide a space to express and process complex feelings, challenge unhelpful thinking patterns, and offer new perspectives to difficult situations. These services are separated into two categories:

3. Low-cost counselling services
 - £47.50/session.
 - If service users are unable to cover the full sessional cost, they ask for the largest affordable contribution (the lowest fee accepted is £22.50).
 - £10 drop-in 30min sessions available on Monday's (2 – 5pm) to understand what therapy is like and if engaging is the right decision.
 - General counselling is available if services users can cover the full £47.50/session.
4. Fully-funded counselling services
 - CAMHS has commissioned Rephael House to offer a free short-term therapy service (12 weeks).
 - Available for children/young people 4 – 18yo presenting with low to moderate difficulties.
 - Location: 36B Woodhouse Rd, North Finchley, N12 0RG.
 - Appointments available Monday, Thursday, Saturday (4pm – 7pm).

Referrals are required and can be written by professionals, a child/young person, or a parent/carer. Please complete the correct referral form (for the correct service), provide accurate, up-to-date information, and complete all fields to avoid delays in your application being processed.

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

Winston's Wish (Online)

URL: <https://www.winstonswish.org/>

Self-referral link: <https://www.winstonswish.org/supporting-you/refer/self-referral-form/>

Parent/Carer referral link: <https://www.winstonswish.org/supporting-you/refer/referral-form-for-parents-professionals/>

Age group: 0 – 25

Ph: 080 8802 0021 (8am – 8pm weekdays)

Text: "WW" to 85258 to speak with someone from their trusted partner, SHOUT

Email: ask@winstonswish.org

Focus: Bereavement, loss, grief, parent support, coping with death/loss

Notes:

Winston's Wish is a charity that provides specialist child bereavement support to assist children/young people and those who care for them to understand their feelings, process, and make sense of their grief, and find healthy ways to cope and move forward. Their list of services include:

- **Information** about grief
- **Helpline, email, LiveChat service**
- **Counselling:** 1-1 sessions with bereavement support workers and counsellors. Referrals are required to access this service. Parent(s)/Carer(s) must submit a referral on behalf of a bereaved young person aged 12 or under, however anyone aged 13+ is encouraged to complete their own referral. Winston's Wish is unable to accept referrals without the agreed consent of the child or young person for whom support is being sought.

Winston's Wish offers services to support parent(s)/carer(s) of grieving children including parent peer support groups. You can also access a range of publications, resources, and articles covering topics such as 'how to tell a child someone has died', 'coping with birthdays, anniversaries, and special days', and 'managing separation anxiety'.

Other services include live monthly grief talks (for 16 - 25yo), activities to help exploration and expression of feelings and emotions, and a grief podcast called 'Grief in Common' that can be accessed on Spotify, YouTube, Apple Podcasts, Google Podcasts, and Amazon music.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Difficulty with Toileting

Barnet Integrated Clinical Service (BICS) (Online & F2F)

URL: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples>

Ph: 020 8359 3130 (Monday – Friday, 9am – 5pm)

Email: bics@barnet.gov.uk

Referral link: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-3> (scroll down to the section that says “Make a referral” and click the link to the “Universal Plus form”).

Link to video resources: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-0>

Link to podcasts: <https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/bics-supporting-children-and-young-peoples-4>

Useful for patients in:

- ☒ Barnet
- ☐ Enfield
- ☐ Haringey

Focus: Relationship difficulties, generalised anxiety, social anxiety, panic, phobia, isolation, attachment needs, emotion regulation needs, challenging behaviour, incontinence, mild eating concerns, unexplained (psychosomatic) physical symptoms, poor sleep, school refusal, self-care, low mood, mild OCD, trauma, mild self-harm behaviours

Notes:

BICS provides mild-moderate mental health services to children/young people with mental health needs and their families. The clinical team at BICS work with schools, GPs, social care, and youth offending services to provide support to children/young people who live, attend school, and/or are registered to a GP in the borough of Barnet. BICS offer individual and family interventions including:

- [Individual therapy or counselling](#)
- [Family therapy clinics](#) – these are run by Systemic and Family Psychotherapists.
- [Unaccompanied Asylum Seeking Children \(UASC\) and refugee pathway](#) – a service that aims to listen, learn, and understand, then promote the wellbeing and reduce the emotional distress of children/young people in this community. This service draws on trauma- and attachment-informed therapeutic approaches and encourages cultural integration and social identity.
- [Youth justice liaison and diversion](#) – a service to support young people under 18-years-old who are currently detained by the police or in police custody, at the police station, or in the community.

A leaflet for clients and an information document for professionals about the Family Therapy Clinics are both available on the online SPOA shared drive.

Education & Resources for Improving Childhood Continence (Online)

URL: <https://eric.org.uk/>

Age group: 3 – 18

Focus: Incontinence, toileting, bathroom difficulties

Notes:

Education and Resources for Improving Childhood Continence (ERIC) is a charity dedicated to improving children’s bowel and bladder health. They offer information, advice, support, and interventions to address bathroom difficulties in children/young people. The topics addressed include potty and toilet training, toilet anxiety, toileting at school, and how to support bathroom difficulties in children with additional needs.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

HappyMaps (Online)

URL: <https://www.happymaps.co.uk/>

Age group: 4 - 25

Focus: Behavioural needs, anxiety, food and eating difficulties, incontinence, ADHD, ASD, poor sleep, interfamilial discord, bereavement, illness, low self-esteem, self-harm, school refusal, gender, identity, puberty, sex, drugs and alcohol

Notes:

HappyMaps acts as a platform where young people and parents/carers can quickly find the help they require to support mental health needs. The website provides easily accessible information for helplines, what to do in crises situations (such as self-harm or suicidal concerns), lists of free mental health apps, and games/ideas to boost mood.

Useful for patients in:

- ☒ Barnet
- ☒ Enfield
- ☒ Haringey

Sexual Health

Insight: Enfield SORT IT! (Online & F2F)

Location: 29 Folkestone Rd, Enfield, London, N18 2ER
URL: <https://insightyoungpeople.org.uk/our-services/insight-enfield/>
Ph: 020 8360 9102
Email: insightenfield@humankindcharity.org.uk
Useful links: <https://insightyoungpeople.org.uk/useful-links/>
Age group: Up to 25

Useful for patients in:

☐Barnet

☒Enfield

☐Haringey

Focus: Drug misuse, alcohol misuse, sexual health support/advice, relationship difficulties, family support

Notes:
Insight is an organisation that provides information, advice, and help for young people who are affected by drug and alcohol issues. Their Enfield service – SORT IT! – also provides guidance and support with sexual health and relationships. Their services are available to young people living in Enfield, as well as family, friends, and carers of those affected by drug/alcohol use.

Service users will be matched with a ‘key worker’ who will discuss difficult emotions, behaviours, and challenges, and work collaboratively to address and overcome them. Sessions with key workers can be held in the community (somewhere you feel comfortable), or at their primary office in Enfield. The Insight website also has an online webchat function that is available Mon – Fri, 3 – 6pm. To access it, just click the **Support** button in the bottom right-hand corner of their webpage.

Insight Enfield SORT IT! Referral form is available on the online SPOA drive.

Mencap (Online & F2F)

URL: <https://www.mencap.org.uk/>
Ph: 020 7454 0454 (Mon – Fri, 9am – 5pm)
Online community: <https://healthunlocked.com/mencap>
Helpline: helpline@mencap.org.uk, 0808 808 1111,
https://www.mencap.org.uk/contact/contact_mencap_direct
Information pack for family and friends: <https://www.mencap.org.uk/advice-and-support/our-services/better-together-information-pack-families-and-friends>

Useful for patients in:

☒Barnet

☒Enfield

☒Haringey

Focus: Learning disability, learning difficulty, family/carer support, employment, education, housing, social care, travel, relationships, sexuality, friendships

Notes:
Mencap is an organisation that works to support individuals with learning disabilities and their families/carers. They are an information and resource hub and provide individualised support in the areas of employment, education, and housing. They facilitate a moderated, online community that provides service users with a safe and supportive space to meet, ask questions, share experiences, and offer support. A free helpline is also available to provide immediate advice (see contact details above).

On their website, several “Easy Reads” (informative documents) are available and cover a range of topics including: *What is rent?*, *What to do if you have a problem with a housemate?*, *What is a CV and how to write one?* These documents are written to be accessible to individuals of varying learning capacities.

“Welcome to Mencap” and “Online community guidelines” documents are available on the online SPOA drive.

NOTE: Info-docs about the Helpline is available in Polish, Romanian, Urdu, Punjabi, Bengali, and Gujarati.

EMERGENCY AND CRISIS CONTACTS

Childline

Advice articles, games, online forums, mood tracker, phone lines, access to online counsellors.

Ph: 0800 1111

Online chat: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Available 24/7.

North Central London Crisis Support

Crisis line for North Central London: Barnet, Camden, Enfield, Haringey, Islington.

Ph: 0800 151 0023

URL: <https://www.nclwaitingroom.nhs.uk/north-central-london-crisis-support>

Available 24/7.

Shout

Free, confidential, and anonymous crisis text service.

Ph: Text "SHOUT" to 85258

Available 24/7.

Samaritans

Free crisis telephone support service.

Ph: 116 123

Available 24/7.

Papyrus

Suicide crisis line.

Ph: 0800 068 41 41

Text: 07860 039 967

Email: pat@papyrus-uk.org

Available 24/7.

Beat

Eating disorder crisis line.

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline (under 18s): 0808 801 0711

Weekdays: 9am – 8pm

Weekends/Bank holidays: 4pm – 8pm